



# "A Customer First Company"

## April 2018

Welcome to the  
April 2018 Edition of  
"On the Move"

### Distracted Driving Becoming an "Epidemic" in Virginia

Last year there were 843 traffic deaths in Virginia many of which involved distracted drivers.

"Distracted driving is just as dangerous as drinking and driving in the commonwealth," said Virginia Deputy Transportation Secretary Quintin Elliott at a recent Commonwealth Transportation Board meeting.



Photo Source: <http://www.ellsworth.af.mil/News/Features/Display/Article/807977/consequences-of-distracted-driving/>

Last year, in Virginia, there were 248 deaths linked to drunk driving and 208 fatalities resulting from crashes involving distracted. Even though these are the reported numbers, officials think the actual number of distracted driving crashes is grimmer.

"Distracted driving is becoming a serious epidemic as it relates to safety on our roadways. And 208 are only the numbers that [police] could identify. As we all know, that number is probably much higher," Elliott said.

In 2017 alone, there were more than 15,000 injuries coming from more than 26,000 crashes that involved known distracted driving, according to the Virginia Department of Motor Vehicles. The actual number of casualties remains unclear because of the difficulty of identifying all distracted driving crashes.

"There's no way for us to tell. There's no standardized field sobriety test for distracted driving," said Deputy DMV Commissioner George Bishop.

The commissioner believes that unless swift action is taken, the number of deaths linked to driver distraction will soon surpass alcohol-related traffic deaths.

To help raise awareness on this issue, the Virginia DMV is partnering with public safety and homeland security officials to curb the upward trend in traffic fatalities.

"Awareness of the issue really is one small way that we're trying to combat distracted driving. ... We're fighting against a very strong impulse, which is the impulse to pick up that phone," Bishop said.

Source: <https://wtop.com/dc-transit/2018/04/va-transportation-officials-distracted-driving-an-epidemic/>

### Driving with Allergies

According to the Asthma and Allergy Foundation of America, 1 in 5 Americans suffers from an allergy that has an impact on their daily life. While allergies can affect your mood and put limitations on your outdoor activities, allergies can have a dangerous impact on your driving. Your car may be insulated, but that does not mean that it's safe from allergens.

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Driving with distracting allergy symptoms such as runny eyes, frequent sneezing, congestion and exhaustion can be very dangerous and lead to crashes and distracted driving situations.



<https://pixabay.com/en/photos/pollen%20allergy/>

AARP Driver Safety recommends the following tips to keep you driving safe during this allergy season:

- 1. Read the warning labels.** Many allergy medications contain ingredients that make you drowsy. According to the AAA Foundation, drowsy driving is the cause of approximately 16.5% of fatal car crashes each year.
- 2. Clean and change your air filters regularly.** Make sure that your car has pollen filters installed. These filters also need to be cleaned often.
- 3. Take note of the weather.** Before driving, check your local weather to see if you are at a higher risk of suffering from an allergy attack for that day. If the risk is very high you may consider postponing your trip until the pollen count is lower.
- 4. Spring clean your car.** Keeping your car clean can help remove dirt, pollen, dust, and mold spores.

Source: <https://states.aarp.org/steering-with-sniffles-5-tips-for-driving-with-allergies/>

### K&K Connections March/April Birthdays

We would like to wish everyone born in March & April a very special HAPPY BIRTHDAY!

Lester Bautista	Tonya Bumpus
Linda Carter-Ashby	Gopi Chelliah
Chandler Cochran	Chris Clark
Chandler Cochran	Jimmy Cornish
Valerie Craighead	Denise Dean
Cassandra Farrell	Justin Dillard
Gabrielle Evans	Mark Estes
Edward Merryman	Raven Givens
Ta'Shima Oliphant	Sheila Goode
Michael Richardson	Thomas Harrell
Thomas Rivenbark	Susan Nesbit
Garfield Washington	Arun Kumar
Nicholas Kenney	Leslie Lee
Alexander Salunga	James Myers
Michael Hughes	Kyle Reynolds
Angela Robinson	Carla Ruffin
Lakisha Williams	Sam Scott
Rahul Shah	Tony Truong
Barbara Wilson	James Wilson
Kent Alldredge	John Baggett
Anita Anderson	Alva Brignoni
Emmanuel Anum	Nikisha Bailey
Christopher Brown	Rhoan Burnard
Everette Cannon	Patrick Cihak
Beth Ann Cordova	Philip Fickes
Christopher Norman	Marcie Henry
Stenovia Roberts	April Higgs
Vernon Robinson	Ronnie Holmes
Ashley Redwood	Jerry Mori
Ricardo Phillips	Cathy Mosser
Mayank Patel	Kevin Puryear
Peter Rodman	James Roots
Daniel Russell	Mark Whitener
Kenneth Savko	Lisette Suarez
Michael Troyer	Krystle Yozzo
Shepherd White	Carl Yamnitz

### Welcome to K&K Connections

We would like to say a BIG welcome to all our new riders. We are so privileged that you have decided to make K&K your vanpool company of choice.