



"A Customer First Company" August 2017

Welcome to the August 2017 Edition of "On the Move"

Google Maps Can Help with Back to School Traffic Commute Information

Google looked at historical Google Maps traffic data and confirmed what most commuters already know from experience - that traffic is much lighter in the summer.

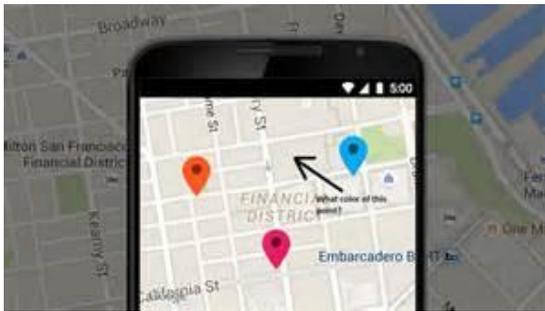


Photo Source: <http://stackoverflow.com/questions/37905602/how-to-know-color-in-google-maps-android-api/37905679>

Once kids go back to school morning rush hour traffic increases up to 21 percent compared to the summer months. In the top 25 metro areas in the U.S., such as the DC Metropolitan area, morning rush hour traffic can increase between 18 percent and 49 percent.

Google Maps has some features to help you navigate through the back to school commute. Some of these features include:

Traffic graph

Commuters can make a morning habit of checking out the traffic trends along their route. When you get directions using Google Maps tap the directions banner at the bottom of the screen. A note explaining the estimated trip duration, distance, and an update on what kind of traffic to expect will be displayed.

Below the note, a graph showing the traffic conditions at that very moment will be displayed. If there are special issues impacting your commute like an accident, that info is highlighted right below the graph.

Traffic layer

Google Maps, surfaces the fastest routes possible based on traffic conditions at that very moment and if conditions change while you're driving your route is automatically updated to reflect the fastest route.

Source: <https://www.blog.google/products/maps/back-school-doesnt-have-mean-back-traffic/>

Foods to Help You Wake Up in the Morning

Coffee is often a commuter's best friend allowing for a quick pick me up to get you started in your day. However, there are other foods that help you get a lasting boost of energy in the morning that you might want to consider. These foods include:



Source: <http://belviderechiropractic.com/uncategorized/healthy-breakfast-eating-tips-for-working-women/>

- Oatmeal - A bowl of oats can give you lasting energy because of its low glycemic index—a measure of how quickly the body absorbs carbohydrates and turns them into fuel. It will give you energy all morning without crashing.



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- Water - We all know we should be getting enough water. It can help you wake up quicker. Dehydration causes your body to not have enough water to carry out normal functions. This can make you feel like you are in a fog and increase tiredness.
- Apple Cider Vinegar – Apple cider vinegar in the morning may give you a burst of energy, clear your head, and contribute to overall good health.
- Chia Seeds - Chia seeds are rich in omega-3 fatty acids, which help fight off fatigue.
- Leafy Greens - Fresh greens contain a lot of B vitamins, which help the body convert food to energy.
- Peppermint – The scent of peppermint increases alertness and decreases fatigue.
- Eggs – Egg yolks have a lot of protein, which gives you energy all day.

Source: <http://www.womenshealthmag.com/food/energy-boosting-foods/slide/6>

How Glasses Can Impact Your Commute

The type of glasses you are wearing can impact your vision while driving. This is especially true at night or in situations where you may encounter harsh sunlight such as during a sunrise or sunset.

During harsh sunlight use the car's sun visor and wear a pair of polarized sunglasses. Make sure you keep your windshield clean to maximize visibility. Also reduce your speed and leave extra space between you and the car ahead of you.

Night driving can impact your vision by compromising color recognition, decreasing your peripheral vision, and impairing your depth perception. A common problem with night driving is glare. Finding the right anti-glare or no glare glasses may be the key to driving safely.

Source: <http://www.crizalusa.com/benefits-of-crizal/nighttime-driving.html> and <https://www.statefarm.com/simple-insights/auto-and-vehicles/make-your-commute-safe-and-sane>

K&K Connections August Birthdays

We would like to wish everyone born in August a very special HAPPY BIRTHDAY!

Amy Bailey	Natisha Davis
Leo Brickhouse	Susan Dawson
Tia Delano	Kevin Harding
Shawn Jenkins	Lisa Johnson
Sterling Knickerbocker	Jay Krzcuik
Artie Lewis	Derick Lewis
Sharon Lyons	Dana Roman
Marvin Marshall	Carla Smith
Elizabeth Marx	LaRita Willis
Jeffrey McWhirt	Nina Taliferro
Minnick, Michael	Saritha Saab
Cherri Mizelle Gatewood	Wanda Willis
Ronald Mosley	Bryant Smith
Walter Norwood	Eric Parmiter
Darwin Richardson	Michael Singh
Andre Whisonant	Matisha Wilson
Hershel Young	

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.

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