



# "A Customer First Company" February 2016

## Welcome to the February 2016 Edition of "On the Move"

### Metro Announces Plan to Increase Security

Metro's Paul J. Wiedefeld and Transit Police Chief Ron Pavlik announced plans to increase security patrols onboard buses, trains and within Metrorail stations. With added security measures there should be a sharp increase in the number of officers on patrol at selected times of day. In addition, their plan includes measures to better utilize officers working in "limited duty" status to provide additional security at key locations.



Source: <https://www.flickr.com/photos/mccorklefamily/593616204>

Metro Transit Police will begin implementing their plans immediately. Some of these plans include:

- Reassigning 17 officers to Patrol Operations.
- Relieving current Patrol Officers from revenue protection duties.
- Implementing "power hour" deployments, increasing the number of officers on duty at selected times by up to 100 percent.
- Reassigning officers on selected "limited duty" status to key stations to provide additional security.

"Every Metro rider deserves to be able to travel freely without fear, and we will take all appropriate steps to reassure riders and respond to crime trends," said Chief Pavlik.

"At the General Manager's direction, we will take immediate steps to increase patrols using our existing resources."

MTPD encourages riders who notice anything suspicious to contact the police. To report emergencies, call 911 or MTPD directly at 202-962-2121. MTPD also has a convenient "text tip" option for reporting non-emergency situations. Riders can simply send a text message to 696873 (MyMTPD) to reach a Transit Police dispatcher.

Source: [http://www.wmata.com/about\\_metro/news/PressReleaseDetail.cfm?ReleaseID=6063](http://www.wmata.com/about_metro/news/PressReleaseDetail.cfm?ReleaseID=6063)

### Recent UCLA Study Cites Vanpooling Reduces Stress

Some researchers believe that traveling more than 20 minutes to get to work may result in chronic stress, or "burnout," and may even make you more cynical. This has caught the attention of those at UCLA and they have conducted a study that shows that vanpooling drastically lowers the stress of commuting.

"Riders indicated that participating in a vanpool was a source of dramatic reduction in stress, and some even said that it was therapeutic," said Wendie Robbins, Ph.D., R.N., the study's lead researcher and a professor in the UCLA School of Nursing and in the Fielding School of Public Health.

"Riders said that their time on the van was restful and provided a chance to meditate, relax, listen to music, or just be at peace."

Researchers organized focus groups with 40 vanpool riders and two drivers in order to learn passengers' and drivers' perceptions of how vanpooling affected their health and well-being.

"We know that driving alone is very isolating and creates stress," said Penny Menton, M.B.A., director of communications and commuter services for UCLA Transportation. "When you ride with others, you become connected and create an environment of relaxation and interaction."



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The researchers found that riders' had a strong commitment to vanpooling, Robbins said. "You have to give up independent choices — when you leave, the temperature in the van, who you ride with. Riders are willing to compromise for the reduced stress of not having to drive."



Source: <https://www.flickr.com/>

Menton, one of the original creators of the UCLA Vanpool Program, also agreed. "We started this program almost 32 years ago to help reduce traffic during the 1984 Summer Olympics. We have riders who have been with the program since the beginning, including two drivers, and the only way they leave is when they retire. The vanpool becomes like family."

Stan Paul, a UCLA Luskin School of Public Affairs employee commutes more than 160 miles round-trip every day. He has been a volunteer driver for many years and his vanpool gets 10 other UCLA employees to work and back.

"For me, there really hasn't been any other viable alternative since I started," Paul said. "I would give up the commute in a second, but not the vanpool as long as I do have to commute."

There were a few downsides mentioned in the study. These included disturbed sleep patterns and the risk of illness. However, many saw these as relatively minor issues.

"For many of the vans, napping has become a norm, something that many riders actually look forward to," Robbins said.

The new study appears in the journal Workplace Health and Safety.

Source: <http://psychcentral.com/news/2016/01/11/reduce-commuting-stress-with-vanpools/97477.html>

## Sending Requests to the Office of Personnel Management

The Office of Personnel Management has an online form where you can submit questions.



Source: <https://commons.wikimedia.org/wiki/File:Us-officeofpersonnelmanagement-seal.svg>

Some riders have passed on this information for those that had questions and concerns about the timeliness of government delay/closure notices.

Here is the link to their page to submit a question: <https://www.opm.gov/faqs/submitquestion.aspx>

From this page the recommended category for the question topic to use is "Telework."

## K&K Connection February Birthdays

We would like to wish everyone born in the month of February a very special HAPPY BIRTHDAY!

## Welcome To K&K Connections

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

Visit us at: [www.ridek2k.com](http://www.ridek2k.com)  
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