



# "A Customer First Company"

## February 2017

### Welcome to the February 2017 Edition of "On the Move"

#### Recent Report Ranks DC Commute the 6<sup>th</sup> Worst in the Country

Inrix, a traffic tracking group, recently issued a study ranking Washington, DC traffic the 6<sup>th</sup> worst in the United States and the 15<sup>th</sup> worst in the world.



Source: <http://flickr.com/photos/pooniesphotos/4498385541>

The study showed that DC commuters spend about 11% of their commuting time in congestion. Commuters spent 61 hours stuck in rush hour traffic in 2016. This cost over \$1000 per person. However, surprisingly this is an improvement over the past two years where DC was in the top 5 and spent over 75 hours in rush hour traffic.

According to Inrix, Los Angeles was ranked the worst city in the world. Other cities such as New York, San Francisco, Atlanta and Miami ranked higher than Washington. Finally, cities such as Dallas, Boston, Chicago, and Seattle were ranked below Washington, DC.

Experts indicate that in order to cut out more traffic, commuters will have to look at alternative forms of transportation such as biking, walking, buses, and vanpools.

Source: <http://www.nbcwashington.com/traffic/transit/DC-Traffic-Congestion-Ranks-Sixth-Worst-in-US-15th-Worst-in-World-414283353.html>

#### March is National Caffeine Awareness Month

As a part of National Caffeine Awareness month, it is important to make sure we are being responsible with our caffeine consumption. High energy drinks such as Red Bull, Rockstar, and Monster are very popular. Because of our busy lifestyles many people are turning to the use of highly caffeinated drinks, usually in place of a good night's sleep. After the review of several scientific studies, some experts have issued warnings about the use of highly caffeinated drinks.

As little as two cans of some energy drinks (more than 250 mgs) can induce "caffeine intoxication." Symptoms may include restlessness, nervousness, excitement, insomnia, gastrointestinal disturbance, muscle twitching, a rambling flow of thought and speech, irritability, irregular or rapid heartbeat, and psychomotor agitation.

Larger doses of caffeine can cause mania, depression, lapses in judgment, disorientation, disinhibition, delusions, hallucinations, and psychosis. In some cases side effects can be so severe that medical attention is required.

Moderate use of caffeine, has been shown to have a beneficial effect in raising alertness and can be quite effective in keeping a driver awake and alert on the road. However, problems may occur when large amounts of caffeine cause a driver to become excited, irritable, nervous, and restless. This can cause a driver to make poor decisions and to take chances that they might not otherwise take.

A huge problem occurs when these high energy drinks are used as a substitution for sleep. Lack of sleep along with the large doses of caffeine can increase the level of agitation instead of raising the alertness level. Studies have found that close to one hour after drinking a highly caffeinated and

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sugared drink, a sleep deprived person can experience lapses in concentration and have slower reactions. When the effects of the caffeine wear off, a sleep deprived driver can very quickly fall asleep at the wheel.

Large amounts of caffeine can cause increased heart rate and blood pressure. If you have a history of heart problems, you should cut back on your consumption.

Finally, if you consume large amounts of caffeine, withdrawal symptoms can cause problems. Drivers should be extra cautious while driving while trying to withdraw from caffeine.

Source: <http://alerts.nationalsafetycommission.com/2009/04/energy-drinks-and-driving-car.php>

## Available Seats on MV025

MV025 has two available seats.

The commute is from Chester to Ft. Belvoir with the ability to make a stop at Elmont and at exit 104.

Van departs Chester at 3:50 a.m. and arrives at Ft. Belvoir at 5:30 a.m.

Departs Ft. Belvoir at 3:30 p.m. and arrives at Chester by 6:00 p.m.

For additional information please contact the van coordinator Mr. Alejandro Guzman at 804-721-2428.

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## K&K Connection February Birthdays

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

Crystal Bullock  
Stephanie Carter  
Michelle Deloatch  
Bettina Flournoy  
Jessica Hollimon  
Debra Jefferson  
Patricia Jones  
Thomas Lawson  
Carl Pierce  
Richard Puerto  
Serita Seright  
Patty Truglio

Brian Byers  
Eric Conner  
Michael Dwyer  
Drena Egbo  
Eric Hunter  
Mark Jones  
Peggy Lowery  
Sandi Munari  
Bruce Porter  
Robert Pullin  
Irvin Spurs  
Harold Willsey

## 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.

## Condolences to the Senatore Family

It is with sad hearts that we would like to inform the K&K Family that one of our riders, Gary Senatore passed away on February 4, 2017.



Gary was a certified Industrial Hygienist for OSHA with the Department of Labor in Washington, D.C. A funeral Mass was held on February 10, 2017 at St. Gabriel Catholic Church in Chesterfield, VA. At K&K, we wish to express our deepest sympathy to the Senatore Family.