



# "A Customer First Company" July 2017

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

### Another Great Year for K&K at FBCC 14<sup>th</sup> Annual Charity Golf Tournament

This was another great year for K&K at the First Baptist Church of Centralia's 14<sup>th</sup> Annual Charity Golf Tournament. The tournament was held on June 24<sup>th</sup> at The First Tee of Chesterfield.



Left to Right – Ken Cos, TJ Branch, Nat Wilson, and Frank Arnone



We would like to thank Ken Cox, T. J. Branch, Nat Wilson, and Frank Arnone for helping us bring home 1<sup>st</sup> place. Proceeds for this event benefit the Haven for Hope Project.

## Can Music Make You More Productive on Your Commute?

You may want to consider carefully what you are listening to during your commute, especially if you are trying to get some work done.



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

Studies show that music can have a positive impact on your brain. However, depending on your tasks, you may choose to use some different types of music over others. Here are some tips to help you to make the right music choice:

- Choose music with no lyrics when you need to focus. Listening to music with lyrics can make you less productive.
- Listen to upbeat tunes when working on repetitive tasks.
- Your favorite songs are more helpful than songs you don't know when you are trying to concentrate.
- Avoid listening to new music while working to avoid becoming distracted.

The bottom line is that music choice does matter. Make the most of your commute time by choosing wisely.

Source: <https://www.forbes.com/sites/samanthaharrington/2017/03/30/how-to-use-music-to-make-your-work-better/#7575130448a3>

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## Are You Helping to Keep Pedestrians Safe While You Are Driving?

In 2015, 5,376 pedestrians died in crashes nationwide. This is a 9.5 percent increase from the previous year. In addition, about 65,000 pedestrians were injured.



There may be several reasons for the increased pedestrian toll. With economic conditions getting better and gas prices low, more people are driving. Another reason for the increase may be the use of smartphones by drivers and people on foot.

All of us have been a pedestrian at some point. While making our commute we should make sure we are extra careful to watch out for pedestrians, especially in the early morning hours where visibility may be minimal. Here are a few tips that can help:

- Stop for pedestrians at crosswalks and be careful when passing stopped vehicles.
- Slow down and obey the posted speed limit.
- Yield to pedestrians & bicyclists when turning.

The Street Smart Campaign began in 2002 to raise awareness and promote enforcement of pedestrian and bicycle safety laws. The goals of the Street Smart campaign include reducing pedestrian and cyclist injuries and deaths, educating drivers, pedestrians, and cyclists about safe use of roadways, and increasing enforcement of pedestrian and bicycle safety laws.

For more information about how you can reduce pedestrian and biker related accidents visit <http://bestreetsmart.net/>.

Alternate Source: [https://www.washingtonpost.com/local/trafficandcommuting/pedestrian-deaths-soar-in-the-uneven-battles-with-cars/2017/03/29/9984cc56-141c-11e7-ada0-1489b735b3a3\\_story.html?utm\\_term=.1bf3b1f81e5](https://www.washingtonpost.com/local/trafficandcommuting/pedestrian-deaths-soar-in-the-uneven-battles-with-cars/2017/03/29/9984cc56-141c-11e7-ada0-1489b735b3a3_story.html?utm_term=.1bf3b1f81e5)

## K&K Connections July Birthdays

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

- |                      |                 |
|----------------------|-----------------|
| Keiona Trent         | Gloria Williams |
| Charleen Trotter     | Sam Crandle     |
| Carlton Corrisee     | Rick Dubik      |
| Jordan Crockett      | Mark Giewont    |
| Beverly Donald       | Yolanda Hurt    |
| Jocelyn Josey-Harris | Kip Johnson     |
| Christopher King     | Raja Maddi      |
| Arthur McWhirt, Jr.  | Charles Mikell  |
| Rosalind Reid        | Jerry Ross      |
| Vincent Samek        | Vincent Byrd    |
| Barbara Stevenson    |                 |

## 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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