



# "A Customer First Company"

## March 2015

### Welcome to the March 2015 Edition of "On the Move"

#### Metro Unveils New Safety Preparedness Videos for Riders

This month Metro issued new safety preparedness videos to show riders what they should do in the event of an emergency involving smoke or fire on a train or in a station.



The 1 minute videos, are set to be broadcasted on local television stations as Public Service Announcements. Also, Metro has purchased paid advertising time to ensure a broader viewing audience.

"We encourage all of our customers to take a moment to review the new video," said Metro Interim General Manager and Chief Executive Officer Jack Requa. "We will continue to take steps to improve safety and emergency preparedness for our riders in the weeks and months ahead."

The English-version video features Metro Transit Police Detective Erin Cooper. After the tragic January 2015 incident, riders have asked for additional information about what to do in an emergency. Riders trust Metro Transit Police to deliver that message.

The three-minute video version is intended for online presentation on [wmata.com](http://wmata.com) and social media. This version features an introduction from MTPD Chief Ron Pavlik and Prince George's County Fire & Rescue Chief Marc Bashoor. In addition, Chief Bashoor serves as the Chair of the Council of Governments Fire Chiefs Committee.

The series of videos covers several topics such as:

- When and how to evacuate
- Third-rail familiarization and safety guidance
- How to use on-board intercoms
- Location and use of emergency exits
- Location of emergency signage

For more information and to view these videos visit [www.wmata.com](http://www.wmata.com).

#### Making Healthy Snack Choices While Commuting

Long commutes can lead to poor food choices. If you don't plan accordingly, you may not make enough time for dinner preparation and in turn grab snacks and drinks that are bad for your health.



While snacking can be a lifesaver in a busy, on-the-go lifestyle, you need to be careful in choosing healthier snacks and not overdoing the quantity.

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Remember that snacking should have a purpose. There are benefits of snacking such as it can help you avoid overeating, speed up your metabolism, give you a boost of balanced energy, and help you to manage your weight. However, snacking can also add unnecessary calories if you don't plan accordingly.

Here are some tips for healthy snacking:

- Plan ahead. Preparation is key to healthy eating. Packaging your snacks in advance by using reusable containers, can ensure you eat a healthy snack.
- Read labels and control your portion sizes.
- Read the nutrition facts label and ensure that each snack is somewhere between 150-200 calories.

Here is a list of healthy snack ideas for commuters:

- Yogurt & Fruit: 2 choices of fruit portions (~1.5 cups) with 6 oz of fat-free Greek yogurt.
- Trail Mix Snack-Packs: ¼ cup of a combination of dried fruit, nuts and seeds
- Nutty Celery: 1 stalk of celery with 1 tablespoon of nut butter (peanut, almond, cashew) & 1 teaspoon of raisins.
- Granola Bars: Kashi chewy, KIND, Luna, Zone, and Odwalla. \*Limit to 200 calories per bar.
- PB & J: 1 slice of whole grain bread with 1 tablespoon of nut butter and 1 teaspoon of reduced-calorie jelly or jam.
- Oatmeal: ½ cup of oatmeal (steel cut, stone ground, or old-fashioned oat) with 1 tablespoon of flaxmeal & cinnamon to taste.
- Fig it! One small apple sprinkled with cinnamon with 2 fig newtons.
- Wasa! Two multi-grain Wasa crackers with 1 tablespoon apple butter & 1 tsp agave syrup.
- Dark Chocolate: 1 ounce of chocolate, at least 65% cacao.
- Dried Fruit: ½ cup of dried fruit such as mango, blueberries, raisins, cranberries, apricot, ginger.
- Hummus: 1 cup of non-starchy vegetables with 1/3 cup of hummus.

- Popcorn made with 1 tsp of olive or flaxseed oil. Salt to taste.
- Guacamole & Chips: 2 tablespoon of guacamole and 15 baked tortilla chips.
- Cottage Cheese & Fruit: ½ cup of low-fat cottage cheese and 1 small fruit (apple, orange, pear).
- Edamame: 1 cup of lightly salted edamame.
- Egg & Bread: 1 piece of bread whole grain bread and 1 hard-boiled egg. Salt to taste.
- Bavarian Pretzel: 1 large Bavarian pretzel with 1 tsp of mustard.
- Banana Chips: limit to 1 ounce.
- Reduced-fat mozzarella stick with 1 fruit serving (~1 cup).
- Turkey Rolls: 2 low fat mozzarella cheese sticks rolled in low sodium turkey slices.

[http://worklife.columbia.edu/files\\_worklife/public/Healthy\\_Snacks\\_While\\_Commuting.pdf](http://worklife.columbia.edu/files_worklife/public/Healthy_Snacks_While_Commuting.pdf)

### K&K Connection March Birthdays

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

|                    |                    |
|--------------------|--------------------|
| Nick Blend,        | Meredith Bondurant |
| TJ Branch          | Terry Britt        |
| Gopinata Chelilah  | Denise Dean        |
| Mark Estes         | Susan Fulton       |
| Kathy Glascoe      | Sheila Goode       |
| Thomas Harrell     | Wesley Jenkins     |
| Arun Kumar         | Tanya Lesane       |
| Damien Parker      | Kyle Reynolds      |
| Michael Richardson | Angela Robinson    |
| Carla Ruffin       | Alexander Salunga  |
| Sam Scott          | Rahul Shah         |
| Marsheila Tillman  | Shavon Turner      |
| Barbara Wilson     | Doris Wilson       |
| Christina Winfrey  |                    |

If we missed your birthday please let us know by emailing [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com). Thank you!

### Welcome To K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of March. We are so very happy you have decided to join us!