



# "A Customer First Company"

## May 2017

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

#### Great Gadgets for Commuters

We have come up with a list of must have gadgets for any commuter. These gadgets can make your commute more comfortable, productive, and fun.



Source: <https://www.flickr.com/photos/wsdot/5601609218/>

1. Noise Canceling Headphones - Dealing with the sounds of traffic mixed with that of other commuters can be eliminated by using noise canceling headphones.
2. An External USB Battery – Nothing is as frustrating as having your phone die on your commute home. With an external USB battery on hand you can charge up anywhere at any time.
3. A Handheld Game Console – This is a sure-fire way to make your commute feel shorter. Just don't forget your headphones so your van won't have to hear your game.
4. An Infinity Pillow - This is a malleable pillow capable of being contorted into different positions and used in several relaxing ways. It can turn into a head rest, a neck pillow or back support cushion.

5. Hey Joe Coffee Brewing Mug - Hey Joe is one of the most efficient, portable and environmentally friendly portable brewing systems. It is battery-powered and can be charged in your car by USB, holds 14 ounces of coffee, the temperature of which is controlled by pushing a button on the cup.
6. GUNNAR Screen Glasses - To prevent eye irritation, commuters who use screen technology should consider purchasing GUNNAR protective glasses. GUNNAR's lenses are engineered to block out high-energy, UV and artificial blue light that screens omit.

Source: <http://mashable.com/2015/02/11/gadgets-commuters/#nGsBVkfgmSqP>

#### Memorial Day Weekend Traffic Will Be the Worst It's Been Since 2005

AAA projects that 39.3 million Americans will travel 50 miles or more away from home this Memorial Day weekend. That is one million more travelers than last year, creating the highest Memorial Day travel volume since 2005.

"The expected spike in Memorial Day travel mirrors the positive growth seen throughout the travel industry this year," said Bill Sutherland, AAA senior vice president, Travel and Publishing. "Higher confidence has led to more consumer spending, and many Americans are choosing to allocate their extra money on travel this Memorial Day."

The Memorial Day holiday travel period is defined as Thursday, May 25 to Monday, May 29.

Source: <http://newsroom.aaa.com/2017/05/aaa-memorial-day-travel-highest-level-since-2005/>

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### Missing 1-2 Hours of Sleep Doubles Crash Risk

Drivers who miss between one to two hours of the recommended seven hours of sleep in a 24-hour period nearly double their risk for a crash. This is according to new research from the AAA Foundation for Traffic Safety.



Source: <http://pmwestanatomy.wikispaces.com/Sleep>

Thirty-five percent of U.S. drivers sleep less than seven hours daily. And with drowsy driving involved in more than one in five fatal crashes, AAA warns drivers that getting less than seven hours of sleep may have deadly consequences.

Symptoms of drowsy driving may include having trouble keeping eyes open, drifting from lane to lane, or not remembering the last few miles driven. However, what's important to note is that more than half of drivers involved in fatigue-related crashes experienced no symptoms before falling asleep behind the wheel. You should not rely on your body to provide warning signs of fatigue and should instead prioritize getting plenty of sleep in your daily schedules. For longer trips, drivers should also:

- Travel at times when you are normally awake
- Schedule breaks every two hours or every 100 miles
- Avoid heavy foods

- Travel with another rested passenger and take turns driving
- Avoid medications that cause drowsiness

"Managing a healthy work-life balance can be difficult and far too often we sacrifice our sleep as a result," said Jake Nelson, director of Traffic Safety Advocacy and Research for AAA. "Failing to maintain a healthy sleep schedule could mean putting yourself or others on the road at risk."

Article Source: <http://newsroom.aaa.com/2016/12/missing-1-2-hours-sleep-doubles-crash-risk/>

### K&K Connections May Birthdays

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

- |                    |                |
|--------------------|----------------|
| Pamela Trent       | KJ Trent       |
| Teresa Barbour     | Robert Hewitt  |
| Michael Bernard    | Dominic Hardy  |
| Derek Brewington   | Samuel Giles   |
| Patricia Godette   | Chuck Meas     |
| Fredrick Jackson   | Eric Morris    |
| Stephanie Jennings | Nakiya Pitts   |
| Timothy Niemczyk   | Stacee Ogburn  |
| Charlene Rhodes    | Jerome Rogers  |
| Tejinder Singh     | Terry Woods    |
| Nelson Washington  | Sharetta Vance |
| Deborah Winbush    |                |

### 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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