



# "A Customer First Company" September 2015

Welcome to the  
September 2015 Edition of  
"On the Move"

## DC's Most Dangerous Intersections



There are many factors that can contribute to car accidents. However, according to a District Department of Transportation report examining car accidents there were several intersections that appear to have a higher rate of crashes as determined by the "composite index method," which takes into account the overall crash rate and the severity of each crash. The following intersections made the list of the statistically most dangerous:

- 14th Street and U Street NW
- Wisconsin Avenue and M Street NW
- 19th Street and Independence Avenue SE
- 7th Street and H Street NW
- 14th Street and V Street NW
- Minnesota Avenue and Benning Road NE
- 7th Street and Florida Avenue NW
- 1st Street and Union Station Plaza NE
- 14th Street and Irving Street NW
- Southern Avenue and S. Capitol Street
- 18th Street and Kalorama Road NW
- 1st Street and M Street NE
- 17th Street and I Street NW
- 7th Street and G Street NW
- 18th Street and Adams Mill Road NW
- Southern Avenue and Naylor Road SE
- Southern Avenue and Wheeler Road SE
- Firth Sterling Avenue and Howard Road SE
- H Street and North Capitol Street
- Stanton Road and Suitland Parkway SE

Source: <http://washington.cbslocal.com/2014/07/23/ddot-report-lists-dcs-most-dangerous-intersections/>

## Don't Make Yourself a Target When Using Social Media

Over 70% of all internet users are on some sort of social media platform. While we all enjoy the benefits and connections social media affords, we could also be making ourselves a target for criminals. Even though it is commonly believed that burglaries are opportunistic there is research that indicates possibly 4 out of 5 burglars track their potential victim's social profiles.



So what type of information do they track? Criminals frequently use status of whereabouts to determine when to commit crimes. According to an article entitled, "Don't Tweet the Burglar – Keep Yourself Safe on Social Media", about 78% of burglars say they use social media to target properties and 54% say placing a status of whereabouts is a frequent mistake made by homeowners.

Another mistake homeowners make is tagging themselves at airports or when they are on vacation. It is best to wait until you are actually home to upload vacation pictures indicating you will be gone for days at a time.

In addition to location information, people often post when they receive expensive items or gifts. This allows the burglar to know exactly what to target when breaking into your home.

The best way to protect yourself is to restrict location and privacy settings on all of your sights. A little common sense and due diligence can make the difference in becoming a victim of a crime.

Source: <http://www.washingtoncitypaper.com/blogs/citydesk/2015/09/14/a-crossing-to-bear-examining-d-c-s-most-dangerous-intersections/>



# "A Customer First Company" September 2015

## September is National Preparedness Month

It is important to have a plan in the event of an emergency. You should be aware of emergency plans for your community, make plans for your family, and even have plans for your pets.

**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S  
**PrepareAthon!**



When making your plans you should address the following questions:

- What is your community's evacuation policies?
- Where would you go if you need to find shelter?
- What do you need to do to stay physically safe?
- Does your family have a communication plan?
- Do you have an emergency supply kit that will enable you to be prepared for any disaster?
- How will you protect your household during a disaster?
- Does your family have medical needs that will need to be addressed?
- What would you do in the event your commute is changed?

To learn more about what you need to do to prepare visit <http://www.ready.gov/>.

## Foods that Can Help You Stay Awake Without Caffeine

When you are tired it is so easy to reach for a Red Bull or your coffee to give you that quick energy boost you need. However, many quick fixes can be detrimental to our health in the long run. Here is a list of some foods and drinks that can help you stay awake without the caffeine.

1. Water / Fruit with High Water Content – dehydration can lead to fatigue.
2. Peanut Butter and Whole Wheat Crackers – low blood sugar can cause tiredness but don't reach for a sugary snack that will make you crash.
3. Chewing Gum or Munching Ice – this keeps your mouth engaged and helps fight sleepiness.

## K&K Connection September Birthdays

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

Doug Anders	Celeste Anderson
Vanessa Anderson	Luis Andrade
David Barthol	Jeffrey Brown
LaQuita Bruce	Sherrell Bullock
Jamaal Burden	Bryan Calhoon
Tracey Dunn	John Ehlers
David Essah	Antoine Fitzgerald
Greg Godard	Steven Helton
Celeste Henkel	Ronald Jackson
Kadir Kahraman	Georg Long, III
Eric Lorden	Aneet Marwaha
Tarsha Mason	Natasha Miller
Danny Ortiz	Michelle Osborne
Pramod Sharma	Craig Shields
Drew Simmons	Oscar Taylor
Antoninette Wilkerson	
Gregory Robinson (August)	
Michael Jarrells (August)	

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 September. 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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