



"A Customer First Company" July 2018

Welcome to the July 2018 Edition of "On the Move"

K&K Does it Again at FBCC Annual Charity Golf Tournament

This year's First Baptist Church of Centralia's Annual Golf Tournament was another success. The event was held on Saturday June 23rd at First Tee of Chesterfield.

Team K&K came in 2nd place and brought home another trophy this year.



Pictured from left to right is Frank Anome, O C Burnette, TJ Branch, and Warren Oliver.

We would like to thank all who participated in this year's event.

Drivers' Have a Role to Play in Preventing Traffic Problems

David Snyder, a member of the National Capital Region Emergency Preparedness Council, recently offered suggestions on how drivers can be a part of the solution to DC area traffic problems.

According to Snyder, about half of highway congestion and delays are caused by "nonrecurring" incidents. These incidents can include such things as breakdowns and crashes.

Drivers play a vital role in doing all they can to make sure these incidents don't occur in the first place. Being mindful about vehicle maintenance and driving without distraction can help deter these incidents.

Also, being prepared and knowing how to respond appropriately when something does happen is important. When incidents do occur, drivers should know where to get reliable traffic information as well as knowing alternative routes to get them to their desired destination.

Source: <https://wtop.com/dc-transit/2018/07/how-drivers-can-help-dc-region-traffic/>

Welcome MV022 to the K&K Family



The K&K Family is continuing to expand. We would like to welcome one of our newest vans. Thank you for making K&K your vanpool company of choice.

Visit us at: www.ridek2k.com
Or Contact us at: info@ridek2k.com
PO Box 2010, Chester, VA 23831
Local: (804) 275-3872 Fax: (804) 275-3873

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Exercising While Commuting

It may seem hard to believe but there are some exercises you can do while you are on your commute.



Source: <http://www.creative-commons-images.com/highway-signs/e/exercise.html>

Here are a couple of exercises you can give a try:

Side Twist - This exercise is for both drivers and passengers. It helps to focus on your core and helps to tone your abs. To begin, sit upright and begin to tighten your abdominal area. At the same time keep both feet on the ground and facing forward. Twist the upper body slightly to the left and then slightly to the right as slowly as possible while continuing to face forward. Make sure you keep track of repetitions and that the abdominal muscles are contracted throughout the workout.

Grip Squeeze – You can purchase a grip strengthener from a local sporting goods store. This is a device that's used for strengthening the forearms. It is easy to use by simply squeezing the handgrip with the right hand and then alternating to the left.

Knee Raises – This exercise helps to strengthen your quads and can be easily done in your vehicle or even sitting at your desk at work. You can start with both feet on the floor. Next, raise each knee slowly alternating for a specific time interval.

Steering Wheel Push-ups – First, place your hands at 10 o'clock & 2 o'clock on the steering wheel. Next, flex the length of your arms and pull yourself toward the wheel. You will want to do this motion for 3 seconds as you push towards the wheel and then 3 seconds as you push away from the wheel.

Source: <https://totalgymdirect.com/total-gym-blog/how-to-turn-your-commute-into-a-workout>

Do You Have an Article You Would Like Featured in a Newsletter?

If you have information or a photo you would like to share with our K&K riders, please feel free to contact Onika Williams at owilliams@ridek2k.com. We are always looking for information that would interest you. In addition, we would love to hear what is happening on your vans. All submissions will be reviewed, to determine if the information will be used.

K&K Connections July Birthdays

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

Keiona Trent
Joycelny Josey-Harris
Cynthia Honablue
Arthur McWhirt, Jr.
Jordan Crockett
Beverly Donald
Mark Giewont
Kip Johnson
Christopher King
Rosalind Reid
Vincent Samek
Audrey Williams
Wayne St. Clair
Charleen Trotter

Gloria Williams
Vincent Byrd
Sam Crandle
Rick Bubik
Tasha Hill
Rob Moffett
Debra Gillilan
Raja Maddi
Charles Mikell
Jerry Ross
Carl Tarry
Flora Taylor
Boyd Wiley
Douglas Snell

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.