



# "A Customer First Company" October 2009 Edition

## Welcome to the October Edition of "On the Move"

### Fort Belvoir Commuter's Fair

K&K Connections will be participating in the Fort Belvoir's Commuter's Fair on November 4, 2009. This event will be held from 9:00 AM to 1:00 PM at the Community Center near Pence Gate. Please spread the word to your fellow coworkers about the benefits of riding with K&K Connections and encourage them to come out and speak with us during this event. This is an excellent opportunity for individuals to learn about the benefits of vanpooling.

### Welcome Melanie Holden to the K&K Family

We would like to welcome Melanie Holden to the K&K Connections family. Melanie will be working to expand K&K Connections marketing efforts in the region. In addition, she will be acting as our main liaison with RideFinders. Melanie brings a wealth of marketing experience to K&K. She effectively marketed programs on the state and national level for small businesses as well as federal programs. We are so excited to have her on our team. If you are aware of any commuter events or marketing opportunities that we can participate in please do not hesitate to contact Melanie at [mholden@ridek2k.com](mailto:mholden@ridek2k.com). Lets work together to get the word out that commuting with K&K is the right choice and best fit for many commuters in our region.

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Contact Us:  
Phone: 804-275-3872  
Fax: 804-275-3873  
Email: [info@ridek2k.com](mailto:info@ridek2k.com)

### Fall Back

This is just a reminder that Daylight Savings Time ends on Sunday, November 1<sup>st</sup> at 2:00 AM. Don't forget to set those clocks!



### Staying Healthy This Winter

Everywhere you turn people are trying to find ways to fight off viruses and bacteria. With the onset of H1N1 people have a heightened awareness of the importance of staying healthy this cold and flu season. Below are a couple of tips that can help you boost your immune system:

1. Get moderate exercise--at least three or four hour-long sessions a week. This helps generate endorphins. These feel-good chemicals strengthen your immune system by increasing the production of "natural killer cells," white blood cells that destroy viruses. Focus less on the type of workout and more on your level of exertion.
2. lighten up, laugh out loud - Laughing can build levels of the antibody IgA, the body's first line of defense against germs.
3. Seize some extra z's - you need eight hours of sleep to wake up on the right side of the bed, but a solid night of shut-eye also staves off illness. Your body goes through several REM cycles--deep, regenerative sleep--each night, but you make the most immune-strengthening repairs during the last and longest one, which begins after seven hours of slumber.

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4. Learn the right way to lather up - Arming yourself against germs means washing your hands often. But how you scrub matters just as much. Wet your hands and lather soap all over for at least 20 seconds--and not under the faucet, as it's the friction between the soap and skin that dislodges the germs.

5. Round out your plate - It doesn't take a major nutritional deficiency to weaken your immune system. Even minor vitamin and mineral shortages can challenge your body's defenses. Choose a wide variety of whole foods, including brown rice, low fat protein sources like fish and beans, and five to nine daily servings of fruits and veggies.

Information taken from:  
[http://findarticles.com/p/articles/mi\\_m0846/is\\_4\\_26/ai\\_n16882301/?tag=content;col1](http://findarticles.com/p/articles/mi_m0846/is_4_26/ai_n16882301/?tag=content;col1)

## Welcome New Vans to the K&K Family!

We are excited to add the following vans / routes to the K&K Family:

MV005 – From Richmond to Washington, DC  
Coordinator: Mouldeo Mahato  
For specific route information email at  
[mouldeo.mahato@frb.gov](mailto:mouldeo.mahato@frb.gov)

Van 8 – From Richmond to Quantico  
Coordinator: Toni Piper  
For specific route information email at:  
[Piper\\_Toni@bah.com](mailto:Piper_Toni@bah.com)

Upcoming Van - Van 20 – From Chester to Ft. Belvoir  
Coordinator: Christopher Pierce  
For specific route information email at:  
[Christopher.pierce@dla.mil](mailto:Christopher.pierce@dla.mil)

## K&K Connections, LLC Safety Corner

**Safety Note On Accidents:** If you are involved in an accident while operating a K&K van please make sure you contact Keith or Pamela as soon as possible to ensure proper reporting procedures. This is the case no matter how

small you feel the accident is. If you have questions concerning procedure please contact Keith at [info@ridek2k.com](mailto:info@ridek2k.com) or use his contact information on the coordinator's roster.

Driving Behaviors with 0 Tolerance from K&K – Please note the following behaviors that we will not tolerate. These behaviors WILL lead to accidents.

1. Changing Lanes Without Signaling
2. Talking on your cell without a hands-free device.
3. Texting while driving.
4. Driving aggressively.
5. Driving at reckless speeds.

We all have a responsibility for the lives of other vanpool members as well as others on the road. Please take personal responsibility for safety and encourage everyone on your van to do the same. Discuss any unsafe driving behavior and if not remedied report it to your coordinator. Thanks Sherrod for initiating an email concerning these behaviors.

## We Would Like to Send a Very Special Birthday Greeting To:

Michael Juhasz	Julieann Phillips
Andre Parham	Bryan Mitchell
Denise Johnson	Mary Ferreiral
Andre Wilson	Michelle Phillips
Josephine Hanrahan	Robert Meredith, Jr.
Gregory Aiken	Rosalyn Mattocks
Phyllis Roseboro	Steven Coelho

If I missed your birthday please email me at [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com).

## Welcome To the K&K Family!

K&K Connections, LLC would like to welcome the following riders to the K&K Family. We are excited to have you with us!

Bernard Hanzer	Nick Chitre
Duane Sutton	Angela Collier
Bill Okyere	D'Vetrio Baugh
Dennis Warner	Lakshmi Kukkala
Ramona Wilson	Cynthia Warren

If I missed your name please email me at [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com).