



"A Customer First Company"

April 2009 Edition

Welcome to the April 09 Edition of "On the Move"



Air Quality – What You Can Do

Air Quality can greatly impact your health and our environment. Air pollutants can cause the following respiratory symptoms:

- Narrowing of airways
- Decreased air flow
- Airway Inflammation
- Increased Susceptibility to Respiratory Infections

In addition, pollutants can cause the following cardiovascular symptoms:

- Low oxygenation of red blood cells
- Abnormal heart rhythms
- Altered autonomic nervous system
- Vascular Inflammation

As vanpoolers you are already doing your part to reduce air pollution. However, there are still other actions you can take to make our air cleaner. Some suggestions include:

- Combine errands to reduce "cold starts" of your car and avoid extended idling.
- Be sure your tires are properly inflated.
- Keep car, boat and other engines properly tuned, and avoid engines that smoke.
- Drive less, especially during peak traffic periods or hot days.
- Shop by phone, mail or Internet.
- Telecommute. Even one day a week will make a big difference.
- Avoid waiting in long drive-thru lines, for example, at fast-food restaurants or banks. Park your car and go in.
- Accelerate gradually, maintain speed limit and use cruise control on the highway.
- Follow your owner's manual on recommendations for maximum economic efficiency.
- Use an energy-conserving (E.C.) grade of motor oil.
- Minimize use of air conditioning if you can.

- Get regular engine tune ups and car maintenance
- Use EPA-certified facilities for a/c repair.
- Find out if materials are recycled when you change your tires, "throw away" your car or change car fluids.
- Replace your car's air filter and oil regularly.
- Repair all vehicle leaks promptly.
- Fill gas tank during cooler evening hours to cut down on evaporation. Avoid spilling gas and don't "top off" the tank. Replace gas tank cap tightly.
- Don't ignore the "check engine" or "service engine soon" light if it comes on.
Information taken from <http://airnow.gov>.

INFORMATION BULLETIN

Effective May 1, K&K Connections will start several new vans. Please take note of these new routes and pass on this information to interested commuters.

Van #024 - Crystal City Van
Coordinator: Sherrod Briggs
sherrod.briggs@gmail.com
Route Information:

Morning Schedule –
Depart Parham & Brook Rds: 5:00 AM
Arrive Pentagon: 6:40 AM
Arrive Crystal City: 6:45 AM
Arrive L'Enfant: 7:00 AM

Afternoon Schedule –
Depart L'Enfant: 3:50 PM
Arrive Crystal City: 4:05 PM
Arrive Pentagon: 4:15 PM
Arrive Parham and Brook Roads: 6 PM



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Mini Van# 001 & Mini Van #002- NSWC Dahlgren
 Coordinator MV001: Greg Godard
 greggodard@comcast.net

Coordinator MV002: Sharon Skipper
 sskipper@jwac.mil

Morning Schedule
 Departs Wal-Mart Parham & Brook Rd.: 5:20AM
 Arrives NSWC – Dahlgren: 6:30AM

Afternoon Schedule
 Departs NSWC – Dahlgren: 2:30PM
 Arrives Wal-Mart Parham & Brook Rd.: 3:45PM

Reducing Air Pollution At Home

Reducing pollution at home can greatly impact your family's health and environment. Please take note of these easy suggestions that not only will reduce pollutants but also save you money.

- Use compact florescent lights with energy-efficiency lighting and other energy-efficient appliances.
- Turn off appliances and lights when you leave the room.
- Use the microwave to cook small meals.
- Plant deciduous trees in locations around your home to provide shade in the summer, but to allow light in the winter.
- Recycle paper, plastic, glass bottles, cardboard and aluminum cans.
- Reuse materials like paper bags and boxes when you can.
- Properly dispose of household paints, solvents and pesticides. Store these materials in airtight containers.
- Paint with a brush, not a sprayer.
- Keep woodstoves and fireplaces well maintained.
- Purchase "Green Power" for you home's electricity. (Contact your power supplier to see where and if it is available.)
- Have leaky air conditioning and refrigeration systems repaired.
- Cut back on air conditioning and heating use if you can.
- Turn thermostat down in the winter and up in the summer.
- Insulate your home, water heater and pipes.
- Have air conditioning systems checked in the Spring and heating systems checked in the Fall.

K&K Safety Corner

Below are some important safety tips when driving in severe thunderstorms and lightning.

- Tune in to your radio to stay informed of approaching storms.
- Turn on your headlights (low beams) and slow down.
- Allow extra distance for braking.
- Do not drive unless necessary.
- Pull safely onto the shoulder of the road away from any trees that could fall on the vehicle.



- Stay in the car and turn on the emergency flashers until the heavy rains subside.
- An automobile provides better insulation against lightning than being in the open.
- Avoid contact with any metal conducting surfaces either inside your car or outside.
- Avoid flooded roadways.
- Avoid downed power lines.
- Check your windshield wipers and tires regularly to insure that they are ready for severe weather.
- Approach intersections with caution
- Treat traffic lights at intersections as stop signs.

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

Ronnie Holmes Kenneth Johnson
 Marquette Poston

If we have missed your birthday please email at 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!

Lisa Johnson Shemeka Mallory
 Ron Young