



# "A Customer First Company"

## August 2019

### Welcome to the August 2019 Edition of "On the Move"

#### Is Driving with Earbuds in Both Ears Illegal?

The short answer is that it depends on what state you are in. However, in Virginia and Maryland driving with earbuds in both ears is against the law. While there is no law prohibiting this behavior in Washington, DC there are plenty of reasons not to drive with earbuds in your ears.



Photo Source: <https://pxhere.com/en/photo/1169508>

While driving with music on is normal for most people, some drivers opt to using headsets or other similar devices to listen to audio in the car. Even though this may be convenient it can also be a big safety hazard. Headphones and earbuds in both ears can obstruct the driver's hearing, increasing the risk of an accident.

Even though headphones and earbuds are "hands-free," obstructing your hearing in any way takes away from your ability to perceive danger and prevent accidents. They can cause you to become a distracted driver. A large percentage of accidents are caused by distracted driving. Drivers who engage in this type of behavior allow their mind to focus on anything other than driving. Using earbuds and headphones in both ears,

especially those specifically made to be noise cancelling, can be a huge distraction.



Source: <https://www.flickr.com/photos/andyhale/>

Below is just a short list of issues that can arise when you choose to wear earbuds in both ears while driving.

- You may inhibit your ability to hear the sirens of an emergency vehicle approaching.
- You may become distracted and unable to hear a crash happening ahead of you.
- You are unable to hear and address the needs of others in your vehicle.
- You shut yourself off from hearing any external noise that may be of consequence.
- You may not be able to fully concentrate on your most important activity of the moment, driving.

Regardless of whether it is legal in your area or not, wearing headphones while driving can be hazardous. The inability to hear traffic around you, especially car horns, can prevent you from noticing and being able to respond to potentially dangerous situations.

Source: <https://www.hupy.com/library/is-it-illegal-to-wear-headphones-while-driving-.cfm>



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### Is Being "Hangry" A Real Thing?

Did you know that scientific evidence suggests that your physical state can shape your emotions and cognition.

Studies show that hunger itself can influence mood. It activates many of the same bodily systems that are involved in emotion. For example, when you're hungry, your body releases hormones including cortisol and adrenaline, which are often associated with stress. The result of all of this is that hunger can make you feel more tense, unpleasant and primed for action.

An idea known as affect-as-information theory, holds that your mood can temporarily shape how you see the world. With this in mind, when you're hungry, you may view things in a more negative light.

Another idea is that people are most likely to be guided by their feelings when they're not paying attention to them, suggesting that people may become hangry when they aren't actively focused on their internal feelings but instead they're wrapped up in the world around them.

Here are a couple of tips to help you ward off any "hangry" situations, especially while you are driving.

Pay attention to your hunger.

Plan ahead — carry healthy snacks, eat a protein-filled breakfast or lunch to give you lasting energy.

Try to make your environment more pleasant. Listen to an entertaining podcast while you drive. Put on pleasant music. Do something to inject positivity into your day.

### Don't Forget the Car Free Pledge

Car Free Day is a free event in which people are encouraged to get around without driving alone in cars.

In the National Capital Region (Washington DC metropolitan area), Car Free Day 2019 will be observed on:

Saturday, September 21 through Monday, September 23, 2019.

To participate in this event, go to <https://carfreemetrodc.org/> and complete the pledge form.

### K&K Connections August Birthdays

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

Hershel Young	Nina Taliferro
Jeffrey McWhirt	Sara Felker
Sterling Knickerbocker	Shawn Jenkins
Cheri Inverso	Jay Krzcuik
Matisha Wilson	David Houston
Michael Singh	Marta Jordan
Cindy Edwards	Candi Alvarado
Robert Smith	Tia Delano
LaRita Willis	Sharon Lyons
Stephanie Gardner	Eric Parimiter
Dana Roman	Derick Lewis
Walter Norwood	Amy Bailey
Timothy Elliott	John Byxbe

### 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.

Source: [https://www.washingtonpost.com/national/health-science/if-youve-ever-been-hangry-this-is-what-your-body-may-be-telling-you/2018/07/06/913a474e-73d2-11e8-805c-4b67019f4e4\\_story.html?noredirect=on](https://www.washingtonpost.com/national/health-science/if-youve-ever-been-hangry-this-is-what-your-body-may-be-telling-you/2018/07/06/913a474e-73d2-11e8-805c-4b67019f4e4_story.html?noredirect=on)

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