



# "A Customer First Company" August 2020

## Welcome to the August 2020 Edition of "On the Move"

### Car Free Day 2020 is Coming

On September 22, 2020 many communities will be participating in the annual Car Free Day. Each year localities take time to promote, encourage, and reward individuals that take greener modes of transportation.



Individuals that telework, ride bicycles or scooters, use the Metrorail, walk or run, take the bus, or participate in ridesharing communities such as riding in a vanpool can participate.

Signing up is easy. Visit <https://carfreemetrodcc.org/> and fill out the pledge form. Then simply go "car free" on September 22<sup>nd</sup>. Participants receive special promotions and are entered into a free raffle to win great prizes.

Source: <https://carfreemetrodcc.org/>

### Metro is Distributing 500,000 Masks to their Riders

Metro has received 500,000 masks from the U.S. Department of Transportation. As they continue efforts to keep riders safe, and to return to normal schedules, they will be providing these masks in hopes that people will self-police themselves and comply with the mayor's orders.



Source: Wikimedia Commons

Back in May Metro started requiring masks, however this requirement has not been strictly enforced. While most people are complying, the agency is hesitant to get into confrontations with riders who do not want to wear a mask. So far there has not been any issues and Metro hopes to get things running as close to normal and as soon as possible the best way they can under the current circumstances.

Metro isn't the first transit agency to provide masks. Montgomery County's Ride On has been providing masks to their riders. Some argue, however, that masks should only be provided if the expectation is that riders should wear them.

The Department of Transportation has provided about 10 million masks to transit agencies across the country at no cost. They are working to help protect people and boost public confidence in our transportation systems.

Source: <https://dcist.com/story/20/07/24/dc-metro-face-mask-riders-covid19/>



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### How to Reduce Screen Time While Working from Home

Prior to the pandemic many people may have felt like they already spent a lot of time working in front of their computer. However, water cooler talks, walking to a printer, coffee breaks, formal meetings, and lunches with coworkers served as natural respites. These may have gone away, and people find that they are experiencing screen time fatigue.

Here are a couple of ways to reduce your screen time if you are working from home:

1. Do not assume you have to video chat. While Zoom or other similar platforms are great ways for us to stay in touch at work, do not use them as your default. Ask yourself, is this something that can be accomplished by picking up the phone and calling someone or by using email or a task management system?
2. Limit your meeting time. Block out times that you are simply not available for meetings if they are particularly draining to you. Also, limit the number of minutes in a meeting. Does a meeting really need to be an hour and a half or longer?
3. Choose physical things versus digital. Is there a book you need to read that you can get an actual copy versus reading it digitally? Choose to write your thoughts on paper during brainstorming versus typing online.
4. Move around as much as possible. Take breaks between meetings to get up from the computer. Walk to your kitchen to refill your coffee. You can even do simple movements such as rolling your shoulders to increase blood circulation.

Source: <https://hbr.org/2020/05/5-tips-to-reduce-screen-time-while-youre-wfh>

### K&K Connection August Birthdays

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

Otha Akrea	Candi Alvarado
Stephanie Gardner	Amy Bailey
Michael Gigante	David Houston
Timothy Elliott	Shawn Jenkins
Ricky Johnson	Lisa Johnson
Robin Johnson	Marta Jordan
Tracy Matthews	James Krzcuik
Sharon Lyons	Anthony Miller
Jeffrey McWhirt	Cherri Mizelle
Richard Nance	Bruce Perry
Walter Norwood	Michael Singh
Cynetheia Paige	Alfreda Payne
Eric Parmiter	Robert Smith
Theresa Steed	Nia Taliferro
Tracy Thompson Walker	Hershel Young

### 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.

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