



# "A Customer First Company"

## February 2021

### Welcome to the February 2021 Edition of "On the Move"

#### Vanpools – The Safest Way to Commute?

According to a testimony given by Jon W. Martz, the Director of Government and Public Affairs of Enterprise Holdings, to the Subcommittee on Highways and Transit, vanpools are the safest modes of public transportation, both in terms of fatalities and injuries.



Source: <https://pixabay.com/photos/truck-driver-transport-traffic-4933514/>

During his testimony he brings up several reasons why vanpooling is safer than driving or riding in your personal automobile. Some of these reasons including:

- Vehicles are newer. Many vanpools provide riders with vans that have less than 100K miles and are less than 5 years old.
- Maintenance is a priority. Vans are typically provided with on time preventive maintenance that is in accordance with manufacturer's recommendations. When there is a problem that occurs, it is addressed immediately in order to get the van back safely on the road.

- Drivers are a part of the vanpool. On most vanpools, drivers are unpaid volunteers that are not strangers to the group. Also, driving records are taken into account and regularly checked, when someone is approved to drive. If a driver is driving recklessly, they are held accountable to the other individuals that ride on the vanpool.
- Drivers can easily acclimate to driving a van. Because vans are much like the personal vehicles of most drivers, it is easier for drivers to get oriented to the few differences in the vehicles.

Source: <https://transportation.house.gov/imo/media/doc/Testimony-Martz.pdf>

#### Using Your Commute to Help You Prepare for What's Next

We all play different roles at home and at work. At home you may be a parent, a caregiver, or a husband or wife.

According to researchers from Harvard Business School, people who use their commute to mentally prepare for the transition into their next roles were less likely to suffer the negative impacts of a long commute.

During this research study four groups of people engaged in a different activity during their morning commutes including:

- Doing something they enjoyed like listening to music, looking at social media, or reading the news.
- Spending time planning for what they would do that day/week at work and thinking about how those activities would help them reach their goals.
- Splitting their time between doing things they enjoy and planning for the day/week of work.



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- Doing whatever they normally did during their commutes.

What Harvard researchers were able to find was that many people, especially those that had experienced greater work-family conflict, suffered fewer negative consequences of a long commute by planning ahead for the day at work.



Source: <https://pixabay.com/photos/composition-fountain-pen-hands-1837242/>

Participants were told that many find it helpful to focus on making a plan of their workday, or week ahead, and reflect on how those plans will help them achieve their personal and career goals. Then they were instructed to ask themselves, for example, what are the strategies they have for the week to be productive? What steps can they take today and this week to get closer to their work, personal, and career goals?

Considering so many people may be suffering from commute-related stress, it's worth trying this exercise for a few weeks and seeing if you experience a noticeable difference in your commuting experience and feelings towards your commute.

Thinking about your overall work items and making work goals on your way to work—and making personal life plans on the way home from work—may help you to find it easier to switch into the role you're moving into during each commute. This can help improve your overall work-life balance.

While we are always looking for ways to make our commutes work more for us, planning not only has the benefits of producing fewer negative emotions it also has the benefit of helping you make your time at work and home more meaningful.

Source: <https://zapier.com/blog/commuting-to-work/>

## K&K Connection February Birthdays

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

John Badgett	Eric Conner
Michelle Boatwright	Matthew Davis
Keadra Dorman	Michael Dwyer
Brandon Pinkard	Raven Givens
JoQoy Nicholas	Nalton Green
Peggy Lowery	Eric Hunter
Mary Motley	Jonathan Pfab
Richard Puerto	Kevin Price
Robert Pullin	Irvin Spurs
Serita Seright	Faye Thomas
John Wilson	Harold 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)  
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