



"A Customer First Company" February 2018

Welcome to the February 2018 Edition of "On the Move"

Vanpooling is Great for Our Environment

Vanpooling is not only a great way to save money it is also great for the environment. CO2 emissions are one of the leading greenhouse gasses which contribute to negative environmental changes. When we have less cars on the road there are fewer CO2 emissions being released into the atmosphere.



Driving as little as 10% less can reduce greenhouse gas emissions by 0.2 to 0.8 metric tons per year. Studies have also shown that trips lasting under 15 minutes cause the most emissions per mile because the vehicle's emission systems are not completely warmed up and functioning at their optimal levels. So even short trips contribute to poor air quality.

Another consequence of vanpooling is the reduction of waste. Changing out car parts results in emissions and pollutants from the manufacturing process of those parts. Disposing of faulty parts sends more waste to our landfills which can also make an environmental impact.

How Digital Clutter is Draining Your Time and Attention

Just like physical clutter can weigh us down, digital clutter can have the same impact. Taking time out during your commute every day to tackle digital clutter may help you regain your time and attention back.



Here are 6 things you can do to tame your digital clutter.

1. Clear away items on your desktop. While saving files to your desktop may be a good way to make things easy to reach, you should be careful not to let your desktop get to crowded to the point where it becomes distracting. Make a plan to clear away items that are no longer important. For items that you may need later, move them to a folder that's named and organized to make it easier to find. A clean desktop can make it easier to focus the next time you boot up your computer.
2. Only keep documents you need. Consider deleting files that you have not used in the last thirty days. Try managing your bills online so you can download any records later and avoid even having to keep them on your computer. This can also reduce the amount of mail being delivered to your home which in turn can save you more time and energy.



"A Customer First Company" February 2018

3. Manage your web browser. Get rid of any bookmarked sites that you no longer visit and make sure the sites you do visit are organized so you can get to them with little stress. Also consider a password management system such as LastPass to help you maintain online security while keeping things simple.

4. Tame your email beast. Unsubscribe from any promotional newsletters or blogs that have no other purpose than to sell you things you don't need. Use your spam filter rather than clicking on any of the links as they may well be harmful to your computer. Try to deal with your emails daily and organize and sort any you may need to keep for future reference.

5. Learn to manage music on your computer. Sort through and delete any random music that you don't listen to anymore leaving only the music you love. With the Internet, you can always go back and find music that you may want to listen to on rare occasions.

If you really enjoy listening to music all of the time, you may want to consider a subscription service like Spotify or Apple Music where you get access to an entire library for a monthly fee. That way you can listen to the music you enjoy and not store it on your computer.

6. Only keep photos that are valuable to you. If you have any duplicate photos choose the one you like most and delete the rest. Photos that are blurry or noisy or that you don't feel too satisfied with should be deleted.

Source: <https://nosidebar.com/digital-clutter/>

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

Do You Have an Article You Would Like Featured in an Upcoming Newsletter?

If you have an article, information, or a photo you would like to share with our K&K riders in a future newsletter please feel free to contact Onika Williams at owilliams@ridek2k.com. We are always looking for information that would interest you. In addition, we would love to hear what is happening on your vans. Do you have any special celebrations or outings that you participate in? We can't wait to hear from you. All submissions will be reviewed, and a determination will be made on whether the information will be used.

K&K Connections February Birthdays

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

- | | |
|-------------------------|-----------------|
| Earl James (December) | Eric Conner |
| Kimberly Adams | Brian Byers |
| Michelle Boatwright | Crystal Bullock |
| Sanjakumar Bommanahalli | Ashley Holley |
| Stephanie Carter | Michael Dwyer |
| Michelle Deloatch | Eric Hunter |
| Bettina Flournoy | Mark Jones |
| Jessica Hollimon | Terrence Hurt |
| Debra Jefferson | Patricia Jones |
| Peggy Lowery | Mary Motley |
| Tawnya Morena | Carl Pierce |
| LaVara Neumon | Bruce Porter |
| Richard Puerto | Robert Pullin |
| Serita Seright | Irvin Spurs |
| Cynthia Shackelford | Patty Truglio |
| Courtney Bonneau | Harold Willsey |

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.