



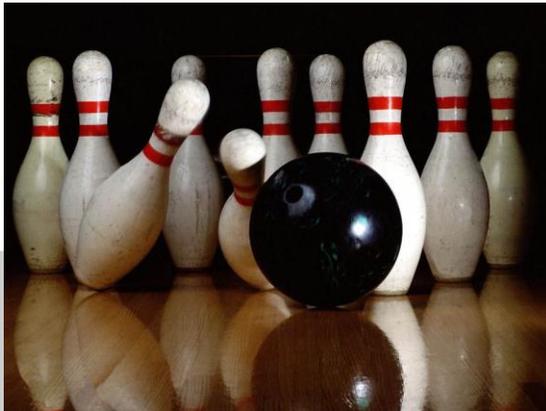
"A Customer First Company"

May 2016

Welcome to the May 2016 Edition of "On the Move"

Back by Popular Demand – K&K Bowling

Some of you have been asking "when is the next bowling event?" We have several dates to offer to our K&K Family. Please review the following dates and let us know which ones work best for you. This year bowling is also open for your whole family including your children.



Source: <http://gmub10.blogspot.com/>

Send date(s) and name of attendees directly to Barbee.Broadnax@ic.fbi.gov on or before June 10, 2016. Thank you in advance!

DATES TO OFFER:

7/22
7/23
7/29
7/30
8/19
8/20
8/26
8/27

Use Your Commute to Learn Something New

There are many ways you can choose to use your commuting time. For some using this time to learn something new, may not only help them professionally but can help make their time on the road more productive.



Below is a list of open source education sites that offer quality free courses you can take while commuting:

- MIT Open CourseWare: The Massachusetts Institute of Technology releases close to all of its course content on this site. You can find anything from videos to lecture notes to exams, all of which are free of charge and open to the public.
- Curriki, encourages teachers to publish and download educational materials. This can be anything from a vocabulary quiz to a full biology textbook. Their mission is to eliminate the gap between those who have access to high-quality education and those who do not. It's online community of educators, learners and education experts work together to build and share quality materials.
- Open Educational Resources (OER) are teaching and learning materials that you can use at no cost. OER have been authored or created by those that choose to retain few, if any, ownership rights.

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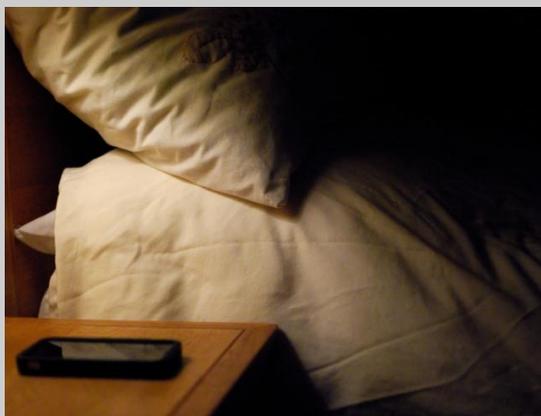
Examples of information you can find with OER include: Full university courses, Interactive mini-lessons and simulations, electronic textbooks, and elementary school and high school (K-12) lesson plans, worksheets, and activities.

- Flat World Knowledge: This company provides online versions of their Creative Commons-licensed material to anyone free of charge. However, they also sell print and downloadable versions of their books.

Source: <http://ww2.kqed.org/mindshift/2011/10/27/open-education-sites-offer-free-content-for-all/>

Why You Might Want to Ditch Your Smart Phone at Night

Doing work at home on a smartphone at night may make it hard for you to rest and sleep. This can lead to less energy the next day, according to two studies from Michigan State University.



During one study, Michigan's researchers surveyed 82 upper-level managers daily for two weeks. Another study involved surveys of 161 workers from a whole variety of occupations – including nursing, dentistry, and manufacturing. Both studies compared the effect of using smartphones with other electronic devices.

Both studies reached the same conclusion: Using smartphones for work after 9 p.m. left people tired and less energized the next day. One study even found that smartphone use was more detrimental to sleep than watching television or using a laptop or tablet. A potential reason for this is that smartphones emit a "blue light" that inhibits melatonin, a chemical in the body that encourages sleep, according to an MSU press release. And some believe that many years of delaying sleep can actually mess with our internal body clocks.

Researchers understand that people may need to address work issues after hours, but suggested trying to get more sleep and less phone distraction after hours.

Source: <http://www.safetyandhealthmagazine.com/articles/9864-work-related-nighttime-use-of-smartphones-may-affect-sleep-study>

K&K Connection May Birthdays

We would like to wish everyone born in the month of May a very special HAPPY BIRTHDAY!

Pamela Trent
Teresa Barbour
Michael Bernard
Derek Brewington
William Cooke, Jr.
Robert Hewitt
Fredrick Jackson
Stephanie Jennings
Timothy Niemczyk
Charlene Rhodes
Tony Schlagel
Shareeta Vance
Nelson Washington

KJ Trent
Katrina Bennett
Gerald Butts
Samuel Giles,
Dominic Hardy
Eric Morris
Tene McAdams
Nakiya Pitts
Stacee Ogburn
Jerome Rogers
Terry Woods
LaTonya Wray

Welcome to K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of May. We are so privileged that you have decided to make K&K your vanpool company of choice.