



WTI Transport Newsletter

December 2019



New app to scan paperwork and view payroll settlements called "McLeod Anywhere"

Have you downloaded the McLeod Anywhere app? If you have not already done so, please download load the new McLeod Anywhere app and start using as soon as possible. To begin using the app, you should have received an email from me that had a link for you to click to create your password for this app. If you do not think you got the email with the link, please let me know. If you have already created your password, follow these steps to set up the app before logging in. Download/open the McLeod Anywhere app, select I have a SCAC code and enter WBTT. Next, the app will show Boyd Logistics. Click on this and change to WTI Transport. Now click login and enter your username, which is the first 8 characters of your email. With this new app, paperwork is received much faster and also gives you another tool to be able to view your payroll settlements.

Please contact Brad McMichael at 205-469-5031 or by email at bmc-michael@wtitransport.com if you have any questions.

Brad McMichael
Benefit and Compensation Manager
WTI Transport

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Taking Care During the WINTER SEASON

With no cure in sight for the cold or the flu, over the counter treatments can at best bring symptom relief or shorten the duration of those symptoms. However, as a Commercial Driver you must be careful with the medication you take. Antihistamines and cough syrups can cause drowsiness. You should speak with your pharmacist or call the Safety Department if you are concerned about medication and commercial driving. However, you can take the natural approach.

No. 1: Blow Your Nose Often — in the Right Way

It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can cause an earache. The best way to blow your nose: Press a finger over one nostril while you blow gently to clear the other. Wash your hands after blowing your nose.

No. 2: Stay Rested

Resting when you first come down with a cold or the flu helps your body direct its energy towards the immune battle. This battle taxes the body. So give it a little help by lying down under a blanket.

No. 3: Gargle

Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in warm water, four times a day. To reduce a tickle in your throat, try an astringent gargle—such as tea that contains tannin—to tighten the membranes. Or use a thick, viscous gargle made with honey or a mixture of honey and apple cider vinegar, a popular folk remedy. Steep one tablespoon of raspberry leaves or lemon juice and 2 cups of hot water and mix in one teaspoon of honey. Let the mixture cool to room temperature before gargling. Honey should never be given to children under age one.

No. 4: Drink Hot Liquids

Hot liquids relieve nasal congestion, help prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat.

No. 5: Take a Steamy Shower

Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

No. 6: Apply Hot or Cold Packs around Your Congested Sinuses

Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at a drugstore. Or make your own. Take a damp washcloth and heat it for 55 seconds in the microwave (test the temperature first to make sure it's not scalding). Or take a small bag of frozen peas to use as a cold pack.

No. 7: Sleep With an Extra Pillow under Your Head

This will help with the drainage of nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

No. 8: Increase intake of Vitamin C

Eat foods rich in vitamin C such as oranges, grapefruit, green leafy vegetables, broccoli and Kiwi. Remember, serious conditions can masquerade as a common cold and a mild infection can evolve into something more serious. If you have severe symptoms or feeling sicker with each passing day, see a doctor.

Christie Baker
Director, Safety and Risk Management.

Employee of the Month

Congratulations to each of you on the great work you do day in and day out.



OCTOBER - Eric Summerville



NOVEMBER - Wes Harless



DECEMBER - Austin Norton

YES IT IS Winter Time

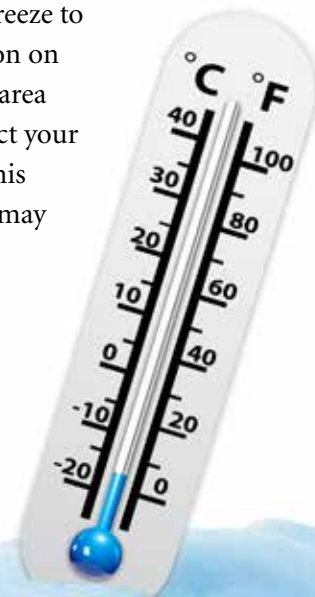
It is cold & wet!

- Listen to your truck as you start to crank it each morning. Does it drag as the motor spins over? If it does once, more than likely, it will do it again. And maybe next time, you may not be as lucky that it cranked. Call into the maintenance department and get this checked out immediately. For those trucks that have the APU/BPU's on them, are you engaging the switch that automatically starts the truck in case the battery voltage drops below a certain level? Make sure it is in the on position before you settle down for your break.
- Make sure to keep your loads dry by taking care of your tarps or by coming by one of our terminals to swap out for ones that may have had damage.
- During your Pre-Trip & Post-Trip inspections, make sure if you are adding anything to the coolant tank make sure it is antifreeze only and not water, this is true at all times of the year not just the cold weather season.

- Bunk heaters that we have installed on most of the newer trucks need to be checked at each service interval, if you are experiencing any heater problems make sure you contact us and let someone know of the problem.
- Make sure the fuel you are purchasing has fuel treatment in it before heading into the part of the country where fuel gelling may become a problem.
- When getting your trailers service at any of our locations we are adding brake antifreeze to the air system to help in freeze protection on our trailers. If you are traveling into an area that is going to be extremely cold contact your breakdown department about getting this done at one of the truck stops that you may be passing on the road.

Happy New Year and be Safe!
From your Maintenance Staff!!!

Alan Martin
VP Maintenance



Driver Associates of the Month

Congratulations to each of you for doing an outstanding job!

Based on Revenue, Fuel Compliance, MPG, Safety & Length of Employment, the following Company Drivers have been selected for:



October - Kelly Clair



November - Joseph Dison



December - Johnny Anderson

Based on Revenue, Deadhead %, Loads Per Week, Safety & Length of Employment, the following Owner-Operators, Lease Purchase & Lease Maintenance Drivers have been selected for:

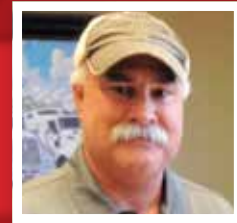
Owner-Operators



October - Lorne Patterson



November - Demetrius McDougle



December - Patrick Rainville

Lease Purchase



October - Gregory Solomon



November - Steven Davis



December - Kyle Cross

Lease Maintenance



October - Stanley Hollins



November - Terry Brown



December - Tyrone Butler

SEVEN STEPS FOR MAKING YOUR NEW YEAR'S RESOLUTIONS STICK*

Maybe you plan to ring in 2020 with a new resolve to quit smoking, lose weight, exercise more, or not sweat the small stuff. And maybe these resolutions sound familiar — maybe just like the ones you made a year ago! Creating new habits takes time and energy. Try the following seven tips to help you create long-lasting change.

1 Dream big. Audacious goals are compelling. Want to lose 50 pounds or just enough to fit into clothes you once loved? With perseverance, encouragement, and support, you can do it. An ambitious aim often inspires others around you. Many will cheer you on. Some will be happy to help in practical ways, such as by training with you or taking on tasks you normally handle in order to free up your time.

2 Break big dreams into small-enough steps. Now think tiny. Small steps move you forward to your ultimate goal. Look for surefire bets. Just getting to first base can build your confidence to tackle — and succeed at — more difficult tasks. Break hard jobs down into smaller line items.

3 Understand why you shouldn't make a change. That's right. Until you grasp why

you're sticking like a burr to old habits and routines, it may be hard to muster enough energy and will to take a hard left toward change. So, when you're considering a change, take time to think it through. You boost your chance of success when the balance of pluses and minuses tips enough to make adopting a new behavior more attractive than standing in place.

4 Commit yourself. Make yourself accountable through a written or verbal promise to people you don't want to let down. That will encourage you to slog through tough spots.

5 Give yourself a medal. Don't wait to call yourself a winner until you've pounded through the last mile of your big dream marathon or lost every unwanted ounce. Health changes are often incremental. Encourage yourself to keep at it by pausing to acknowledge success as you tick off small and big steps en route to a goal. Ask fami-

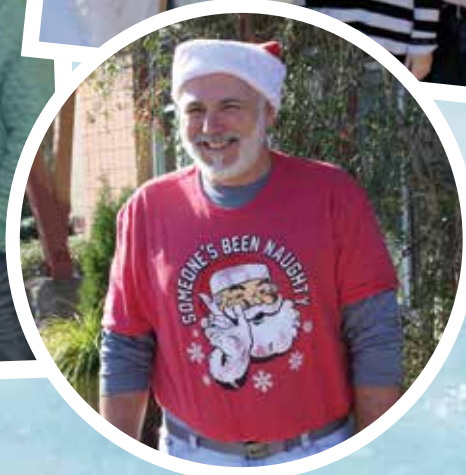


ly and friends to cheer you on.

6 Learn from the past. Any time you fail to make a change, consider it a step toward your goal. When you hit a snag, take a moment to think about what did and didn't work. Maybe you took on too big a challenge? If so, scale back to a less ambitious challenge, or break the big one into tinier steps. If nailing down 30 consecutive minutes to exercise never seems to work on busy days, break that down by aiming for three 10-minute walks or three 10-minute mix of marching, stair climbing, and jumping rope or similar activities slipped into your TV schedule.

7 Give thanks for what you do. Forget perfection. Set your sights on finishing that marathon, not on running it. If you compete to complete, you'll be a winner even if you wind up walking as much as you run. With exercise — and so many other goals we set — you'll benefit even when doing less than you'd like to do. Any activity is always better than none. If your goal for Tuesday is a 30-minute workout at the gym, but you only squeeze in 10 minutes, feel grateful for that. It's enough. Maybe tomorrow will be better.

** Edited from Harvard Medical School's online "Healthbeat"*





WTI Birthdays We'd like to wish our Driver Associates & Staff a Happy Birthday.

OCTOBER

JEFFREY BRANT
KEITH CROSS
EDDIE TURNER
MARIBETH ESSARY
DEMETRIUS MCDOUGLE
LUIS REYNOSO
DEMARCUS GAMBLE
CURTIS GREEN
TIMOTHY GREIER
RHONDA MERCIER
EARNEST SMITH
ROBERT HUNTER
MICHAEL HURST
TONY SHIVER
RICHARD MORNS
KENEISHA PETTY
HARRISON POWELL
ANDREW BULLOCK
LARRY BARR
DONALD DINGLER
EUGENE JACKSON
DANNY NORRIS
HELEN BRASFIELD
CLARENCE MATTHEWS
SCOTT REDDICK
RODERICK TAYLOR
TERRY GARRICK
MILFORD SAMUELS
WILLIAM DUNN

LARRY MADDOX
HERMAN ANDERSON
LEVONTE CAMPBELL
ALFRED DEYOUNKS
JEREMY ENGLISH
GUY MARTORANA
CHRISTOPHER BEECH
CUPID HODGES
JOHNNY ANDERSON
CHRISTOPHER DANIEL
JOHNATHON ABBOTT
WILLIE LACEY
ANDREW THOMAS
DOUGLAS ASBRIDGE
FELIX TANCO

NOVEMBER

WESLEY HENDERSON
BRENT JENNINGS
JOHN JERNIGAN
MICHAEL SIMMONS
YVETTE HOWELL
MAURICE JONES
PAUL PADGETT
BRADLEY JENSON
LANCE WRIGHT
MICHAEL VASBINDER
BEN BRAND
OTHELL ATTICAL
TARRON LEE

DANITA COGER
ANTHONY KENDERICK
PRESTON LOLLEY
STEVEN CARPENTER
CHRISTOPHER RENDER
KOREY JONES
JAMES JORDAN
FEEANAYA BARRY
CEDRIC JOHNSON
BERNARD COLEMAN
LAWRENCE GADSON
JESSE HINES
SEAN MARTIN
JUSTIN BAREFOOT
ISREAL PATTON
DEREK BROXTON
DWAYNE LOVE
JOHNATHON ISOM
CHRISTOPHER WRIGHT
JOHN BUTLER
QUADARIUS EZELL
DENNIS VALENTINE
DAVID MORAN

DECEMBER

RODNEY FAVORS
MAURICE PATRICK
JOE HUGHES, SR
MICHAEL COLBERT

MELVIN GANN
WESLEY WELLS
BRYAN HODGES
BRIAN BUSH
KERRION HARRIS
MARCUS STANLEY
LIBERTO LUPO
MEIKO STEWART
RYAN CLEMENT
JE BRAZZLE
GENESIS PRESLEY
TK MYERS
DANIEL MATHIAS
NIJEL YOUNG
KENNETH ASBERRY
JIMMY THOMPSON
JUSTIN WATSON
XAVIAN IVEY
JEFFREY FOSTER
MICHAEL ROY
DONNELL JACKSON
LACHAN BRAZZLE
JOSHUA VOYLES
LEANDREW BANKS
CHARLIE PONDER
BRANDON TAYLOR
NATHAN MILLER
WILLIAM STITH

Happy Birthday Celebrations for our Drivers' Spouses & our Employees' Spouses

OCTOBER

EVELYN TAYLOR
CARLISSA JORDAN
IDEASHA HUNTER
PAMELA BRADLEY
AMELIA PERRY
ANABELLE CRUZ
JASMINE CUNNINGHAM
BARBARA LEDLOW
ELLIOTT PETTY
KENDALL DUKE

NOVEMBER

JOCELYN PONDER
DANNEL FAIN
GLORIA REDDICK
JASMINE GREEN
NANCY ANDERSON
ANGEL JOHNSON
CAROLYN CLARK
CHRISTY HODGES
CORETTA HOLLINS
FREDELYN ATTICAL

KATINA BROWNLEE
JAMIE SNYDER
CINDY HOGGARD

DECEMBER

STEPHANIE KELLY
ROBIN KESSLER
ASHLEY WALKER
IRENE CLAIR
PINKIE HARRIS
LAURIE BINDO

KRISTLE ANN MORAN
WYNESHA GREEN
DEBEL MANUEL
TINA LUCKEY
SUZETTE AHASTEEN
CRYSTAL JOHNSON
MERI AVERHART

If you, your spouse or your child's birthday was during the months shown & you aren't listed, please email cwright@wtitransport.com with your name and your birthday.

Happy Birthday Celebrations for our Drivers' Children & Employees' Children (age 18 & younger)

OCTOBER

MAKAYLA POWELL
 DAJONNIZE BROWN
 MESSIAHWALKER
 KORTNEY LACEY
 DEONDRA PTOMEY
 JESSICA JOHNSON
 SHAYLEE FISHER
 EMMA KELLY
 DIAMOND WHITE
 COBY SALTER
 AMANDA CORDOVA
 ROYAL FAVORS
 AUSTIN HENDERSON
 LA'ZARIA HODGES
 GABRIELLE SAMUELS
 AIDAN ASHBURN
 MACKINSEY GANN
 DAKOTA WHITMORE
 CHLOE DINGES
 BRIDGETTE DINGES
 EMILY SNYDER
 TERENCE MATTHEWS
 KADENCE HOFFMAN
 STORMIE BENNETT
 GAGE HOPKINS
 JESSE
 ALEXANDER BROWN

KE'ASIA JOYNER
 KHA MARION ROBINSON
 AIKARI MARTIN
 MALIK MCCULLOUGH
 AMARI WRIGHT
 BRAYLON HODGES
 QUAN'JAMAY POWELL
 TAYLOR NICHOLSON
 ERIANNA NICHOLSON
 JOURNEE CRAWFORD
 EMANI SMITH
 MALIKYE KILGORE
 BRADLEY PRESTWOOD
 BRADEN PRESTWOOD

NOVEMBER

JEREMINAH HILL
 STELLA BAKER
 DARRYL WHITE JR
 MOLLY JENKINS
 AMBER JOHNSON
 KEZIAH LUPO
 NATALEIGH HENDERSON
 LONDYN BROWN
 KADIJAH BROWN
 MALACHI WILLIAMS
 JANAYA POWELL
 SHAELYN HINSKE

ASHTON STANLEY
 KARRIS JONES
 ALINA WRIGHT
 THOMAS HARDIN
 DAMIAN
 JA'TERRIOUS LETT
 STEPHEN DEAN
 DE'ASJA HALL
 KENTRELL CRAWFORD
 JA'QAYLIN HARRISON
 KASHAYLA KENDERICK
 TYLER STEPHENSON
 TAYLOR HALL
 TYLER MCGOWAN
 CARMEN KILGORE
 NOAH PRESTWOOD

DECEMBER

FARRAH GREEN
 MEIKO CANNON JR
 KORI WALKER
 LUCAS CRUTCHFIELD
 BRIAN WALKER
 LUCAS CRUTCHFIELD
 LARRY LAMAR LEE JR
 DAKOTA DISON
 JEREMIAH FOSTER
 GIOVANNI ROBERSTON

JASON ALLEN
 JOHNSON JR
 CLARENCE
 MATTHEWS IV
 MAYLA CHAPMAN
 ELIJAH LUPO
 KESHATIA SIMS
 KOBE HUNTER
 KAYLA CABANAS
 MAKAYLA VOYLES
 DELILAH JENKINS
 CEUNDRALATON
 ALEXIS VOYLES
 ZAMATIOS BARRY
 KAYDEN HUNTER
 QUANNYLAH POWELL
 QUANTAVIA DILLARD
 KRISTEN GREATHOUSE
 LINCOLN JENNINGS
 HANNAH WESLEY
 DEANTONY LARD, JR
 RAYSHON SEWELL
 SHAY MARTIN
 QUAN MARTIN
 CARSON MCMICHAEL
 KYLIE DUNCAN
 JAMES MICHAEL DUKE

September, October & November TOP 10 MPG's

September Top 10 MPG's

COURTNEY HANLEY 7.6
 CALEB SNYDER 7.5
 JOHNNY ANDERSON 7.3
 WILLIE PEEBLES 7.0
 RICKY STATHAM 7.0
 LEANDREW BANKS 7.0
 JOSEPH EDWARDS 6.9
 STEVE HUFFORD 6.9
 JEFFREY BRYANT 6.8
 KEVIN BOQUIST 6.7

October Top 10 MPG's

JOHNNY ANDERSON 7.7
 COURTNEY HANLEY 7.5
 JAMES VANHORN 7.4
 MICHAEL WORRELL 7.3
 CALEB SNYDER 7.3
 STEVE HUFFORD 7.2
 WILLIE PEEBLES 7.0
 KEVIN BOQUIST 6.9
 LEANDREW BANKS 6.8
 RAY BROWNLEE 6.7

November Top 10 MPG's

JOHNNY ANDERSON 7.8
 JACOB ADAMS 7.8
 JAMES VANHORN 7.5
 RAY BROWNLEE 7.3
 WILLIE PEEBLES 7.2
 MICHAEL DEAN 7.1
 COURTNEY HANLEY 7.1
 KEVIN BOQUIST 7.0
 JOSEPH EDWARDS 7.0
 STEVE HUFFORD 7.0

WTI Driver Service Salute: Thank you for your service, hard work & dedication.

OCTOBER

TONY WHITE	21 YRS
WAYNE TILLMAN	18 YRS
DANNY WALL	15 YRS
JEFFREY FOCHTMAN	9 YRS
ANDREW JACKSON	7 YRS
JOSHUA LAND	5 YRS
MARION WHALEN	5 YRS
JEFFREY LUCKEY	4 YRS
JASON BONNER	2 YRS
JARMAIL JAMES	2 YRS
THOMAS NOE	2 YRS
LEVONTE CAMPBELL	1 YR
LARRYAN MCCULLOUGH	1 YR
JEROME CHAPMAN	1 YR
JAMES DUBOSE	1 YR

NOVEMBER

WILLIAM KNOX	23 YRS
MICHAEL GAINES	11 YRS
LEANDREW BANKS	8 YRS
RICHARD HOFFMAN	6 YRS
CURTIS SANDERS	5 YRS
TALTON HUGHES	4 YRS
OTHELL ATTICAL	3 YRS
TYRONE BUTLER	3 YRS
JOSEPH DISON	3 YRS
MICHAEL COLBERT	2 YRS
JOHNATHON ISOM	2 YRS
DARRIEN MCGOWEN	2 YRS
RONNIE MCCAROLE	1 YR
ROGER ROBBINS	1 YR
BOISE THORNS	1 YR
TIMMY DALE	1 YR

CHRISTIAN EVANS	1 YR
EARL DAILEY	1 YR
ANTWAN GREEN	1 YR
JUSTIN WATSON	1 YR
JAMES JORDAN	1 YR

DECEMBER

MATTHEW HILL	10 YRS
RUSTY DRURY	8 YRS
JAMES VANHORN	5 YRS
JAMES BROWN	4 YRS
ALLEN GAY	4 YRS
SAMUEL DIXON	3 YRS
TRE DINGES	3 YRS
RANDALL TAYLOR	2 YRS
TORREY RICHARDS	1 YR

Staff Service Salute: Thank you for your service, hard work & dedication.

OCTOBER

LARRY BAKER	10 YEARS
GUY R. MARTORANA	7 YEARS
HAROLD DOREMUS	4 YEARS
MICHAEL SIMMONS	2 YEARS

ERIC SUMMERVILLE	2 YEARS
TANNER MUSICK	1 YEAR

NOVEMBER

KENEISHA PETTY	1 YEAR
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DECEMBER

MICHAEL HOLMES	17 YEARS
FRANNIE PRESTWOOD	9 YEARS
JOHN JERNIGAN	5 YEARS
RYAN CLEMENT	4 YEARS

4th Quarter Driver Referral Winner

Laferrel Calvert won our 4th quarter referrals with the most drivers hired. Laferrel won a Wireless Sound Bar. In second place was Feeanaya Barry followed by Jasper Martin, Brandon Taylor, and Alonzo Seal. We appreciate everyone's referrals and thank all our drivers for a great referral year.

For a review the First Quarter winner received a 55" Smart TV. Our Second Quarter winner picked up an the Apple iPad and Third Quarter winner earned a Laptop

From the Recruiting Department we wish you a Merry Christmas and a Happy New Year!

Tera Duncan, Meko Stewart and Larry Baker



Christmas - Joy or Despair?

We all hoped for a perfect Christmas – you know

what I mean. The Christmas where everyone comes home, the children and grandchildren are all present and everyone gets along perfectly with no drama. The house is trimmed with trees, twinkling lights, and mistletoe. Below the beautifully decorated mantle, a cozy fire is blazing in the fireplace. Christmas music fills the air. Underneath the tree are presents, beautifully wrapped, and perfect for the receiver. Filling the air is the fresh aroma of a perfectly cooked meal. The turkey is moist, the casseroles delicious, and the merriment plentiful. On the table is everyone's favorite, many made from recipes that have been handed down for generations. The children even eat their peas before asking for dessert. Laughter fills every room! After consuming the huge meal, all the men insist on doing the dishes while the women sit and chat.

In actuality many of us had an imperfect Christmas. There's the person that wasn't at the table because of a family argument, a divorce, a wayward child or an unexpected death. Fewer gifts were under the tree because things were hard financially. It's was an imperfect Christmas.

The first Christmas began when our Lord and Savior Jesus Christ was born, and it was about as imperfect as they come. In our heads, we have a vision of a perfectly clean baby in a perfectly clean stable, with streams on light beaming down to soften the whole picture. That is beautiful but



that is not reality.

Joseph and Mary left Nazareth traveling eighty miles to Bethlehem to pay their taxes (that alone makes it a very imperfect Christmas!) They couldn't hop in their SUV, throwing everything in the back, and drive to Bethlehem. It was a foot journey. We see pictures of Mary on a donkey, but we don't know for sure that she rode on a donkey for any, none or all of the trip. The Bible doesn't say how she got to Bethlehem. One thing for sure, it was not an easy journey. After His birth, the baby Jesus was laid in a manger, a feeding trough for animals. I'm sure Joseph cleaned it and did the best he could, but it certainly was not what they envisioned for the baby. It was not a beautiful, sterile nursery laden with blue curtains and stuffed animals. If the baby was indeed born in a stable, the animals smelled terrible as did the environment. Of course, we love the song, "... and little Lord Jesus no crying he make." Please!

It was a less than perfect Christmas for Mary, Joseph and Jesus, but for that I am thankful. Jesus Christ, the King, was not born in a beautiful palace with all the perfection afforded to a king. He was born in a lowly, imperfect environment. It would be hard for me to identify with a king

in a palace, but I can identify with One who understands the imperfections of life.

When the Bentons celebrated Christmas this year, we were so thankful for a victorious Savior who experienced imperfection. We welcomed our children and grandchildren and their laughter, but the empty chair at the table stared at us. Our son Bryan was missing. It is painful and it is, at times, so unbelievable.

We had a choice – joy or despair? We chose joy. Christmas wasn't perfect in human terms of perfection, but Christ the Savior is born. He meets us at our places of imperfection and pain. He is the reason for the season. He is the joy to the world. His presence and sacrifice make Christmas perfect in the midst of imperfection. Silent night, Holy night ... Christ the Savior is born. My Christmas was Merry because I didn't allow the imperfections of this Christmas to ruin my day. When that temptation comes, just sing it with me ... "Away in a manger, no crib for a bed, the little Lord Jesus laid down His sweet head." Christmas, joy or despair? **Choose joy.**

Gaylon Benton
Senior Certified Corporate Chaplain

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Follow us on:



WTI Transport's Mission Statement

“WTI Transport’s mission is to safely serve our customers, drivers, and associates with pride and integrity. We will meet these needs and expectations through communication, technology, honesty, and a strong work ethic.”