



TraVek Presents:

JULY 2018

TIPS & CLIPS

TraVek Remodeling
15575 N 83rd Way, Ste A-4
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ROC #168997 and #168998

Hello friends! We are pleased to send you this monthly issue of *Tips & Clips*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to your friends and neighbors. Enjoy!

Star-Spangled Banner

*O say can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming,
Whose broad stripes and bright stars
through the perilous fight
O'er the ramparts we watch'd were so gallantly streaming?
And the rocket's red glare, the bombs
bursting in air,
Gave proof through the night that our flag
was still there,
O say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?*

- Francis Scott Key

Attorney Francis Scott Key witnessed the twenty-five hour bombardment of Fort McHenry from a British troopship anchored some four miles away. He had boarded the ship to negotiate the release of an American civilian imprisoned by the British, and had been detained aboard as the bombardment began. On September 14, 1814, as the dawn's early light revealed a flag flying over the fort, Key exultantly began jotting down the lines of the song that became our national anthem.

After the war, Key continued to practice law in the District of Columbia.

Source: amhistory.si.edu

Dear Valued Customers and Employees,

By the time you get this the Fourth of July will be here. I hope you all enjoy a great Independence Day. Despite all the things we hear on the radio and in the news, I still believe the United States of America is a great land, with an abundance of opportunities, and we work to preserve peace, joy and prosperity here in our own area.



We have mentioned how TraVek is growing its team. It might be interesting to know that since January of 2017, we have grown the TraVek Team by 65%. That is really exciting for us, and we know that this happens because you, our customer, have put your trust in us with your remodeling projects. Because of the continued projects that we are awarded with, we are blessed to be able to grow our team to keep up with the work. Growth can be a great thing and we work our best to keep it balanced, to ensure that our customers are receiving the "Ultimate TraVek Experience".

This was another busy month. We finished up some beautiful kitchens and bathrooms, as well as some whole home remodels. They are stunning. Please go to our website to look for updated pictures -- we add them continuously.

We were super excited to have an article written about TraVek in Voyage Phoenix. See it here: <http://voyagephoenix.com/interview/meet-von-raisanen-travek-north-scottsdale-scottsdale-airpark/>



Our TraVek Community Outreach evening seminars are starting to gain some great attention and feedback, and the number of attendees grows surely and steadily. Eventually we may have to limit the number of registrations, but for now, we love having as many as can fit come in. Last month Chef Celine did a nice presentation and had some delicious, healthy and tasty food to share with us. Some of our upcoming topics include: Lymphatic Wellness in July, Services for Seniors and Elder Living Alternatives in August, and a Carrie Curran Art Studios painting class in September (this one will be limited enrollment).

Please join us **Tuesday evening, July 17 at 6:00**. John Ossipinsky will be doing a presentation on maintaining a healthy lymphatic system. Read our website Event page for more information. This is a **FREE event**, but if you plan to come, please R.S.V.P. on our website, or call our office at 480-367-1171.

Sincerely,

Von K. Raisanen
President

From the Doc

Why Is My Posture and Balance Bad?

It is medically accepted that our ability to maintain an upright stance is achieved by feedback mechanisms that generate an appropriate corrective torque based on body-sway motion detected primarily by visual, vestibular (your balance system), and proprioceptive sensory systems. Because orientation information from the various senses is not always available (eyes closed) or accurate (compliant support surface), the postural control system must somehow adjust to maintain stance in a wide variety of environmental conditions. This is what we know of how your brain processes information from your body.

If you stand on a firm surface:

70% is from the body, (somatosensory)

20% is from the vestibular system

10% is from the eyes

Things change when you are on a perturbed surface like an Air Ex balance pad.

70% is from the vestibular system

20% is from the eyes

10% is from the body, (somatosensory)

Life happens. So do accidents. Whiplash association disorders, (WAD) and Concussion are common occurrences.

WAD Symptoms
Dizziness/Unsteadiness
Headaches
Visual changes
Cognitive-memory, concentration
Sleep disturbances
Concussion Symptoms
Balance/ Postural changes
Headaches
Visuo-motor changes
Cognitive-amnesia, feeling in a fog
Sleep disturbances

Notice a similarity between these two conditions? It's all perceived within the skull whether you injure your brain or somewhere in the spine. The **bad news** is if you

don't rehabilitate these injuries, the above symptoms continue, arthritis develops in affected spinal joints and neurodegenerative disease like Parkinson's and Alzheimer's become more of a risk.

The **good news** is we have a "playground south of your skull" to rehabilitate these injuries caused by a physical event. My "tool box" consists of a variety of physical therapies, (chiropractic, exercises and laser therapy).

Call our office 480-951-5006 if you or a loved one has been injured. We offer a variety of treatment approaches.

Sincerely,

Dr. Burdorf, D.C., D.A.C.N.B.
8140 East Cactus Road, Suite 730
Scottsdale, AZ 85260
Email: mark@drburdorf.com

Dr. Burdorf is one of only seven Board-Certified Chiropractic Neurologists in the State of Arizona.

Homeowner's Corner

Maintaining Your Shower Glass

There is nothing more elegant than a brand new frameless glass shower enclosure. From the sleek lines to the beautiful hardware, there is a certain *WOW* factor that occurs when you walk into a bathroom and see it for the first time.

Now keeping it looking like new is the challenge.

Glass feels very smooth to the touch and looks smooth but did you know that under a microscope, glass has peaks and valleys resembling a mountain range? It is in these valleys that dirt, soap scum, waxes from shampoos and minerals from the water accumulate. Before you know it your brand new shower enclosure becomes a nightmare and a point of frustration.

This is because you can't keep it clean without exposing yourself to toxic cleaners and spending precious time and energy scrubbing it. As hopeless as it may seem, there are ways to remedy this situation.

Most of you have used homemade concoctions of vinegar or bleach. These concoctions may clean the surface temporarily, but they are also causing permanent damage every time you clean.

Continued on next page...

Homeowner's Corner Continued...

There are products available to the consumer that will coat the glass, making it so that the contaminants do not adhere to the surface, therefore making it easy to clean. Some need to be applied by the consumer and some are applied by a service provider. The length of time that it will last varies between manufacturers, ranging from 6 months to a "Lifetime", whatever that means. Some services can remove the build up on existing glass and then apply the protection or they can apply the protection the day after it is installed. Some protective coatings need a day or two to cure before using it, and some are ready to use immediately.

Ask your shower glass vendor for the options available to protect your investment. I'm sure that if you had or have untreated shower glass and know what it is like to maintain you are wishing you spent the extra money for the protection. You will not regret it. Spend less time cleaning and more time doing what you enjoy.

Jim Van Heemst, Owner
HydroShield
<http://www.hydroshieldphoenix.com>

Want To Keep Up On What's New in Design?

Recommended Home Design Podcast

Many of us are so busy that we don't take the time to read, hence the beauty of the **PODCAST**, which, unlike a radio show, can be downloaded to a device and listened to at your leisure.

Home Design Chat with Nancy offers interesting information on everything for your home, whether remodeling or building new. From hints on getting organized to knowing the best way to clean your rugs to picking out appliances, Nancy chats with the experts in the design field about all these subjects, and more.

Listen while you are driving, walking the dog or working out at the gym, and find out how you can get your free gift.

Don't miss out on these fun chats. They are all listed here: <http://designerscirclehq.com/category/home-design-chat-with-nancy/>

Nancy Hugo
www.NancyHugo.com

TraVek's Community Outreach Tues., July 17, 6:30 PM Lymphatic Wellness

Learn how to detox and maintain your lymphatic system to gain better control of your health. Author John Ossipinsky has studied and worked with the lymphatic system for over 24 years. He helps clients with their pain, stress, depression, insomnia, chronic fatigue, brain fog, cognitive problems, weak immune systems and digestive issues. He'll be presenting at TraVek's offices on Tuesday, July 17 at 6:00 p.m. Register at www.travek.com or call 480-367-1171. Welcome!

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**The Voice of a
Customer:**

David, Jake and Rod have been amazing. Their attention to detail is the best I have ever seen. We spent a lot of money remodeling our new home and would recommend this company. Like most people, we aren't independently wealthy and TraVek and their employees have helped us create our dream home with very little money beyond what they projected the cost would be. Hire TraVek if you want extreme quality at a good price.

-Tim Schirra
Google Review
June 2018



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ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

JULY 2018



Featured Project: Kitchen Remodel in Chandler

This was a major transformation. You can see in the smaller picture that this kitchen was well-loved. The homeowners called TraVek because they wanted an updated look. The footprint of the kitchen did not change, except that more cabinets were added along the wall under the window. What a beauty. It looks completely new, so light and airy and fresh. And look at all that counter space—what a dream! To see more pictures, go to www.travek.com/About Us, and then click on the picture of Hans. It will show up on the projects he has completed.

Hans Raisanen, Designer

