



TraVek Presents:

JUNE 2017

TIPS & CLIPS

TraVek Remodeling
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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!

Monthly Humor

What Goes Down Must Come Up

Two businesswomen decided to start a bungee-jumping business and thought the best way to publicize their enterprise would be for one of them to plunge into an unsuspecting group of people and shoot back up again. They found a cliff overlooking a residential district and located a spot right over a house where a backyard party was being held.

One of the women decided to be the jumper, and the other stayed on the cliff. The jumper donned the harness, secured the elastic cord, and jumped off the cliff. The tender soon heard shouts of laughter from the crowd below as the cord went up and down. "Success," she thought.

But when the jumper came back to the top, she was covered with bruises and limping. "What happened to you? Was the cord too long?"

"No," her partner gasped. "The cord was fine. But I knew I was in trouble when I got to the bottom of the jump and everyone yelled, 'Piñata!'"



To Our Valued Customers and Employees,

I want to take this opportunity to thank all of you and the Scottsdale Community for helping us celebrate the fantastic milestone of TraVek with the ribbon cutting at our new location!



It's time to cut the ribbon! (Adults l to r) Mayor Jim Lane, Randy Raisanen, Von Raisanen, Mark Hiegel (President of Scottsdale Chamber), Todd Raisanen.



This past month we were also honored to have lunch with Dave Ramsey, our voice for KTAR 92.3.

As most of you know, we offer services in remodeling which include **kitchens, baths, additions, and guest homes/casitas**. As we move forward, we are looking to expand into other exciting areas in ways that will continue to add value to our customers. Thanks again for all of your support, and let's continue to make 2017 a FANTASTIC year!

Von K. Raisanen, President

The TraVek team has been blessed to be able to successfully serve the Valley for over 15 years.

The success of TraVek is also success for small business in our community, and I'd like to attribute our success to you, our customers, and the TraVek Team, which includes our Employees, our Subcontractors, and our Vendors! Without you, we would not be where we are at today!



Mayor Jim Lane gave such nice and encouraging words on behalf of the community.



(l to r) Von Raisanen, Dave Ramsey, Teemu Raisanen

Nutrition

Proper Nutrition for Vegetable Haters

Most people are aware that vegetables are vital for a healthy diet, and for those who genuinely dislike all veggies, it can be a major challenge to have a truly nutritious and healthy diet. The good news is there are methods by which even the most ardent vegetable hater can improve their eating habits.

One good tip is to make a change by switching to olive oil when cooking. Studies have demonstrated that oleocanthal, the phytonutrient contained in olive oil, has a similar effect in regards to reducing inflammation as does ibuprofen. It is also capable of lowering blood pressure and cholesterol, assisting the body to absorb calcium more easily, and helps to cut down the chances obesity. It is also very rich in antioxidants.

One trick may simply be to try to hide vegetables in food, such as including kale with guacamole or smuggling some shredded zucchini into hamburger meat.

It can also be a good idea simply to try different vegetables. Many veggie haters have had bad experiences with certain vegetables and then just extrapolate to an assumption that they will hate all vegetables, which is not necessarily true. Keep an open mind and try experimenting with different vegetables, and you may yet find one you genuinely love to eat.

The Work/Life Balance

How to Set Mental Boundaries

Achieving a work/life balance is about more than just physically disconnecting work from the rest of your life. The reality, however, is that setting mental boundaries can be more difficult, and when work invades your every thought (even when you are at home and away from the office), the stress of work can continue to adversely affect your life and upset the balance.

One way to create a better mental boundary is to join a group fitness class, preferably a high-energy one. A total body class or the camaraderie that can come from something like kickboxing classes can be an excellent way to redraw mental boundaries and get your mind to focus on something besides work.

Unless it is a set part of your job, it is also a good idea to disconnect your work emails from your phone. If a real emergency arises, the office can always directly call you, but you don't need to be jumping to attention with every work email even during your off hours.

Sudoku Answers

3	9	5	7	6	2	4	1	8
6	4	1	3	9	8	5	2	7
2	7	8	5	1	4	3	9	6
4	3	9	1	5	7	8	6	2
5	8	6	2	4	9	7	3	1
1	2	7	6	8	3	9	5	4
9	6	3	4	7	1	2	8	5
8	5	4	9	2	6	1	7	3
7	1	2	8	3	5	6	4	9



*"Love people and use things;
the opposite never works."*

-From The Minimalist

Family Matters

Try These Creative Hiding Places for Valuables

Although your chances of being burglarized are low, it does happen. Unless you've got a safe guarded by laser beams for your priceless heirlooms, try some of these tricks for hiding your valuables:

- **Bookcases.** Many bookcases have a few extra inches of space beneath the bottom shelf, hidden behind some molding. Remove the molding and store valuables there.

- **Light switches and electrical outlets.** Turn off your power and remove the plate. You'll find a small space where you can deposit small items for safekeeping.

- **Ironing boards.** You can hide important documents between the board and the padding. Also, the hollow area inside the legs (pull off the rubber or plastic pads) can be used to store rolled-up cash or small items.

- **Spice jars.** Pour the spice into a bowl. Then coat the inside of the jar with glue. Refill the jar, then empty it again. Make sure the jar looks like it's full of oregano (or whatever you used) and place money, credit cards, or other valuables inside.

- **Trash cans.** Place important items at the bottom, then use a liner to conceal them.

- **Dirty clothes hamper.** Most thieves won't want to sift through soiled clothes.

- **Vents.** Your heating and air conditioning vents can make useful hiding places. Burglars won't want to waste time and risk capture unscrewing each vent.

- **Decoys.** Keep a small wad of cash someplace where a would-be burglar is likely to find it. Thieves in a hurry will snatch it and go, leaving the rest of your valuables behind.

Trivia

Farm Animal Facts

Farm animals are part of the landscape in rural communities but many people raised outside of such communities often have little understanding of many of the curious facts about these creatures.

For instance, animals have certain body parts that assist them to adapt and respond to their environment. Of course, sheep do not have hair like humans but are covered in wool that insulates them during the winter months and also assists them to stay cool during summer. The wool contains a waterproof wax known as lanolin that is able to prevent debris including dirt and rain from getting onto the skin of the animal.

Goats, sheep, and cattle only grow teeth on the bottom half of the jaw, but pigs have a complete set of 44 teeth. Poultry on the other hand have no teeth at all and instead use their sharp beaks to crack food and then swallow it whole.

While all poultry and birds possess wings, this does not mean that all of them are able to fly. For example, farmed turkeys have wings but are unable to fly due to the solidity of their bones.

Healthy Living

Vitamin D

In recent years, surely you have seen articles about taking Vitamin D as a supplement. Most people think everyone living in Arizona gets enough Vitamin D. The reality is many people are deficient because of either staying out of the sun or otherwise lathering up with sunscreen when going outside, which retards Vitamin D absorption.

Many diseases and illnesses are greatly reduced, prevented, or helped by sufficient Vitamin D levels, and on the flip side, Vitamin D deficiency has been linked to many of the same diseases. Lack of Vitamin D can affect bone strength, type 2 diabetes, muscle weakness or aches, and weight gain, to name a few. Sufficient Vitamin D has been linked to preventing prostate, breast and ovarian cancers, and other health conditions.

How much Vitamin D do YOU need? A healthy level of Vitamin D on blood work evaluation is 50-70 nanograms/milliliter. One person may need 2000 IU while the next person may need 10,000 IU. You cannot know what you need without testing, so the best low-cost strategy is to do initial blood work to determine the level of Vitamin D, and then based on those results, use a good supplement for 30 days and then retest.

Not all supplements are good, and some supplements need certain foods or vitamins to help the absorption, so it's important to find out what your body needs before starting anything.

There are also other foundational blood work assessments you can do to try avoid other disease processes like arthritis, inflammation and heart disease in addition to cancer.

Sincerely,
Dr. Burdorf, D.C., D.A.C.N.B.
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For more information about testing for what your body needs, call 480-951-5006 or schedule online at drburdorf.com to set up a consultation.

What Our Customers Say

We are so fortunate to have the best customers in the world! Many of them write to tell us how much they appreciated the TraVek Experience. Here are just a couple of the terrific comments that were on Google Reviews recently.



"A few years ago I hired Travek to build a guest house on a property I was managing for an international couple. The project went great and the high quality work makes all the difference. It was built with energy efficiency in mind and I know from living in there myself, how comfortable it was to be there. I highly recommend Travek to anyone considering any remodeling projects no matter the size and scope. Great company!"

Charles K., Scottsdale, AZ

From TraVek: Thank you, Charles. This turned out gorgeous, and we were so happy to put this together for you.



"Very Professional, friendly and accommodating. You know what to expect before work commences, no surprises. They genuinely guarantee their work and those they subcontract with. I wish I came across TraVek sooner!"

Sue V., Gilbert, AZ

From TraVek: Thank you, Sue! We love working with you, and are excited about the exterior remodel coming up here shortly!



Sudoku

3		5		6				
6	4				8	5		
2	7	8			4		9	
4			1		7			2
	8						3	
1			6		3			4
	6		4			2	8	5
		4	9				7	3
				3		6		9

Fill in the blank squares so that each row, each column, and each 3-by-3 block contains all the digits 1 thru 9.

Answers on Page 2.

June



The "Waited-For" Newsletter

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INFORMATION AND ENTERTAINMENT FOR OUR CUSTOMERS

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Featured Project: Guest House

To see all the pictures of the gorgeous 800 sq ft guest house below, either scan the QR code or go to TraVek's website at www.travek.com. In the center of the page you'll see Guest Houses and Casitas. Click on that. Then on the left side of the screen, click on Photo Gallery. Click on the picture that matches the one below, and you'll see a collection of photos from this project.

Hans Raisanen Designer



Fantastic open patio to capture the breathtaking Arizona scenery.



Beautiful, private bedroom for guests in the guest house.



Very streamlined kitchen that fits the space perfectly!



Gorgeous marble slab on shower walls and bench.