



TraVek Presents:

SEPTEMBER 2017

# TIPS & CLIPS

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**H**ello 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

### Why Did the Chicken Go to the Library?



A chicken walks into a library, goes up to a librarian and says, "Book, book, book ..."

The librarian gives the chicken a book and the chicken walks away. About ten minutes later the chicken comes back with the book, looking a bit agitated, saying, "Book, book, boooooook ..."

The librarian takes the old book back and gives the chicken another one. The chicken walks out the door.

Ten minutes later the chicken comes back again, very agitated, saying, "Book, book, boooooooooooooook!" The chicken puts the book on the librarian's desk and looks up, waiting for another book.

The librarian gives the chicken a third book and decides that something weird is happening. He follows the chicken out the door and into the park, all the way to a pond. In the pond is a frog sitting on a lily pad. The chicken gives the book to the frog, who looks at the title and replies, "Reddit, reddit."

*"Some people are so much  
sunshine to the square inch!"*

*-Walt Disney*

## Dear Valued Customers and Employees,

By now Labor Day is behind us, and we are entering the Fall and Holiday season! Many of you have some beautiful and exciting projects going on. For some of those smaller remodeling projects that you have in mind to finish before the holidays, you may still have time to get them done!

TraVek has been contemplating the idea of opening a Handyman division because we get a fair number of calls for projects that are not necessarily remodeling, but carpentry on a smaller scale. We want to put it out to you first to see what kind of interest there is. Do you have smaller projects that you'd like help with? Maybe it's something like replacing a door or painting a wall? Maybe you'd like someone to come tighten your cabinetry or fix a leaky pipe, clean your drains or replace windows. Do you have a few broken tiles that need to be replaced? Do you have those projects around that house that need a carpenter, but not necessarily a remodeler? Call us; let's see how we can help!



Caitlin Raisanen

Congratulations to Caitlin, TraVek's Employee of the Month. Caitlin is the first (and very friendly) voice you hear when you call our office. Not only does she handle all the calls, but she also is the Administrative Assistant and was recently promoted as a Production Coordinator to assist in getting the final job folders together for our Production Team and work with scheduling the projects. We love Caitlin; she is great at what she does, and this award is well-deserved!

Every once in awhile we reward our employees with outings of some type. Recently Dan Smith, one of our lead carpenters, won a week in San Clemente, CA, for himself and his family. We pay very close attention to the feedback you, our customers, give us on those forms we send you upon job completion! This award was based on your feedback as well as weekly job checks by our Production Manager. This was a very close contest and, in fact, the next one in line was only about a tenth of a point behind! Congratulations, Dan.

Recently, we had a really fun morning with David Allen, our Production Manager. A few of us were able to witness his first Hole-In-One! Yay, David!

Have a great September. Thanks for being part of our TraVek family!

Sincerely,

Von K. Raisanen  
President

**P.S.** We love giving away Cutco knives. Ask your rep how you can get one!



David Allen

## From the Doc

### Fasting

New research suggests starving the body may kick-start stem cells into producing new white blood cells, which help in fighting off infection. Scientists at the University of Southern California say the discovery could be particularly beneficial for people suffering damaged immune systems or the elderly whose immune system becomes less effective from aging, making it harder for to fight off common disease.

"Fasting flips a regenerative switch essentially regenerating the entire immune system. It gives the OK for stem cells to go begin proliferating and rebuild the entire system," said Prof Valter Longo, Professor of Gerontology and the Biological Sciences at the University of California.

"The good news is the body got rid of the parts in the system which might be damaged or old and inefficient parts, during the fasting. If you start with a system heavily damaged by chemotherapy or aging, fasting cycles can generate, literally, a new immune system."

### Block fasting is when you fast for several days in a row.

In trials, humans were asked to regularly fast for between two and four days over a six-month period. Prolonged fasting was found to reduce the enzyme PKA, linked to aging and increased risk of cancer and tumor growth. "We couldn't predict prolonged fasting would have such a remarkable effect in promoting stem cell based regeneration of the hematopoietic system," added Prof Longo.

"The system must save energy, and to save energy, it recycles significant unnecessary immune cells. We started noticing in both our human work and animal work white blood cell numbers diminish with prolonged fasting. When you begin feeding the body again, the blood cells come back. We started to ask, where does it come from?"

### Intermittent fasting is not a diet, but rather a *dieting pattern*.

In simpler terms: it's making a conscious decision to skip certain meals on purpose. By fasting and then feasting on purpose, intermittent fasting generally means that you consume your calories during a specific window of the day, and choose not to eat food for a larger window of time.

### There are a few different ways to take advantage of intermittent fasting:

#### 16/8 PROTOCOL

**What it is:** Fasting for 16 hours and then only eating within a specific 8-hour window. For example, only eating from noon-8 PM, essentially skipping breakfast.

Some people only eat in a 6-hour window, or even a 4-hour window. This is "feasting" and "fasting" parts of your days and the most common form of Intermittent Fasting.

### You can adjust this window to make it work for your life:

- **If you start eating at:** 7AM, stop eating and start fasting at 3pm
- **If you start eating at:** 11AM, stop eating and start fasting at 7pm
- **If you start eating at:** 2PM, stop eating and start fasting at 10pm
- **If you start eating at:** 6PM, stop eating and start fasting at 2AM.

<https://www.minds.com/blog/view/742198102575816713>

Consult with me before starting a fasting program. It would be wise to get a foundational blood work assessment to make sure you are healthy enough to proceed. Call our office to set a time to meet with me at 480-951-5006 or schedule online at drburdorf.com.

Sincerely,

Dr. Burdorf, D.C., D.A.C.N.B.

8140 East Cactus Road, Suite 730

Scottsdale, AZ 85260

## Homeowner's Corner

### Is There Really Such a Thing As Carpet That Cleans Great?

NO! Carpet does not clean well; homeowners do.

However, there is a carpet with incredible technology where stains cannot attach to the fibers. Mohawk's Smartstrand has Nano technology. They applied this same coating to half of a car and drove it around for a month, in the rain, sleet, mud, and various conditions. They didn't wash the car at all. After 1 month half the car didn't have a spot on it, while the other half had the dirt and mud you would expect.

They've also used this carpet inside of Rhino cages to show how well they can clean it after living with a 5 Ton Rhino named Max.

Even though this carpet will clean up fantastic, you still need to maintain it and have it professionally cleaned once every 18 months. Quite frankly, if you are someone who keeps your house extremely clean you will find that most carpets will stay very clean for you.

Vacuuming: How much is too much? Manufacturers will tell you that you can't "over vacuum" your carpet.

Jerry Levinson

Carpets of Arizona

480-558-9777

## The Work/Life Balance

### Leaving Work Stress at Work

Work is often stressful regardless of the nature of your job, but when that stress leaves you feeling like you have no time for relaxation, it can become quite unhealthy.

People who bring the stress of work home with them find it taking up the time they should be spending with friends and family or on themselves, and while it can be tough to find a good work-life balance in the digital age, it is absolutely vital for your state of mind.

One good tip is to eat healthy food and implement a regular workout schedule. This can make it much easier to manage stress and then to leave that stress at work where it belongs. People who are stressed tend to eat unhealthy comfort food such as ice cream and pizza, so try to avoid this impulse and go for the likes of vegetables, rice, fruit, and sweet potatoes instead. Fruit and vegetables boost your immune system and create antioxidants, also helping to fight stress.

Another good tip is to take regular breaks throughout your work day. Periodic breaks have been demonstrated to cut down the risk of emotional exhaustion and massive increase job satisfaction in the process.

## Family Matters

### Start Financial Literacy Early

Teaching children to save money when they're young can help them deal with financial responsibilities when they're older. Here's how to get them started:

- **Encourage kids to save something.** Whether you've got a 10-year-old stashing away a dollar or a teenager opening a savings or checking account, get your children in the habit of saving no matter how small the amount.
- **Help kids balance treats and sacrifices.** Work with your kids to set and meet some goals. Once those goals are met, allow them a little withdrawal to buy something for themselves.
- **Put loose change into an emergency fund.** Loose change can add up, so don't let kids discard pennies or leave them lying in the parking lot.
- **Set an example.** Children don't miss much. If they don't see you saving, they might wonder why they have to save.
- **Keep kids away from credit, whether the credit is with you or the credit card company.** Credit card companies expend a lot of effort on marketing to teenagers. Make sure your kids understand what credit pitfalls could lie ahead. Show them it is far better to save and pay with cash than to buy now with credit and going into debt.
- **Schedule money meetings.** Meet with your children at regular intervals to discuss their emergency account, answer questions, and discuss money issues they might encounter.
- **Help kids set up a real budget.** The earlier kids learn to manage a budget, the easier things will be down the line. Younger kids can start learning by jotting their pluses and minuses down on a piece of paper, while older kids can be introduced to budgeting on software and apps.

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

Sudoku #1

## 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 is another of the terrific comments that we received recently:



*"Jim was amazing and the bathroom is beautiful! Jim cleaned up everything every night, was on time, and did everything right. He is the only person I've ever worked with who has done this! The job could not have gone better."*

Maggie M., Chandler AZ

From TraVek: Thank you, Maggie We agree that Jim is great. We're delighted you love your new bathroom!



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



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INFORMATION AND ENTERTAINMENT FOR OUR CUSTOMERS

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## Featured Project: Phoenix Kitchen

Wow! What a beautiful transformation of the kitchen in this Phoenix home. The layout of the kitchen was not really changed, but Hans was able to give them a lot more cabinet space that they wanted and update the look. Notice the movement in the island granite countertop and the way the backsplash glistens behind the black, speckled countertops. The inset Wolf range is seamless, and from a distance, you can't even tell that it's in the counter! To see more pictures from this kitchen, go to [www.travek.com](http://www.travek.com), About Us, Meet the Team. HansRaisanen.



Before



After

