



TraVek Presents:

NOVEMBER 2018

TIPS & CLIPS

Happy Thanksgiving!

Modeling
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AZ 85260
avek.com
367-1171

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!

Anecdote

Remembering the Lonely

Emma came home from work one Tuesday evening with no idea how her life was about to change. Mixed in with her daily mail was a handwritten note addressed simply to "neighbor." The handwriting on the envelope and the note inside was in a shaky hand that reminded Emma of her late grandmother's penmanship.

The return address on the envelope was for a house across the street that Emma believed to be vacant. The curtains were always closed and in the few years since Emma and her family moved into the neighborhood, they never saw anyone enter or leave the house across the street.

The note inside the envelope read:

*Dear neighbor,
I see you with your family and you seem like a very nice person. I was wondering if we could be friends. I am 93 years old and no longer have any family. I am very lonely.*

The note was signed by a woman named Allison.

In just a few lines Emma was reduced to tears. She thought of her own grandmother, who she'd just buried a few months ago, and how the loss of her

Continued on next page...

Dear Valued Customers and Employees,

It seems that each month as I prepare this message and look back to review what has gone on, there is one common theme: It has been good, and it has been busy.

Isn't it nice to have the elections over? I'll bet you don't miss those phone calls and text messages from those who were running. (Did any of those convince you one way or the other anyhow?) Regardless of how you voted, the people have spoken. Now as citizens of this great land we live in, it is in everyone's best interest to rally around those who were elected and work together to the best of our abilities.

In October we hosted a couple different events here at our TraVek offices; one was for our Community Outreach, and the other was a NARI (National Association of the Remodeling Industry) meeting. We absolutely love being able to have a place where there is plenty of space for crowds to gather.

On the back page of this newsletter you will see a few pictures from a guest house that we very recently completed. It's 355 sq ft and a great example of what many of our customers have been wanting—a nice, private place for their guests to stay. In this case, it's a multi-purpose casita and will be used as an office space when guests aren't around. It is a beauty, and you will probably want to go to our website to look at the rest of the pictures. Todd did a nice job designing this, and the homeowners were great to work with.

Next week we will celebrate Thanksgiving Day. Please know that just as you count your blessings, we here at TraVek count ours, too. And you're included in them. We feel incredibly fortunate to have such great people to work with, whether it's you our customers or you our TraVek team. Enjoy your day with friends and family, and let this be a nice start to the holiday season 2018.

Happy Thanksgiving to you and yours from all of us here at TraVek.

Sincerely,

Von K. Raisanen
President

P.S. Did you know that all concerts are FREE at the Scottsdale Philharmonic? We support their vision to enhance the cultural environment of the community. Their next performance features Mozart, Weber, Dvorak & Offenbach. It is **Sunday, November 18** at Casa de Cristo Church in Scottsdale. Google Scottsdale Philharmonic for more information.

From the Doc

The Eyes Have It

There are 31 pairs of spinal nerves found on each side of your spinal cord. There are twelve cranial nerves found in your brain. Cranial nerves 3, 4 and 6 all affect eye movements.

A Pursuit is when you follow a target that is in front of you to the right or left. The **parietal lobe** of your brain is what initiates pursuits. The parietal lobe is also related to sensory and motor which means pain and suffering conditions. The right parietal lobe of your right brain initiates a pursuit from midline to the right. Likewise, the left parietal lobe would initiate a pursuit from midline to left.

The **frontal lobe** of your brain has to do with your personality and behavior patterns. Your right frontal lobe would cause the pursuit that went from midline to the right to return to center and that movement is called a saccade. Likewise, a pursuit movement to the left would initiate a left frontal lobe activity going back from left to center.

The **cerebellum** is found at the back part of your brain and, even though it's only 10% of the volume of the brain, it has almost 90% of the neurons in your brain. The right side of your cerebellum causes your eyes to shift to the left and the left side of the cerebellum causes your eyes to shift to the right. Whenever people suffer

injuries to their neck or concussions to their brain, you can have changes in normal function which can present with symptoms such as dizziness, vertigo, headaches, decreased cognition, and neck pain. Left untreated, these progress to degenerative arthritis, behavior disorders, and neurodegenerative conditions like Parkinson's and Alzheimer's disease.

In functional neurology, your test often becomes your therapy. The eye muscles relate to the neck muscles so if there is an injury in either of these organs all sorts of pathology can exist. I started out being a Chiropractor, and then I went on to complete my diplomat in Neurology. My practice is unique from others because we incorporate a variety of balance, strength training therapies and laser therapy to complement chiropractic care if it is rendered. Most people would prefer a natural approach rather than drugs.

Call my office to schedule a consultation to discuss your treatment options. 480-951-5006

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.

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passing was still present. Then she thought about how much loneliness and courage it would take for an elderly person to reach out to a complete stranger, hoping to make a connection.

The next day, after Emma sent her kids off to school, she walked over to Allison's house and knocked on the door. She was greeted by a petite older woman with dazzling blue eyes. For the next few hours, they got to know a little about each other over a pot of coffee and warm banana bread. Over the next few years, Allison became a surrogate grandmother to Emma and her family.

As we embark upon this festive season of feasting and holiday observances, let us remember that the person in the next cubicle, living down the hall or across the street may be left out of these good times. Reach out in the spirit of friendship and inclusion to warm the heart of a lonely person though a selfless act of kindness.

***Do You Need Help Hanging Your
Christmas Lights ?
Call TraVek's Handyman
480-367-1171***



We Give Thanks

Did You Know?

It's Delicious

What's the one thing that just might be better out of a can than picked fresh off the farm? Pumpkin.

- When it is pureed you can use it as a base for soups, stews, or chilis, as well as breads, pies, and cookies. It can also be used as a substitute for oil in some baking recipes or just to eat on its own.
- It's the cousin of the butternut squash and doesn't have much in common with that jack-o'-lantern you carved with your family a few weeks ago.
- In the town of Morton, Illinois, Libby's processes 85 percent of the canned pumpkin sold annually throughout the world—enough to make over 90 million pies. It has its own proprietary pumpkin variant, Libby Select, growing in a giant patch about eight square miles in size.
- Approximately 90 percent of all the pumpkins grown in the United States that are canned and pureed come from farms located within a 100-mile radius of the town of Peoria, Illinois.

Thanksgiving Food

Thanksgiving's Origins: No Pie, but Lots of Other Tasty Food

The first Thanksgiving didn't feature pies or cakes because the Plymouth pilgrims had no ovens and a limited supply of sugar. But it may have included cranberries, which Native Americans used in a variety of foods (including pemmican, made from berries, dried venison, and melted fat) as well as for medicinal purposes.

So what was the "original" Thanksgiving really like? In November 1621, William Bradford, the governor of the plantation, organized a feast for colonists and their neighbors, the Wampanoag tribe, to celebrate a successful harvest. The harvest had thrived thanks in part to Squanto, a native of the Patuxet tribe who had learned English as a slave before returning to his native land. Squanto taught the pilgrims how to grow corn, catch eels and fish, and avoid poisonous plants in the surrounding forest, as well as helping them to forge a relationship with the Wampanoag and its chief, Massasoit.

Grandma's Stuffing

A Raisanen Family Favorite

- 3 qts dried bread, cubed (1 loaf)
- 1 c chopped onion
- 3 c diced celery
- 2 to 3 teas. salt
- 1 1/2 teas. pepper
- 3/4 teas. sage
- 1 1/2 c butter (cold, cut in cubes)
- 6 eggs, slightly beaten

It's not a complete Thanksgiving without the stuffing, right?

Use any kind of bread, grainy or white. Gluten-free bread works, too! Cut in cubes and let dry on a jelly roll pan for at least one day ahead. Just before putting in the oven, add the rest of the ingredients and mix together. Use up to 2 cups of the stuffing to put in the turkey, but don't pack it in.

While the turkey is baking, bake the rest of the stuffing in a well-greased covered dish for 90 minutes at 350 F. Once the turkey is done, remove the stuffing from it, add it to the stuffing in the pan and bake uncovered for an additional 1/2 hour.

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The job looks great. Thank you, Jim and the installation crew!

J.L. in Mesa

I would hire (Thom) again. He researched products and only took us to showrooms that had items that would work for our project. He was very courteous and helpful. He didn't waste our time, yet got us what we needed on time or knew its whereabouts.

G & D Y in Litchfield Park



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TraVek has opened a Handyman Division. Do you have a Honey-Do List?

ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

NOVEMBER 2018



Todd Raisanen, Designer

Featured Project: Casita in Phoenix 85016

This casita is a beautiful addition to these homeowners' backyard. The homeowners came to TraVek because they wanted to have nice arrangements for guests to stay, as well as create a home office. They certainly have a beautiful place they can feel proud to have their guests now! The casita is approximately 360 sq ft. and includes a bedroom/sitting room/desk area, and a bathroom with a shower, toilet sink and closet. To see more pictures including from the inside, go to www.travek.com/About Us, and then click on the picture of Todd or Mark. It will show up on the projects they have recently completed.



Mark Poulton, Lead Carpenter



A Backyard Transformation and a Perfectly Private Oasis for Guests!

