



TraVek Presents:

TIPS & CLIPS



December 2020

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!

Calendar of Events

Coming up...

December 25: Merry Christmas!

January 19: Design & Remodeling Seminar 5:00 - 8:00 p.m. at TraVek, 15575 N 83rd Way Ste A-4, Scottsdale, AZ 85260 Registration required, seating is limited. Register at travek.com or call 480-367-1171.

January's Seminar will be sponsored by Kohler.

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Dear Valued Customers and Employees,

What a year 2020 has been! There are so many different thoughts and feelings revolving around closing the door on this year, and it will not be one soon forgotten. We wish for truly wonderful things for our clients, partners, and family as we head toward 2021.

In November, TraVek was one of four national finalists for the *Fred Case Remodeling Entrepreneur of the Year Award*. Finalists are chosen from across the nation for their contributions to the remodeling industry and demonstrations of community service, business acumen, achievement, and entrepreneurial spirit. We were so honored to be acknowledged for these attributes, and they are what has kept us serving Scottsdale and the greater Phoenix area for nearly 20 years.

This year has presented opportunities for growth in the TraVek family. We are as busy as ever with no signs of slowing down. Because of the increasing need for home renovations, we are in search of more amazing, skilled team members. If you know of or are an experienced handyman with remodeling and carpentry knowledge, or are eager to learn, email alexraisanen@travek.com.

2021 will be a particularly exciting year for the TraVek family, because we will be celebrating our 20th Anniversary as a company! We are ever grateful for our team, customers, vendors, and friends who have all been a vital part of our journey so far. We would not be here without all of you. Stay tuned for a celebratory year!

Merry Christmas, Happy Holidays, and Happy New Year!

Best Regards,

Von Raisanen, CR, CKBR
President, TraVek, Inc.



Need a Handyman? Call 480-367-1171

From the Doc

Dizziness

Optokinetic eye movements are crucial for keeping a stable image on the retina during the movements of the head and neck. These eye movements can be differentiated into a cortical generated response which is controlled by circuits in the cortex, brainstem, and cerebellum.

What kind of stimulations do we get in our everyday life that elicit OKN? Our everyday life. And here is the reality: you do not realize that you lost function until you lose it.

There are many causes of visually induced dizziness. You can go to your medical doctor who will do an MRI or CT of your brain and say it's normal, you can go to a vestibular therapy specialist and say everything is normal, and you can go to a general chiropractor and they will say everything is normal. However, you *know* something is not normal because you're dizzy.

The parietal lobe of your brain has to do with sensory and motor function, which means pain and suffering, and generates slow pursuit movements of the eye. Slow eye movements to the right are generated by the right parietal cortex. Slow movements to the left are generated by the left parietal cortex.

The frontal lobe of your brain has to do with behavioral issues and saccades which are more reflexive eye movements. Movements going to the right and going back quickly to the left are generated by the right frontal lobe. Movements going to the left and going back quickly to the right are generated by the left frontal lobe.

The back of your brain is the cerebellum and even though it is only ten percent volume of the brain, it has 80 percent of all neurons and allows you to fixate on an object in coordination with the frontal lobe. The left cerebellum causes your eye to go to the right and your right cerebellum causes your eyes to go to the left.

Any time there is dysfunction of any one of these three eye activities you can have a variety of symptoms which may cause dizziness, vertigo, neck pain, various headaches, and obviously behavioral issues such as depression and anxiety.

How can I help you? I am one of seven board-certified chiropractic neurologists in Arizona, and I specialize in the rehabilitation of symptoms described above. My therapy does not involve a drug, but your time and effort to do neuro rehabilitation that may have been caused by an injury such as whiplash, a physical concussion, or a metabolic concussion due to drugs or alcohol.

To learn more about your treatment options, schedule a consultation at drburdorf.com or call 480-951-5006.



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Designer's Corner

Color Forecast 2021

Every year the big paint companies offer their take on the new colors of the year. Homeowners, designers and architects look forward to being current with the latest design trends for their homes and projects. Often several of the new colors are a few years ahead of their time and can even take 3-5 years before becoming mainstream.

Looking ahead for 2021, earthy colors offer a sense of calm and cheerfulness, a welcome side effect from the new paints. Here are a few highlights from some of the most prominent paint companies and their predictions:

Benjamin Moore Color of the Year 2021 is Aegean Teal 2136-40 and is meant to "take a moment to reflect, reset, and create natural harmony."

Sherwin Williams 2021 Color of the Year is Urbane Bronze SW 7048. The color won that title due to its "tap into nature with a hue whose warmth and comfort breathe down-to-earth tranquility." See www.sherwinwilliams.com

Dunn-Edwards Color Trends for 2021 offers both "toned-down cooler shades" and some "chalky" paints. See www.dunnedwards.com

To see samples of these color trends, visit our Blog on TraVek.com for all the 2021 color trends.



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Cactus Stone & Tile

EPIC Glazed Porcelain

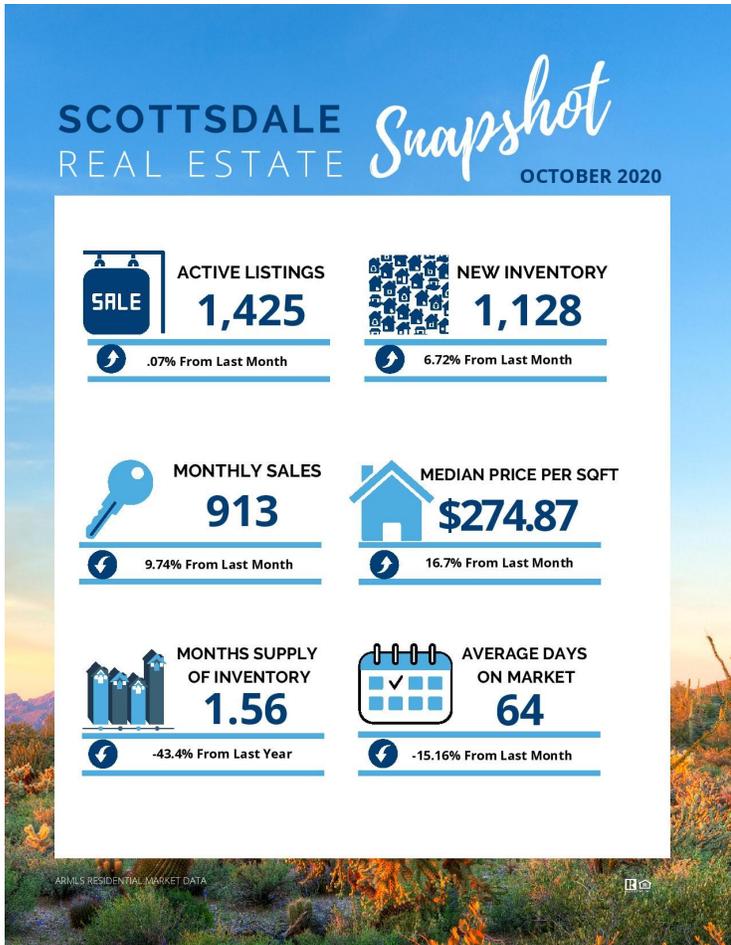
Cactus Stone & Tile has been a proven resource for flooring, cladding, and countertops for the last 47 years. We are always on the lookout for unique and exciting products. Whatever your needs, we've got you covered.

EPIC is an exclusive glazed porcelain slab material. Slabs are 126" x 63" x 1/2" and exhibit the natural beauty of the Carrara, Italy marble they are patterned after. As a glazed porcelain, no sealers or special cleaners are necessary. Slabs are "book-matched", and can be utilized for interior or exterior counter-tops, floors, showers, walls, and exterior cladding. EPIC slabs are fabricated using the same machinery as used for natural stone. EPIC is stocked at the Cactus Stone Gallery in five colors and two finishes.



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Phoenix Real Estate
Fall 2020 Snapshot



Health & Wellness
Mack Newton: Seven Life Lessons

The number seven, in history, has been said to be the number of perfection and completeness. Seven is tied directly to God’s creation of all things, and also has significant meaning in other religions as well. After creating the world, God rested on the seventh day and the seven-day week has been adopted by all human civilizations. So it’s fitting that there are seven life lessons that trump all the others. Seven lessons, that when you get down to the grit of life, are the ones that mean the most. Here they are:

1. Your life only gets better when you get better! There is no limit on how much “better” you can make your life. Work hard, learn from your mistakes, work on yourself.
2. It doesn’t matter where you are coming from, or where you are going, but what’s inside of you now. Never allow yourself to be held back by events in the past. We’ve all made mistakes. Learn from them, then throw them out! Focus on the future and don’t let anyone define you by your past.
3. Anything worth doing well is worth doing poorly at first. Everything is hard before it’s easy. People quit way too soon and never get to experience the joy of success, of completion. Little by little, everything gets easier.
4. You are only as free as the options you have. Never hang all of your hope on one possibility. Give yourself choices and options. The more options you have, the more freedom you have.
5. Within every problem or difficulty, there is a seed inside of it for an equal or greater advantage! Look for the valuable lesson in every setback. Whatever you look for, you will find. If you look for possibilities, you will find them, so look for the good in everything.

6. You can learn and achieve any goal you set for yourself! Humans are learning organisms and anyone can learn anything within reason.
7. The only real limits on what you can do, what you can have, and what you can be, are the limits you’ve set on yourself. You are capable of achieving almost anything. Take an active role in your life rather than sitting back. Be the master of your own light.

In the words of Henry Ford, “Whether you believe you can or can’t, you are probably right.” Remember that you were created in perfection and completeness. You are significant. You are capable. You are responsible for your life.



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Help Wanted!
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Ask about our 10-Day Kitchens!



ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

December 2020



Featured Project: Kitchen Remodel in Laveen

The original cabinetry in this home was very dark and dated. The homeowners desired a more contemporary look and to remove the confining, L-shaped peninsula in the kitchen for a large center island. To see more pictures of this project, go to www.travek.com/About Us, and then click on the picture of Tiffany. These pictures will show up at the bottom of his page for Projects Tiffany has recently completed.



Tiffany Dorbin, Designer

Sam Browning, Project Manager

