



ARBOR TRACE

TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

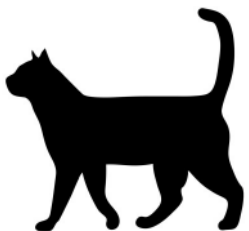
January 2024 Edition- 1000 Arbor Lake Dr. Naples, FL 34110 (239) 598-2929



Humane Society Visit

Such fun with the Paws around town!

Thank you for all the donations to the Naples Humane Society



Sailing Club

Come try your hand at sailing on Arbor Lake! Friday, January 12th at 10:30 a.m. join us just east of building 9 for a fun time of sailing, refreshments, and giveaways. We have launchers that put the boats in the water, so all you have to do is have fun with the remote and watch the boats sail around the course. This is an easy, fun hobby all can enjoy. Come give it a try! Any questions, give Bill Foote a call.



Save the Date: Shredding Service

On Friday, February 2nd we will have the shredding truck out in front of the Tower and Clubhouse. You do not need to remove staples or paperclips to have things shredded. If you use the big binder clips they will need to be removed before they go in.



Notes from the Director:

2024 is here! I would like to wish everyone a very Happy and Healthy New Year! On behalf of all the employees of Arbor Pointe Management, I would like to sincerely thank all of our residents who contributed to our employee appreciation fund this year, it was a huge success as we collected \$144,000. Your generosity was greatly appreciated as it made for a great Holiday Season for all.



With the holidays behind us please take this time to rest and reflect. The bustle of the holiday season can bring extra stress on your brain and body. This can cause fatigue and emotional exhaustion. I hope that January brings a fresh year where you can focus on yourself and wellbeing. If you have lost a loved one please consider joining the care group on the first and third Tuesday at 1pm or join in at the coffee groups or other activities.

With the cooler weather and heaters being used for the first time in a while, I would like to remind all residents the Fire Alarm system is something that plays a vital role in keeping us all safe, but we need to remember some important aspects of the fire systems in the different buildings to ensure we are all safe in actual emergencies and also in false alarms. The first thing to remember is this: the smoke alarms in your unit are not connected to the main fire systems in the building. This means that if you happen to burn your breakfast toast, and set off the smoke alarm in your unit, **DO NOT OPEN THE DOOR TO THE HALLWAY!** If a smoke detector is set off in a common area of the building, it will set off the alarm for the entire building. If you need to allow fresh air into your unit, open a slider door or a window. In the event the alarm does go off, it is against the law for us to turn off the alarm before the fire department shows up; even if it is a false alarm. To reduce false alarms, please let management know of any work going on in the building. We have several steps to avoid false alarms. When in doubt, always let us know of any contractor work in the building. We keep a record of all occupants in the various buildings who have physical limitations that would impact their ability to evacuate in an emergency. The fire department checks this list in an emergency and evacuates those listed from the building safely. If the alarm sounds, and it is unsafe for you to use the stairs, stay calm and assess your immediate danger (look for signs of fire, smell of smoke) prior to endangering yourself by going down the stairs unnecessarily. With the new year, please let Angie and Fe know of any physical changes so that you can be added to the list if you feel uncomfortable with using the stairs.

Starting in 2024, the APM board has approved every resident to have their birthday dinner “on the house”. The Birthday celebration happens once a month with wine, dinner, cake and liquored ice cream to celebrate your birthday. The Birthday person can invite guests to enjoy in the festivities but will be charged a for your guest meals for the evening. Thank you for understanding this change.

In closing, please drive slowly and carefully in our community; we have lots of pedestrians, cyclists, and wildlife to watch out for.

Best,

Jennifer Whitten



In Remembrance:

Judy Peterson
Jean Alexiou

January Calendar Notes

Exercise Opportunities

- *Tai Chi Tuesdays at 9:30 a.m. (balance focus) and 10:15 a.m. Clubhouse Activity Room
- *Sandy's Exercise/Chair Yoga on Channel 99
- *M/W/F at 10:30 a.m. Top of the Pointe Chair Yoga
- *Tuesday/Thursday 9:30 a.m. & 10:15 a.m. Aquasize at the Swimming Pool
- *Pickleball Tuesdays/Thursdays/Saturdays at 8:00 a.m.
- *The Blue Zones Walking Group meets every Wednesday at 8:30 a.m. in front of the Clubhouse for an enjoyable walk
- *The gym at Tower Pointe is open to all residents and their guests

Men are welcome to join the weekly 9:00 a.m. Monday morning for coffee in the Gathering Place. Ladies, join us at 9:00 a.m. and each Wednesday morning for a time of coffee, tea, and conversation in the Gathering Place. Come meet new friends!

The Care Support Group meets twice a month at 1 p.m. in the Clubhouse Conference Room the first and third Tuesday. Any resident is welcome to join in, especially if you have recently lost someone or could use some emotional support for changes you are going through.

If you are new or looking to meet new friends, sign up in the Dining Room to join The Club Table in the Colonnade on the 2nd and 4th Thursdays at 5:30 p.m.

Join us for a trip to the Collier County Elections Office on Monday, January 8th at 9:00 a.m. Sign up at the Clubhouse to get an in-depth look at the elections process in person! Afterwards we will stop for lunch at Michelbob's. Please wear comfortable shoes.

Join the January Management Party on Wednesday, January 10th. Please call the Dining Room to make reservations.

Come try your hand at sailing on Arbor Lake! Friday, January 12th at 10:30 a.m. join us just east of building 9 for a fun time of sailing, refreshments, and giveaways. We have launchers that put the boats in the water, so all you have to do is have fun with the remote and watch the boats sail around the course. This is an easy, fun hobby all can enjoy. Come give it a try!

The winter semester of Lifelong Learning begins January 16th so we encourage you to pick some classes to attend. All are open to our residents and their guests and are located on the ground floor of the Tower in the Gathering Place. Keep learning new things to expand your mind in the new year!

Professional Pianist Fred Moyer will be performing on Wednesday, January 17th at 3:00 p.m. at the Top of the Pointe. Refreshments will be served.

Men, the ROMEO lunch meets in the Colonnade at 12:30 p.m. on Thursday, January 15th so make sure to sign up at the Clubhouse for a fun men's lunch!

The Book Club meets in the Gathering Place, at 1pm on Friday, January 19th, so come join the group! We will take a trip to the Broadway Palm Dinner Theatre in Ft. Myers to see "Elvis!" Sign up at the Clubhouse for a seat on the bus!

Monday, January 22nd, we will start the morning with Catholic Mass at 10 a.m. in the Clubhouse Activity Room for anyone who would like to participate.

Thursday, January 25th we be playing Bunco in the Clubhouse Activity Room at 1:00 p.m. so sign up with Fe to reserve your spot for this fun dice game. We will celebrate all residents with a January birthday at 5:30 p.m. in the Colonnade, also on the 25th. RSVP to Fe at the Clubhouse, we hope to see you there to celebrate you! The resident birthday meal is complimentary!

The Arbor Trace Condo Association will meet on Wednesday, January 17th at 3:00 p.m. in the Clubhouse Activity Room for the annual meeting and the Tower Pointe Condo Association will meet on Thursday, January 25th at 10 a.m. in the Tower Gathering Place for the annual meeting.

4



BIRTHDAY HAPPENINGS:

3rd-Sandy Bortz
 3rd-Rick Jackson
 4th-Andy McWethy
 8th-Sandy Ohanian
 8th-Ron Agronin
 10th-Sue Basinger
 10th-Marge O'Kane
 14th-David Hocking
 14th-Margaret Semrad
 15th-Carole Fay

19th-Dennis Calabresa
 19th-Bea Giannetti
 23rd-Marilyn Wlodychak
 24th-Michaela Gardiner
 25th-Katherine Dudley
 26th-Morris Binder
 28th-Agnes Kanner
 30th-Catherine Brady
 30th-Ted Buntun

Jan

Sun	Mon	Tue	Wed	Thu
	<p>1</p> <p>New Year's Day 2024!</p> <p>12:00 New Year's Day Brunch (Colonnaade)</p>	<p>2</p> <p>9:30 & 10:15 Aquacise 9:30 Tai Chi (AR) 10:15 Tai Chi (AR) <u>1:00 Dr. Teitelbaum (Salon)</u> 1:00 Care Support (AR) 12:45 Mah Jongg (CL) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)</p>	<p>3</p> <p>8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) <u>1:00 Social Bridge (TP)</u> 1:30 Open Art (GP)</p>	<p>9:30</p> <p><u>12:00 Thu</u></p> <p>1:00 Ex</p>
<p>7</p> <p>10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00 Sunday Brunch</u> 1:30 Bridge and Assorted Games (CL) 2:00 Mah Jongg (TP)</p>	<p>8</p> <p>9:00 Men's Coffee (GP) <u>9:00 Elections Office Tour & Lunch</u> 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 99 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)</p>	<p>9</p> <p>9:30 & 10:15 Aquacise 9:30 Tai Chi (AR) 10:15 Tai Chi (AR) 12:45 Mah Jongg (CL) 1:00 Exercise with Sandy on 99 3:00 Wii Bowling (AR) 7:15 Bingo (AR)</p>	<p>10</p> <p>8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) <u>1:00 Social Bridge (TP)</u> 1:30 Open Art (GP) <u>5:30 January Management Party</u></p>	<p>9:30</p> <p><u>12:00 Thu</u></p> <p>1:00 Ex</p> <p><u>5:30 C</u></p>
<p>14</p> <p>10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00 Sunday Brunch</u> 1:30 Bridge and Assorted Games (CL) 2:00 Mah Jongg (TP)</p>	<p>15</p> <p>9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 99 1:30 Shopping at Walmart 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)</p>	<p>16</p> <p>9:30 & 10:15 Aquacise 9:30 Tai Chi (AR)/10:15 Tai Chi (AR) 10:00 Lifelong Learning (GP) 12:45 Mah Jongg (CL) 1:00 Care Support (AR) 1:00 Exercise with Sandy on 99 3:00 Will Bowling (AR) 7:15 Bingo (AR)</p>	<p>17</p> <p>8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) 1:30 Open Art (GP) 3:00 ATC Annual Meeting (AR) 3:00 Fred Moyer Performs (TP)</p>	<p>9:30</p> <p><u>12:00 Thu</u></p> <p><u>12:30</u></p> <p>1:00 Ex</p> <p>2:00 L</p>
<p>21</p> <p>10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00 Sunday Brunch</u> 1:30 Bridge and Assorted Games (CL) 2:00 Mah Jongg (TP)</p>	<p>22</p> <p>9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Catholic Mass (AR) 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 1:30 Shopping at Aldi 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)</p>	<p>23</p> <p>9:30 & 10:15 Aquasize 9:30 Tai Chi (AR)/10:15 Tai Chi (AR) 10:00 Lifelong Learning (GP) 12:45 Mah Jongg (CL) 1:00 Exercise with Sandy on 99 3:00 Wii Bowling (AR) 7:15 Bingo (AR)</p>	<p>24</p> <p>8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) <u>1:00 Social Bridge (TP)</u> 1:30 Open Art (GP)</p>	<p>9:30</p> <p>10:00 To</p> <p>1</p> <p>2:00</p> <p><u>5:30 Ja</u></p> <p><u>5:30 C</u></p>
<p>28</p> <p>10:30 Naples United Church of Christ Livestreaming (AR) <u>12:00 Sunday Brunch</u> 1:30 Bridge and Assorted Games (CL) 2:00 Mah Jongg (TP)</p>	<p>29</p> <p>9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 12:30 Chorus Practice Starts! (TP) 1:30 Shopping at Walmart 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)</p>	<p>30</p> <p>9:30 & 10:15 Aquasize 9:30 Tai Chi (AR)/10:15 Tai Chi (AR) 10:00 Lifelong Learning (GP) 12:45 Mah Jongg (CL) 1:00 Exercise with Sandy on 99 3:00 Wii Bowling (AR) 7:15 Bingo (AR)</p>	<p>31</p> <p>8:30 Blue Zones Walking Group 9:00 Putting on the Green 9:00 Ladies Coffee (GP) 10:30 Chair Yoga (TP) <u>10:30 Arbor Glen Tour (CL)</u> <u>1:00 Social Bridge (TP)</u> 1:30 Open Art (GP)</p>	

January 2024



Thu	Fri	Sat
<p>4</p> <p>8:00 Pickleball 9:00 & 10:15 Aquasize Thursday Lunch (Colonnade) Exercise with Sandy on 99</p>	<p>5</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 1:30 Shopping at Walmart</p>	<p>6</p> <p>1:00 Exercise with Sandy on 99 1:30 Wii Bowl (AR)</p>
<p>11</p> <p>8:00 Pickleball 9:00 & 10:15 Aquasize Thursday Lunch (Colonnade) Exercise with Sandy on 99 Club Table (Colonnade)</p>	<p>12</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Try Your Hand at Sailing, Regatta</p>	<p>13</p> <p>1:00 Exercise with Sandy on 99 1:30 Wii Bowl (AR)</p>
<p>18</p> <p>8:00 Pickleball 9:00 & 10:15 Aquasize Thursday Lunch (Colonnade) ROMEO (Colonnade) Exercise with Sandy on 99 Lifelong Learning (GP)</p>	<p>19</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 1:00 Book Club (GP) 4:30 Broadway Palm Dinner Theatre "Elvis"</p>	<p>20</p> <p>1:00 Exercise with Sandy on 99 1:30 Wii Bowl (AR)</p>
<p>25</p> <p>8:00 Pickleball 9:30 & 10:15 Aquasize Tower Pointe Annual Mtg (GP) 1:00 Bunco (AR) 1:30 Open Art (ART) Lifelong Learning (GP) January Birthday Party (CL) Club Table (Colonnade)</p>	<p>26</p> <p>9:00 Grocery Shopping 10:00 Bible Study (GP) 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 10:45 Penny Pinchers 6:15/7:15 Artis Classics</p>	<p>27</p> <p>1:00 Exercise with Sandy on 99 1:30 Wii Bowl (AR)</p>
 <p>Transportation to Tower Pointe activities is available from the Clubhouse.</p>	<p>Calendar Key</p> <p>(AR) Clubhouse Activity Room (CL) Clubhouse (GP) Gathering Place, Tower Pointe (TP) Top of the Pointe Club, Tower Pointe</p>	

Life Long Learning Program

Tuesday, January 16th 10am
"Guitarist Tom Winkler Performs"

Thursday, January 18th 2pm
"Fold Right & Travel Light"

Tuesday, January 23rd 10am
"Everybody Knows (About Gems & Jewelry), But they Don't"

Thursday, January 25th 2pm
"The Poetry of Robert Frost"

Tuesday, January 30th 10am
"Wellness in the Woods: Forest Bathing"

Arbor Trace Annual Meeting
Wednesday, January 17th
3:00pm (Activity Room)

Tower Pointe Annual Meeting
Thursday, January 25th
10:00 am (Gathering Place)

Monday Night at the Movies
Every Monday Night
Gathering Place of Tower Pointe
7:30 pm

1/1-No Movie
1/8-The Secret, Dare to Dream (Drama)
1/15-The Lost Husband (Romantic Drama)
1/22-Sleepless in Seattle (Romantic Comedy)
1/29-Mamma Mia, Here We Go Again (Romantic Comedy)



Resident Art Show

Let's wow everyone with all of your art and crafts here at Arbor Trace. We are looking for all residents who have made beautiful works of art in their lives to sign up to exhibit those pieces for our Arts & Crafts Exhibit Sunday, February 18th. So be sure to sign up on the flier that is posted in the Tower or the Clubhouse Lobby to secure your spot. We look forward to see all of your amazing work! Any questions, call Fredi Verdesca at 239-595-0223.



Come Join us for Bunco!

Bunco itself is a dice game that's so easy to play you can talk while participating. The camaraderie is the most important part, so sign up with Fe at the Clubhouse and

come give it a try. The object of bunco is to win more rounds than all other players. Players win rounds when their team scores more points in a round than the opposing team at their table. The individual who wins the most rounds out of all the players is the winner. We will play at 1:00 p.m. on Thursday, January 25th in the Clubhouse Activity Room. Please bring 5-\$1 bills with you to play.

Meet Sociable Sammy

Samy is the friendly white poodle who arrived here with his owners, Nick and Susan Hansen in March of 2020. His favorite activity is meeting people according to Nick, confirmed in Samy's welcoming manner, nuzzling me, and wanting to be petted.

Samy is a rescue dog from a puppy mill shut down in Michigan and has been with the Hansens from six weeks old. Sammy is also an emotional support dog who has received additional training as a service dog. Nick noted that Samy trains me. He lets me know what he wants and added, I'd like to have Samy's personality: fine, gentle, devoid of any negative instincts.

According to the American Kennel Club, "poodles are affectionate with family, good with small children and with other dogs. They are wickedly smart dogs and can be trained with great success."

Now a senior 17 years old, Sammy naps a little more than in the past and can choose from three beds in the couple's bedroom and one in the living room. From the latter, Samy sometimes watches television and likes the cartoons.

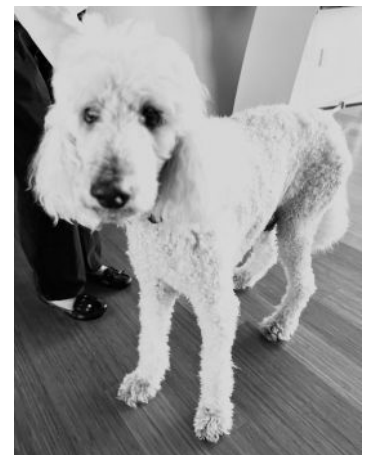
According to Susan, Samy is not a great eater so his canned food, Blue Wilderness, gets supplemented with beef tenderloin, chicken or whatever they are having for dinner. She also said when Samy was young they lived in Michigan near Traverse City. Around 5 p.m. Samy would get restless so they would walk him at the beach on Lake Michigan often enjoying a glass of wine. The cocktail hour caught on with friends, an enjoyable time for all.

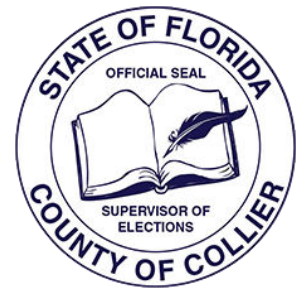
By Shirley Woolaway

Help wanted!



Do you enjoy meeting new people and writing? We are looking for a new Tower Pointe volunteer to do our Tower Pointe New Resident Spotlight each month for the newsletter. If you are interested please see Sandy at the Clubhouse. This vital service helps new residents feel welcome in our community and connects various people together through common interests and experiences, as well as putting names with faces. We thank Joan Millon for her dedicated service over the past 2 years!





Elections Office Tour

We have two upcoming opportunities to investigate the Collier County Supervisor of Elections process on January 8th and February 5th. We hope you will join us on a trip to the south side of Naples to learn more about voting. Whether you vote by mail, in person, are a new voter to Collier County or you are concerned about the safety of your ballot, this trip is for you. Sign up at the Clubhouse for transportation, leaving Arbor Trace at 9:00 a.m. on both days. After the tour, we will process the experience with lunch at Michelbob’s and then return to Arbor Trace. Please plan to wear comfortable shoes!



Fashion Show

We enjoyed a Holiday Fashion Show by Kay’s on the Beach on Thursday, November 16th! A special thanks to helpers Iris Minner and Sandra Kuhn and our gorgeous models: Babs Brock, Elaine Harnett, Irmi Wannamaker, Jo Hawes, and Barbara Smith!

Did you know...

Your monthly bills can be emailed to you? Your monthly Condominium, Management and Meal worksheets can be emailed to you. This reduces the amount of paper that ends up in the garbage or shredder. Our Director of Finance and Accounting, Perry Behrens can also sign you up for automatic payment; the payments are automatically deducted on the fifth of the month. This reduces the need to send a check, saving stamps, envelopes and check costs. If you would like to sign up for paperless billing or automatic payment please call the Clubhouse at 239-598-2929 or email:

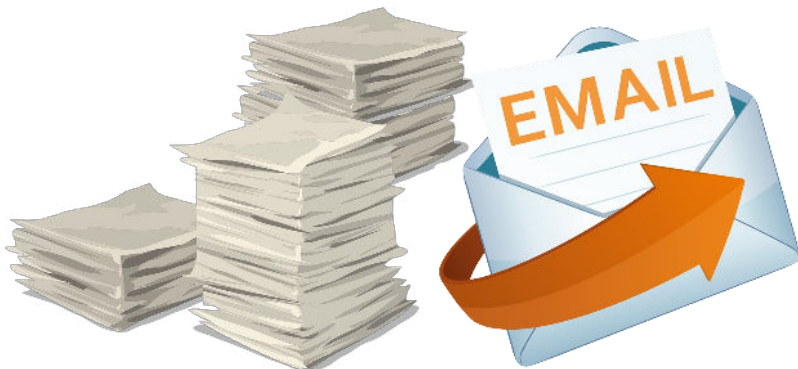


Christmas Concert

What a wonderful performance of holiday favorites from our Chorus on December 6th.

Thank you to all the hard work and dedication you all put in.

Special thanks to the Chorus, Barbara Smith, Phil Sexton, Joe, Edilia, Sandy, Jose, Deb and Santa himself, George for joining in on all the festivities!





THE BOOK CORNER:

*A Happy New Year to all our book lovers! Have you thought about attending one of our regularly-scheduled book discussions? Those of us who are involved think you would enjoy the hour or so every month: interesting conversations about books you may never have considered reading. And, sometimes we even stumble on an author unfamiliar to us which opens whole new paths and fun reading. You are invited to join us **January 19, 1:00 p.m.** in the Tower Gathering Place. January's book: Ann Patchett's "The Patron Saint of Liars".

*Our two libraries are open and available for residents across the whole community. You'll find many old-favorite books by your beloved authors as well as new additions generously donated to both libraries. And.....there are newspapers, puzzles, magazines for you as well. Both library committees welcome your questions as well as suggestions for improvement.



R.O.M.E.O. (Retired Old Men Eating Out)
It started to rain as our 5 cars left with our 16 men on Friday, December 15th for our luncheon at Pelican Marsh Golf Club. We arrived & were greeted by the food & beverage manager who led us to a private dining room. We began by saying the Pledge of Allegiance followed by singing God Bless America led by Bill Momberger. Grace was then given by Ron Agronin. I introduced Rick Jackson, a first timer, who gave a brief biography. Welcome to Arbor Trace! While we ate the talk around the tables was the wars in Israel & Ukraine. We then had our raffle! Morris Binder won the dinner for 2 at Arbor Trace which was donated by our Real-estate department. Jim Brock won a bottle of wine donated by Pelican Marsh. The \$\$\$ winners were Rick Erickson & John Egenberg. Santa Bob presented everyone with a Christmas favor of miniature liquors. Bill Momberger, Morris Binder & Mike Clukey gave us so great jokes. The next Romeo will be at Arbor Trace on Thursday, January 18th, 2024 - Bob Bortz



Club Table

Are you new to Arbor Trace looking to make new friends? Would you like to come to dinner but do not have anyone to come with? Don't let that stop you! We invite you and anyone who would like the opportunity to dine with others to sign up for the "Club Table" on the 2nd and 4th Thursday of the month. This "open table" will be a great place for anyone looking for new friends to join in and meet people. Simply call 438-4668 and let them know you would like to sit at the Club Table and there will be a place for you!

CAM Corner – Continue the Path of Improvement

The beginning of a new year is always an exciting time. It is a fresh start to reach our goals and celebrate our accomplishments. I'm encouraged by Henry David Thoreau's advice, "Go confidently in the direction of your dreams."

Last year I made four goals: create an annual calendar, communicate well, connect with contractors, and improve the landscaping in the Arbor Trace Community (see the January 2023 edition for details). With the help of the Committees and Boards, we have made much progress in these areas. My goals in 2024 are to continue the path of improved organization, communication and appearance of the buildings and grounds. I plan to work with our IT department to upload weekly "So You Know" reminders to the community website. Please feel free to reach out to me with any questions or concerns you have. Together we can accomplish more.

The most exciting meeting of the year is the Association Annual Meeting. This year, Arbor Trace will hold their Annual Meeting on **Wednesday, January 17, 2024**, and Tower Pointe will host their meeting on **Thursday, January 25, 2024**. During these meetings, the various committees will give their yearly report highlighting a few accomplishments in 2023 and new members will join the Board of Directors to represent the residents. It's a great time to celebrate our accomplishments as a community and start to plan for 2024. I look forward to seeing you there!

Sincerely,
Mark Loewe, Community Association Manager

Arbor Trace Revue—January 2024 Edition
Editor...Jennifer Whitten & Sandy Steinbach
Publisher...Jennifer Whitten
Calendar of Events...Sandy Steinbach
Contributors to this edition... Karen Sexton, Shirley Woolaway, Bob Bortz, Cheryl Gregson
Please visit www.arbortrace.com