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OCTOBER 2018

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Early Detection Saves Lives Do You or Someone You Love Need to Schedule a Mammogram?

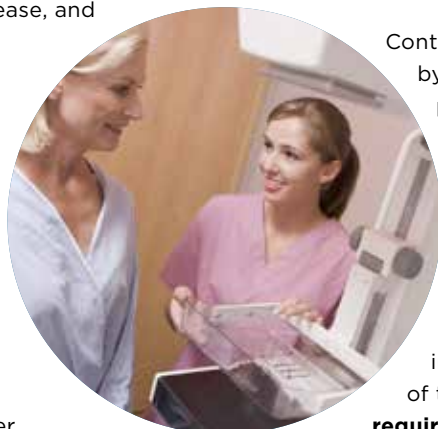
October is Breast Cancer Awareness Month. Organized, in the National Breast Cancer Foundation's words, to "honor those at every step of the breast cancer journey," the annual observance has also served to educate the public and raise funds for research. Learn more about this deadly but survivable disease, and find out how you can help.

BREAST CANCER IS EXTREMELY COMMON.

According to the NBCF, 1 in 8 American women will be diagnosed with breast cancer at some point in their lives. It is the second leading cause of death in women (behind heart disease). A breast cancer diagnosis is not a death sentence, however. Thanks to research and ongoing education, there are over 3.3 million breast cancer survivors in the U.S. today.

WHAT CAUSES BREAST CANCER? Breast cancer is caused by damage to cells' DNA. It's most common in women over the age of 40, though approximately 2,500 men in the U.S. are diagnosed each year as well. The risk of breast cancer increases with age. Most risk factors, such as age, gender, and family history, cannot be changed. However, research shows that

exercising regularly, maintaining a healthy diet and weight, and minimizing alcohol consumption may reduce your chance of being diagnosed with the disease. Hormone replacement therapy (HRT) may also place you at higher risk.



Contrary to popular myths, breast cancer is *not* caused by milk, microwave ovens, cellphones, caffeine, plastic cutlery, or deodorants.

ANNUAL MAMMOGRAMS ARE FREE. Early detection is the biggest factor in breast cancer survival. There's some debate among researchers and insurance companies over the "right" age to begin screening, but most sources agree that women should begin to get regular mammograms in their 40s (and earlier if they have a family history of the disease). **The Affordable Care Act (ADA) requires all health insurance plans to cover the cost of annual mammograms for women age 40 and older**, and there are many organizations devoted to providing free mammograms to uninsured individuals.

You can make a difference.

A Cause Near to Our Hearts

Support the Breast Cancer Research Foundation With All-Clean! SoftWash

Every October, there's always plenty of pink to complement the warm tones of fall. That's because it's Breast Cancer Awareness Month, and everyone, from NFL players to weekend runners, will be dressed to show their support. At All-Clean! SoftWash, we're proud to play our part as well. With that in mind, I want to share a little bit about how we'll be taking part this year.

Of course, you'll find all of our techs working in Cleaning With Meaning this month, but that's just the start. We are a part of a group of like-minded cleaning companies known as SoftWash Systems, and last year we banded together to raise money for the Breast Cancer Research Foundation (BCRF). As a group, we raised \$30,000. This year, we're hoping to push hard and get that number up to \$100,000.



Breast cancer is a disease that affects all of us. Contributing in whatever way we can, then, wasn't a matter of debate; it was a unanimous initiative.

For us, taking part in this worthy cause was a no-brainer. I gathered all of our team members into a room and asked a simple question: How many of you have been affected by breast cancer, either through a friend, family member, or other loved one? In a matter of seconds, everybody had raised their hand. Breast cancer is a disease that affects all of us. Contributing in whatever way we can, then, wasn't a matter of debate; it was a unanimous initiative.

There are a couple of ways you can help us donate to the BCRF during the month of October. The first is our "plus one" program. For every service we perform this month, our tech will offer you an additional service — a plus one. In lieu of paying for this additional service, we ask our customers to donate an amount of their choosing to the BCRF. Our techs have the freedom to offer a number of different services, so they'll work with you to select a service that will benefit your home.

Another great way to contribute is to donate to the AutoNation Cure Bowl. An NCAA Division I bowl game, the Cure Bowl is a major fundraiser for the BCRF. Every SoftWash Systems company is proud to sponsor this one-of-a-kind bowl game. If you're interested in donating, you can head to softwashsystems.com/curebowl. When you tune into the game on Dec. 15, you'll see just how much the nation has raised to combat breast cancer. College football and a great cause? That's the definition of a win-win.

We're honored to be able to support the BCRF and we hope you'll join us in the fight to end breast cancer. Every little bit helps, and it all adds up to make a big difference. Furthermore, you can be sure that your dollars are going to a reputable organization, as the BCRF is the nation's highest rated breast cancer organization.

We are so grateful to all of our wonderful customers for helping us raise money and awareness to battle a disease that has an impact on so many lives around the globe. It means the world to us to serve an amazing group of people who are passionate about philanthropy and lending a hand. We don't take your generosity for granted. Let's work together to hit six figures this year!

-Brandon Vaughn



Police Officers Sing Their Hearts Out

Check Out These Lip-Sync Challenges Across the U.S.

When you think of viral videos of police officers, you may not imagine your local police department lip-syncing pop songs. But this new online trend is taking the internet by storm. To show a more positive side of their departments, many stations all over the country have participated in a lip-sync challenge. While these challenges were created to make viewers laugh, their driving purpose was to create a connection between officers and their communities. They hope to remind civilians that behind every badge is a person who isn't all that different from you.

The challenge started when Alexander Mena, a deputy in the Bexar County Sheriff's Office in Texas, posted a video of himself lip-syncing "Fuiste Mala" by the Kumbia Kings on June 19 of this year. His video, which gained over 1.5 million views, encouraged other officers to follow suit. Mena, a recruiting-team deputy with Bexar County for three years, has been making lip-sync videos since he downloaded

Snapchat on his phone. The day he recorded this particular video, he sent it to his sergeant, who passed it along to the officers who handle social media for their office. Then it went viral.

Several of the other individual officers responded with their own videos of mainstream hits like 'N Sync's "Bye Bye Bye" and One Direction's "What Makes You Beautiful." The popularity of these initial challenges inspired other stations to create their own videos featuring entire departments singing and dancing in unison. Some of the videos with the most views are the Norfolk

Police Department lip-syncing Bruno Mars' "Uptown Funk," the Apple Valley Police Department lip-syncing The Tokens' "The Lion Sleeps Tonight," and the San Francisco Police Department lip-syncing Too Short's "Blow the Whistle." Keep checking your social media to see who gets challenged next!



Meet Steve Young

Director of Operations for All-Clean!



Steve Young joined All-Clean! SoftWash last year as our director of operations. In that time, he's learned about our team and the way we do business. "The greatest part of my job is certainly working with our team and clients," Steve says. "I've never seen a company culture like the one we are lucky enough to have here — it's completely different from anything I've experienced. There is a sense of respect and responsibility that is shared among the team, from the top down and the bottom up."

When asked to describe his chief duties as director of operations, Steve replies, "Basically, I handle logistics and customer complaints so our technicians don't have to. I want to provide them with the systems and practices that allow them to provide a great experience for our clients without having to worry about scheduling and other details." Steve has already done a great job making us more efficient,

but he still sees room for growth. "I'm excited to watch the company expand and adapt new procedures," he adds. "I firmly believe that we can always improve, and I want to contribute however I can."

Outside of work, Steven is an avid family man and nature lover. "I have a wonderful wife and four incredible children: two boys and two girls," he says. "Probably the best way to describe what we like to do is anything outdoors. We're always excited for the next family adventure, and we're lucky to live in an area where the wilderness is never far."

We're extremely grateful for all that Steve has been able to accomplish in his first year on our team, and we have a sneaking suspicion that the best is yet to come. As far as future goals, Steve isn't shy about his ambitions. "I want us to be the most well-organized cleaning company in the country and all of our customers to walk away more than happy with our services," he states.

With team members as passionate and determined as Steve, we have no doubt those goals will be actualized.

Gutter Protection You Don't Have to Think About

With a 4 Season Gutter Protection Plan From All-Clean!

Cleaning the gutters is probably not your idea of a good time. It is time consuming, laborious, and can be dangerous if you're not properly trained. On the other hand, if you don't clean the gutters, you risk doing serious damage to your home in the form of leaks, foundational cracks, and more. Regular gutter cleaning and maintenance are crucial — when it looks like your gutters need to be cleaned, it's already too late. Luckily, with a Four Season Gutter Protection Plan from All-Clean!, you can receive set-and-forget-it gutter cleaning that protects your home without forcing you drag out the ladder and give up your entire weekend.

Our protection plans are available in three tiers: Silver, Gold, and Diamond. Each package offers two, four, and six cleanings per year, respectively. No matter which package you choose, you'll also receive discounts on other All-Clean! services, as well as preferred scheduling and next-day emergency service if it's ever needed. Additionally, you don't even have to go through the trouble of scheduling a cleaning. Simply choose a week during the months your plan offers cleanings, and we'll send you an email with the date and time our team will be there. You don't have to be at home during the cleaning, and our techs will leave your property so spotless that you wouldn't know anyone had been there — well, except for the clean gutters.

The All-Clean! Four Season Gutter Protection Plan is not a contract, and you will only be billed when services are completed. We stand by our

work and want you to cancel anytime if you're not satisfied with any aspect of your experience. It's our goal to provide you with service so good that cleaning your gutters becomes a distant memory.

Every seasons presents its own challenges to the structural integrity of your home, so cleaning the gutters once a year just isn't enough. Call All-Clean! SoftWash today to find out which Four Season Gutter Protection plan is right for you. Your back, your kids, and your home will thank you.



Sudoku

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

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

'Headless' Apples on Horseback

A take on the classic "devils on horseback" hors d'oeuvres, this recipe requires only three ingredients. These little bundles of flavor are the perfect finger food for your next get-together.



Inspired by Food & Wine magazine

INGREDIENTS

- 16 very thin slices of pancetta (or cured, unsmoked bacon)
- 2 pink lady apples
- 3 ounces manchego cheese, 1/4 inch thick
- Toothpicks for skewering

DIRECTIONS

1. Core apples and cut each into 8 wedges. Remove rind of manchego cheese and cut into 2-inch sticks.
2. Heat a grill pan or skillet to medium-high.
3. On a cutting board, lay pancetta or bacon slices flat and place an apple wedge and piece of cheese in the center of each.
4. Roll pancetta tightly and skewer with toothpick.
5. Grill until cheese is melted and pancetta or bacon is golden and crispy, about 5 minutes.
6. Drain excess grease on a paper towel and serve hot.