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# BRIEF

JUNE 2020

An Exclusive Publication from [FIRM NAME]

## IN THIS ISSUE

**PRACTICE FOOD SAFETY DURING PICNICS**  
Tips for Wherever You Are!  
2

**GET MORE EFFICIENT TO GET MORE DONE**  
Habits that will Help You On the Job  
2

**A SHORT HISTORY OF FLAG DAY**  
The Adoption and Story  
3

**RECIPE OF THE MONTH**  
Honey & Lavender Soaked Lemon Cake  
3

**BACK COVER:**  
Word Search  
4

## WORD SEARCH CONTEST:

Complete the word search on the back of this newsletter & mail it in to our office to be entered into our contest for a \$25 gift card!

See back page for word search puzzle.



## FEATURED ARTICLE: PRACTICE FOOD SAFETY DURING PICNICS

## WORD SEARCH for June

O R E D N E V A L I C K R O W B R E A K S G R  
F T A C S P N G H W U O T C A R T S I D J E G  
A P V L N Q R A P L A N N I N G H C Z E F L B  
P U O K E O P E J P O P N C G R I L L H A S T  
E R B B W R T W S Q S B P A E H S A W G T U E  
R R W S S Y T I C I W J D R T N V I C R H M S  
I E I K A E L S F W D G S D E Q T A S K E M E  
S T Y C R F R E C I I E C P T C S R I K R E S  
H N L O A F E V M H C L N L E W I H A J S R S  
A I K L D F O T A O I A S T E E B A O T V D E  
B N C B L R L O Y N N P T O F A C I T N E G N  
L B I P I Y I A D H C I I I N D N H Q I E U T  
E P U A S T N L G W I E P B O C A K E E O Y I  
U S Q P T R S M L S P Y Z B R N A Q F S W N A  
S D E L L I H C N S W R A P C Q S T I B A H L  
A C C O M P L I S H M E N T A N V G Z E S T P

Find the following words in the puzzle.  
Words are hidden ↑ ↓ → ← and ↘ .

ACCOMPLISHMENT  
ALERTS  
APPRECIATION  
BLOCKS  
BREAKS  
CAKE  
CHILLED  
CLEAN  
CONCENTRATE  
DISTRACT

DRILLS  
ESSENTIAL  
FATHERS  
FLAG  
FOOD  
GRILL  
HABITS  
HONEY  
INTERRUPT  
LAVENDER

LEMON  
LIST  
NOTIFICATION  
OBSERVANCE  
PERISHABLE  
PICNIC  
PLANNING  
PRESIDENT  
QUICKLY  
SAFETY

SPEECH  
SUMMER  
TASK  
WASH  
WILSON  
WORK  
WRAP  
ZEST

## ABOUT US



-- REPLACE IMAGE --

--ATTORNEY NAME--  
--- A Description will go Here. ---

Respectfully,  
--[Full Name]--





# PRACTICE FOOD SAFETY DURING PICNICS

Picnics are part of the fun of summertime, but thousands of people become ill every year from picnic food that's not safely prepared or stored. Here are some tips for making sure you have a safe picnic in your backyard, in the woods, or at the park:

- Always wash your hands thoroughly! Wash them before you prepare food and after you handle raw meats.
- Clean your food. You don't know where fruits and veggies have been.
- Wrap all foods. Keep the foods separate so drippings don't contaminate each other.
- Keep food chilled. Don't take cold foods out of the fridge until it's time to go. Pack them in a cooler as soon as you take them out of the fridge.
- Keep coolers under a tree. When you're packing the car, try keeping the cooler inside the car, rather than in a hot trunk.
- Try to plan just the right amount of food to take. Then you won't have to worry about the storage or safety of leftovers.



- Use a separate cooler for drinks so the one containing perishable food won't be constantly opened and closed.
- Don't partially grill extra hamburgers to use later. Once you begin cooking hamburgers by any method, cook them until completely done to ensure that bacteria are destroyed.
- Put leftover foods in the cooler promptly after grilling or serving. Any left outside for more than an hour should be discarded. If there is still ice in the cooler when you get home, the leftovers are OK to eat.

# GET MORE EFFICIENT TO GET MORE DONE

If you want to get more accomplished at work, start developing these essential habits to increase your efficiency on the job:

- Turn off cell phone alerts for non-work related apps. Resist the temptation to stop what you're doing every time your phone beeps with a new notification. You'll be better able to focus on tasks when you're not constantly distracted and interrupted.
- Fine-tune your to-do list. When planning your day, add estimated times to each item on your to-do list. This will help you decide what to do first and what can be saved for later.
- Run two-minute drills. Every few hours, look at your list for tasks that can be done quickly—answering emails and phone calls, confirming appointments, and the like. Spend a few minutes clearing those away, and you'll have more blocks of uninterrupted time to take on bigger tasks.



- Take regular breaks. You'll burn out if you go full throttle for eight or 10 hours. Determine how long you can effectively concentrate on a single task (usually between 30 minutes and an hour, for most people). Take a break after that time—walk around, get out of the building, talk to co-workers—and you'll return feeling refreshed.

# A SHORT HISTORY OF FLAG DAY

President Woodrow Wilson proclaimed June 14 to be Flag Day in 1916, commemorating the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Connecticut, in 1861, at the suggestion of George Morris, to pray for the preservation of the union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an act of Congress formally establishing June 14 as National Flag Day.



# A ZESTY TREAT FOR THE BEGINNING OF SUMMER

Start the summertime right with this vibrant cake! This recipe is brought to you by [mymoderncooking.com](http://mymoderncooking.com)

# HONEY + LAVENDER SOAKED LEMON CAKE

Yields 2 Loaf Cakes • Prep 30 min • Cook 1 hr

## INGREDIENTS

- 2 sticks unsalted butter at room temperature
- 2 cups granulated sugar
- 4 large eggs at room temperature
- 1/3 cup grated lemon zest (about 4 large lemons)
- 3 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon kosher salt
- 1/4 cup freshly squeezed lemon juice

- 3/4 cup buttermilk
- 1 teaspoon pure vanilla extract

## SYRUP

- 1/2 cup honey
- 1/2 cup lemon juice
- 1 tablespoon dried culinary lavender

## GLAZE

- 2 cups confectioners' sugar, sifted
- 3 1/2 tablespoons freshly squeezed lemon juice

## DIRECTIONS

- Preheat the oven to 350 degrees F. Grease and flour 2 (8 1/2 by 4 1/4 by 2 1/2-inch) loaf pans. You may also line the bottom with parchment paper, if desired.
- Cream the butter and 2 cups granulated sugar in the bowl of an electric mixer fitted with the paddle attachment, until light and fluffy, about 5 minutes. With the mixer on medium speed, add the eggs, 1 at a time, and the lemon zest.
- Sift together the flour, baking powder, baking soda, and salt in a bowl. In another bowl, combine 1/4 cup lemon juice, the buttermilk, and vanilla. Add the flour and buttermilk mixtures alternately to the batter, beginning and ending with the flour. Divide the batter evenly between the pans, smooth the tops, and bake for 45 minutes to 1 hour, until a cake tester comes out clean.
- Add the honey and lemon juice to a medium-sized saucepan. Stir to combine and bring to a boil over medium high heat. Reduce the heat and add the lavender. Simmer for about 10 minutes, until the mixture starts to thicken. Let cool slightly then pour through a strainer to remove lavender.
- When the cakes are done, allow to cool for 10 minutes. Remove the cakes from the pans and set them on a rack set over a tray or sheet pan; spoon the lemon honey syrup over them. Allow the cakes to cool completely.
- For the glaze, combine the confectioners' sugar and the lemon juice in a bowl, mixing with a wire whisk until smooth. Pour over the tops of the cakes and allow the glaze to drizzle down the sides.

**Notes:** To visit this recipe, go to [www.mymoderncooking.com/lavender-and-honey-soaked-lemon-cake/](http://www.mymoderncooking.com/lavender-and-honey-soaked-lemon-cake/)