

May 2010



The Landrum News

Congratulations to our Temps of the Month



**Jessica
Walters**

and

**Carolyn
Parnell**



Your Money is in the Bank

Sign up NOW for DIRECT DEPOSIT

All Landrum employees who sign up for Direct Deposit between May 1st and June 30th will be entered into a drawing for two movie tickets to Rave Motion Picture Theater! Drawing will be held on Friday, July 2nd —you do not have to be present to win.

The Direct Deposit form must be completed and returned (along with a voided check) to the Landrum office. The form is available for pick up in our office or can be downloaded from our website, www.landrumstaffing.com. For more information, contact your Payroll Department at 850-476-5100.



Memorial Day Payroll Notice

Landrum will be closed on Monday, May 31st in observance of Memorial Day. Paper timesheets will be due on Tuesday, June 1st, no later than 10am. Employees normally paid on Wednesday will be paid on Thursday, June 3rd. The deadline for submitting hours through E-time will remain the same.

May is National BBQ Month

Visit the National Barbeque Association's website (www.nbbqua.org) for celebration suggestions, tips, BBQ FAQ and recipes!

May is National Physical Fitness Month

A healthy lifestyle is made up of lots of small choices. Below, we offer a few ideas—ways that you can increase your physical activity by choosing to do things just slightly differently.



If you normally:

Drive to work
Let the dogs out back
Take the elevator
Relax while the kids play
Use a shopping cart
Park close to the store

Try this instead:

Walk, rollerblade or bike to work
Take the dogs for a walk
Take the stairs
Get involved in their activity
Carry a shopping basket
Park further away

from : <http://www.smallstep.gov/ga/choices.html>

It's easier to do a job right than to explain why you didn't—Martin Van Buren

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