

The Landrum News

Congratulations to our Temps of the Month



**Connie
Riggs**

and

**Andre
Nero**

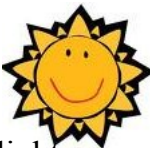


Labor Day Payroll Notice



The Landrum office will be closed on Monday, September 5th, in observance of Labor Day. Paper timesheets will be due on Tuesday, September 6th, no later than 10am. Employees normally paid on Wednesdays will be paid on Thursday, September 8th. Friday payroll will remain the same that week.

Beat the Heat with these Safety Tips!



- 1. Dress for the heat:** Wear light-weight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- 2. Drink water:** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- 3. Eat small meals, more often:** Avoid high-protein foods, which increase metabolic heat.
- 4. Slow down:** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.
- 5. Stay indoors when possible**

Tips provided by the American Red Cross

Landrum Opens New Office

Landrum Human Resource Companies, Inc. will be opening a new branch office in Ft. Walton Beach in mid-August, 2011. The new office will provide support for Landrum clients in Okaloosa and Walton counties and extend their Service offerings to area businesses as well as provide employment opportunities for residents.

Landrum's Ft Walton location will offer full service human resource management for employers and job seekers located in not only Ft. Walton, but also Destin, Niceville, Crestview and the surrounding area. Human resource professionals will be on staff to provide assistance to businesses looking to hire employees and applicants looking for meaningful employment. Consulting and PEO (employee leasing) services are also a large part of Landrum's core expertise. Partnering with Landrum gives companies the ability to focus on growing their business while knowing their employment and human resources needs are protected.



In order to receive your check as scheduled each week, your electronic hours must be submitted by 11:59pm on Saturday night.

Procrastination is like a credit card: it's a lot of fun until you get the bill. - Christopher Parker