

chambernews

The official publication of the Jamestown Area Chamber of Commerce

DECEMBER 2008

2009...
HERE WE COME!

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NOT TO DEDUCT**

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Fliers are Flying Out of the Chamber Office

In September, Jamestown's Motor Vehicle branch office moved into the Chamber of Commerce offices at 120 2nd Street SE (located across the street from the US Bank drive-up facility). This change has dramatically increased the number of people that pass through our lobby every day—and as a result, your business brochures and fliers are “flying” out of the office! Customers waiting in line at the DMV office stand directly across from our business brochure racks and most are taking information with them as they leave.

If you have been bringing your business brochures to the Chamber, **we need more!** And if you have not been bringing us your info, **now is the time to start.** All marketing materials are welcome—business cards, brochures, coupons, or special event fliers. All members of the Jamestown Chamber are welcome to bring marketing materials to our office for distribution--this is a benefit of your membership in the Chamber. The Chamber of Commerce is pleased to be able to provide this opportunity for more exposure of Jamestown, its events, tourism attractions, and businesses.

If you would like a chance to see the newly remodeled Chamber and DMV offices, we are

planning a special **holiday open house on December 18th**. Our holiday open house will take place from 2:30pm to 4:30pm and will include our fellow organizations in the Center of Economic Development building—the Jamestown Stutsman Development Corporation, the South Central Dakota Regional Council, and the ND Workforce Training office. We look forward to sharing holiday cheer with all of you on December 18th!

Speaking of the holiday season, don't forget that the Chamber of Commerce has Gift Certificates available for you to purchase for your employees. Our gift certificates are actual checks—so they are easy to spend and easy for businesses to redeem—and are available in \$5, \$10, and \$25 denominations. Chamber gift certificates can be redeemed at any of the 350 business members of the Chamber. This program is a great way to provide gifts for your employees while encouraging local spending and support of Jamestown businesses.

As always, the Chamber of Commerce appreciates the opportunity to serve the collective needs of the business community. If you have specific issues or suggestions that you feel should be addressed by the Chamber, please call or send email and we'll be happy to schedule a visit by the staff or your board of directors.

Leading the Jamestown area toward greater business vitality, promoting growth and economic

CHAMBER
Jamestown

Page 1

YOU'RE INVITED

Chamber '09 AWARDS BANQUET

Thursday, January 22nd

5:30pm Social 6:00pm Dinner

Shady's Banquet Rooms

Tickets \$30 / 8 for \$200

*look inside for sponsorship & ticket details

Jamestown Area Chamber of Commerce

P.O. Box 1530 / 120 2nd St. SE

Jamestown, ND 58401

Phone: (701) 252-4830 / Fax: (701) 952-4837

E-mail: info@jamestownchamber.com

Website: www.jamestownchamber.com

CHAMBER OFFICERS

David Smette.....Chairman

Retired, Jamestown Public Schools

Joan Morris.....Chair Elect

Agri-Cover

Curt Saylor.....Treasurer

KSJB/KSJZ Radio

Bob Badal.....Past Chair

Jamestown College

JoDee Rasmusson.....Executive Director

Chamber of Commerce

DIRECTORS

Gretchen Barnick.....Country Gardens Floral

Shirley Jackson.....Riddles Jewelry

Carol Hanken.....Newman Signs

Kathie Dunn.....Gate City Bank

Dennis Sand.....Dakota Rental Center

Trent Hillerud.....Hillerud Construction

Mary Pergande.....Goodrich Cargo Systems

Deb Hatlewick.....County Extension

EX-OFFICIO DIRECTORS

Dale Marks.....Stutsman County Commission

Clarice Liechty.....Jamestown City Council

Connie Ova.....J.S.D.C.

Nina Snieder.....Buffalo City Tourism Foundation

COMMITTEE CHAIRPERSONS

Deb Hatlewick.....Agriculture

Corey Bayer & Scott Sandness.....After 5

Mike Bergquist & Caleb Vigue.....Ambassadors

Jane Austin.....City Beautification

Pam Phillips.....Government Affairs

Jim Nowatzki.....Retail Promotions

CHAMBER STAFF

JoDee Rasmusson.....Executive Director

Nicole Lemieux.....Finance/Program Coordinator

Tara Kapp.....Membership/Communication Coord.

MOTOR VEHICLE STAFF

Lisa Hofmann.....Coordinator



Chamber Policy

The Jamestown Chamber receives numerous phone calls, letters and e-mails each day requesting information about Jamestown businesses, services and products. We are proud to refer you as a member in response to these requests.

Chamber Chatter

As we sneak up on the closing of yet another year the Chamber Staff and Board of Directors wish a successful and prosperous New Year to you, your families and your business. We look forward to many positive aspirations for Jamestown and we're excited to be apart of your success. Here are a few of our own personal New Year's Resolutions to get us all started...

"Personally I resolve to sustain healthy eating and exercise habits. Professionally I resolve to sustain and grow Chamber projects and events." JoDee Rasmusson, Executive Director

"I resolve to stop having kids and get some real sleep." Curt Saylor, Chair Elect (KSJB/KSJZ Radio)

"I plan to get up earlier in the morning so I can exercise more." Shirley Jackson, Treasurer (Riddles Jewelry)

"I resolve to enjoy life and to relax more." Lisa Hoffman, Motor Vehicle Director

"2009 is a year for me to have more patience, more time with my kids and to live a healthier lifestyle." Deb Hatlewick, Director (NDSU Extension)

"I plan to finish all unfinished projects." Nicole Lemieux, Chamber Staff

"My New Year's Resolution is always the same: I resolve to make a resolution. And like some resolutions I'll most likely flounder with it!" - Tara Kapp, Chamber Staff



It's Not Too Late!

To order your Chamber Gift Certificates for:
Holiday Bonuses
Office Parties
Thank You Gifts
and more...

Order Today! 701-252-4830



Certifichecks can also be purchased online at www.jamestownchamber.com

The Chamber answers requests for information on Jamestown by mailing & distributing relocation packets, phone books, maps and any other requested form of information. Last month's requests came from all over the world:

- Pleasanton, California
- San Jose, California
- Wadena, Minnesota
- Edgeley, North Dakota
- Sabina, Ohio
- Bruce, South Dakota
- Irving, Texas

Your support of the Chamber helps fund these mailings and continues to help encourage the expansion and promotion of Jamestown!

THANK YOU!

Business expenses are the cost of carrying on a trade or business. These expenses are usually deductible if the business is operated to make a profit. Here's a quick look at tax tips from the I.R.S. regarding your small business.

What Can I Deduct?

To be deductible, a business expense must be both ordinary and necessary. An ordinary expense is one that is common and accepted in your trade or business. A necessary expense is one that is helpful and appropriate for your trade or business. An expense does not have to be indispensable to be considered necessary.

It is important to separate business expenses from the following expenses:

- The expenses used to figure the cost of goods sold,
- Capital Expenses, and
- Personal Expenses.

Cost of Goods Sold

If your business manufactures products or purchases them for resale, you generally must value inventory at the beginning and end of each tax year to determine your cost of goods sold. Some of your expenses may be included in figuring the cost of goods sold. Cost of goods sold is deducted from your gross receipts to figure your gross profit for the year. If you include an expense in the cost of goods

sold, you cannot deduct it again as a business expense.

The following are types of expenses that go into figuring the cost of goods sold.

- The cost of products or raw materials, including freight
- Storage
- Direct labor costs (including contributions to pensions or annuity plans) for workers who produce the products
- Factory overhead

Under the uniform capitalization rules, you must capitalize the direct costs and part of the indirect costs for certain production or resale activities. Indirect costs include rent, interest, taxes, storage, purchasing, processing, repackaging, handling, and administrative costs.

This rule does not apply to personal property you acquire for resale if your average annual gross receipts (or those of your predecessor) for the preceding 3 tax years are not more than \$10 million.

For additional information, refer to the chapter on Cost of goods sold, Publication 334, Tax Guide for Small Businesses and the chapter on Inventories, Publication 538, Accounting Periods and Methods.

Capital Expenses

You must capitalize, rather than deduct, some costs. These costs are a part of your investment in your business and are called capital expenses. Capital expenses are

considered assets in your business. There are generally three types of costs you capitalize.

- Business start-up cost (See the note below)
- Business assets
- Improvements

Note: You can elect to deduct or amortize certain business start-up costs. Refer to chapters 7 and 8 of Publication 535, Business Expenses.

Personal versus Business Expenses

Generally, you cannot deduct personal, living, or family expenses. However, if you have an expense for something that is used partly for business and partly for personal purposes, divide the total cost between the business and personal parts. You can deduct the business part.

For example, if you borrow money and use 70% of it for business and the other 30% for a family vacation, you can deduct 70% of the interest as a business expense. The remaining 30% is personal interest and is not deductible. Refer to chapter 4 of Publication 535, Business Expenses, for information on deducting interest and the allocation rules.

Find out more online at www.irs.gov and click on the Business tab to find the Small Business/Self Employed tab. Here you can find information on business use of you home, your car and other businesses expenses you may or may not be able to deduct.

www.irs.gov



PLEASE JOIN US

Chamber & Friends Holiday Open House

- WHEN:** THURSDAY, DECEMBER 18TH ~ 2:30-4:30
- WHERE:** CENTER FOR ECONOMIC DEVELOPMENT
120 2ND STREET SE, JAMESTOWN
- WHO:** Chamber of Commerce, JSDC, South Central Regional Council, Small Business Administration & North Dakota Workforce Training
- WHY:** BECAUSE WE CAN! Please come and share an afternoon of treats, networking, friendship and more!

NEW MEMBERS

NEW YORK LIFE

Tina Selchert

101 1st Street West, Suite 2

Jamestown, ND 58401

P: 701-952-5505 / F: 701-952-5504

selchert@daktel.com

Insurance

ROUGH RIDER SIGNS & AWNING

Myke Baugh

216 1st St W. - Jamestown, ND 58401

P & F: 701-252-7600

signguy@daktel.com

www.roughridersigns.com

Media / Printing & Publishing /

Manufacturing & Industrial

UNIVERSITY OF MARY

Brenda Kaspari / Kay Exner

1351 Page Drive - Fargo, ND 58103

P: 701-232-7088 / F: 701-232-0709

kexner@umary.edu

Education/Institutions

RENEWED MEMBERS

Affordable Motors

Alpha Opportunities

A.K. A Coach & Company

Casey Stoudt Chevy-Buick

Comfort Inn

Community Action, Region VI

Dales A-1 Auto

Games Galore

Garden Gate

Harty Insurance

Knights of Columbus

Mastel's Heating & A/C

Midwestern Machine

Patzer & Patzer

Progressive Ag

Russ Davis Wholesale

Waggin' Tails Doggy Daycare

Wildside Creations

MEMBER SPOTLIGHT:

HARTY INSURANCE

JIM HARTY, JR.

PO Box 1627 ~ 1300 6th Ave NE ~ Jamestown, ND 58401

701-252-0371 ~ harty@daktel.com

WHAT WOULD YOU LIKE OTHER MEMBERS TO KNOW ABOUT YOU?

For 72 years Harty Insurance has had the privilege to serve the Jamestown and surrounding area as a full service independent property and casualty insurance agency. We have an experienced and dedicated staff that provides service for all lines of insurance. As the holiday season approaches we would like to thank all our loyal clients for their patronage and look forward to serving the Jamestown area in the future.

I was born and raised in Jamestown. Graduate of both Jamestown High School and Jamestown College, 1980. My wife Connie and I are the parents of three daughters, Nicole and Alicia, both Jamestown College graduates, and Brittany currently attending UND.

WHY DID YOU BECOME A CHAMBER MEMBER AND WHAT DO YOU HOPE TO GAIN FROM YOUR MEMBERSHIP?

I became a Chamber Member because I feel it is important for our community to have our businesses joined together to help make our community a better place to live, work and raise our families. Our Chamber of Commerce is a big reason our community is such a wonderful place to live.

HOW LONG HAVE YOU BEEN OPERATING IN THE JAMESTOWN AREA?

Since 1936. My grandfather, John Harty, started Harty Insurance. My father, Jim Harty, Sr. joined him in business in 1955. I began my career in 1980, my brother Tom joined our firm in 1982. Our offices are located at 1300 6th Ave NE. We can also be reached at 701-252-0371 or by email at harty@daktel.com

WARNING!

**Do Not Miss The Funny
Stuff At Polar King
Gag Gift Shop!**



**Bachelor-Bachelorette
Retirement-Golf
Over The Hill-Red Hat Items
Parade Decorations**

621 13th St NE

HO...HO...HOLIDAY STRESS REDUCTION!

ANNIE KIRSCHENMANN

M.S. ADTR, NCC Certified Corporate Business Coach, A.K. A Coach & Co.



Are you familiar with a little thing we call "stress"? Do you have more than your fair share of it during the holiday season? If so, you are not alone. First of all, it's normal to feel some stress this time of year. After all, there is a lot going on! However, research indicates that stress levels often increase during the holidays in very unhealthy ways, potentially causing illness, depression and unfortunately in the extreme, increased cases of suicide.

Isn't this supposed to be a festive, loving, joyful time of year??? Yes, it is supposed to be a happy time and generally speaking we place high expectations on that. This can create what is referred to "good stress": excitement, anticipation; fun in preparations, parties, sharing time with friends and family. Ho, ho!

On the other hand, there is SOOOO much to do. It seems easier at the holidays to be overwhelmed and/or disappointed, crossing the line to what we call "bad stress". Oh, oh.

It's this "bad stress", our individual experience of it and response to it, which can lead to problems. Dr. Michael McVay defines "bad stress": the perception of a threat to my psychological or physical well-being; and I am unable to cope with that threat.

This definition gives us some insight into what we can do about our "bad holiday stress". The key here is to increase our ability to cope; to take control where we can and be more at choice about how we respond to stress. So here's the not so good news about stress responses: 30-40% of it is genetically determined and there isn't much we can do about it. Oh, oh.

The GOOD news is that 60-70% is a LEARNED response. Ho, ho!! This is where we have control; where each of us can take charge and make a new choice to create less stress during the holidays (or any time for that matter!). With that in mind, here are a few simple, portable, practical suggestions for making your holidays less stressful and more fun!

Create Space

1. My personal favorite: you can create some space for yourself by taking a DEEP BREATH. Intentional breathing is the most simple, yet

most powerful stress relief tool we teach in our workshops. Try it right now. What do you notice? How does it feel?

2. If you find yourself in a stressful situation over the holidays, do whatever it takes to GET OUT of it for awhile. Go for a walk. If nothing else, excuse yourself to use the facilities!!!!

3. Actually PLAN some time to RELAX. Put it on your calendar as an appointment with yourself (yup, right before picking up Cousin Bob at the airport). Listen to some music you love. Or meditate. Or engage a conscious relaxation activity. This leads us to something you may have forgotten. . .

Be Pro-Active about your Time

Your schedule is not in control. YOU are in charge of your schedule. So behave like it! For example, to dissolve the stress of last minute shopping, put it on your calendar. Make it an ENJOYABLE event. Here's how it often goes: you sudden realize it is Christmas Eve; you fly out of the house; get to the mall; battle the crowds; spend hours figuring out what to get; by some miracle finally get it all in your cart; unload it at the check out; realize you forgot your wallet. Oh, oh.

Don't let the important stuff sneak up on you – plan and be pro-active about it. I wish you the least stressful, most joyful holiday season ever. Ho, ho!!

Simple Stress Solutions is a division of A.K. A Coach and Company. For information about simple, portable, practical stress relief solutions: (701) 763-6406; Info@SimpleStressSolutions.com; www.SimpleStressSolutions.com.

*Annie Kirschenmann will be teaching stress management classes in Jamestown, ND, January thru March 2009; part of **Becoming a New You: Our Hearts, Our Choice** program, sponsored by Go Red, American Heart Association. For more information, contact: NDSU Extension Service/Stutsman County, (701) 252-9030 or email: eunice.sahr@ndsu.edu.*

Health Benefits of Pomegranate Juice

Scientists have long hypothesized the health benefits of pomegranate juice and now scientific studies seem to be backing up these claims. Most of the recent research deals with pomegranate juice and its benefits in the areas of blood pressure, cholesterol levels and arterial plaque. The theory behind the health benefits seen with pomegranate juice is that it is much higher in antioxidants than other fruit juices.

According to a study done at the University of Naples, Italy, and the University of California, Los Angeles antioxidants contained in pomegranate juice may help reduce the formation of fatty deposits on artery walls. Antioxidants are

compounds that limit cell damage.

Researchers found that pomegranate juice not only appears to prevent hardening of the arteries by reducing blood vessel damage, but the antioxidant-rich juice may also reverse the progression of this disease.

In the study, researchers tested the effects of pomegranate juice on samples of human cells that line blood vessels. The cells were exposed to excessive physical stress, such as might occur with high blood pressure. Cells that were treated with pomegranate juice had less evidence of damage from the stress.

In addition, tests on mice showed that pomegranate juice significantly slowed hardening of the arteries that developed from high cholesterol. If further studies

show those results in humans, researchers say pomegranate juice may be useful in both prevention and treatment of heart disease.

Pomegranate juice is generally safe to drink. Most studies have used a daily intake of 1.5 ounces of pomegranate juice with no significant side effects. As with any herbal or dietary supplement, however, talk to your doctor about pomegranate juice before you start using it. There is some concern that pomegranate juice may affect metabolism of some prescription medications. It may also cause blood pressure to become too low when combined with certain blood pressure medications.

Thank you to Dr. Nick Schmidt, Schmidt Chiropractic for this healthcare article.

THANK YOU

to all of the sponsors of the 32nd Annual Farmers Appreciation Banquet from the Chamber Ag Committee and staff.



Conlin's Furniture
County Market



Dalsted & Ryan,
P.C.



Dan Poland
Machine



Don Wilhelm
Eddy Funeral Home
Edward Jones



Enzminger Steel
Farmers Union
Insurance



Farmers Union Oil



First Assembly of
God Church



Gate City Bank
Gerdau Ameristeel
Globe Travel



Hanson Tire Service
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Associates. DBA
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Hi-Acres Manor

Aaron's Sales &
Lease
AgCountry Farm
Credit Services

Jamestown College
Jamestown
Communications
Jamestown Hospital

Agri-Cover
Bank Forward
Barnes County
Equipment

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Bloom Oil Company
Blue Cross Blue
Shield

Ken McDougall
KSJB / KSJZ Radio
Liechty Homes

Butler Machinery
Cavendish Farms
Central Sales, Inc.

Lifestyle Appliance
Lifetime Eyecare
Associates
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Insurance
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Ottmar & Ottmar
Patzer & Patzer, Inc.
Progressive Ag
Systems

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Repair

R. M. Stoudt
Redlin Johnson
Siding &
Windows

Schauer &
Associates

Schumacher Const.

Stutsman County
Abstract Co.

Stutsman County
Farm Bureau

Stutsman County
Soil
Conservation

United Building
Center

Unison Bank
US Bank

Walz Pharmacy
Wells Fargo Bank

West Country
Products

West End Hide, Fur
& Metal Co. Inc.

THANK YOU!

BUSINESS BRIEFS



Congratulations and Thank You to Grizzly's Grill-N-Saloon for adding a meeting room to their restaurant location in Jamestown. Included in their remodel is a meeting room to seat up to 30 individuals. Contact Grizzly's for more information on reservations & more.



The Jamestown Parks & Rec. department is looking for businesses or organizations interested in participating in Cabin Fever Days scheduled for February 6th-15th. Anyone interested should call 252-3982 or email office@jamestownparksandrec.com by Friday, December 19th in order to be listed on the event poster.



Jamestown United Way is halfway through their '09 campaign and would like to thank everyone who's donated. Anyone interested in donating can do so. Contact your local United Way today.

Downtown businesses to open

To facilitate shopping convenience, select stores in downtown Jamestown will stay open Monday evenings from December 1 through December 22.

"These businesses are doing this in response to requests from customers," said Main Street Downtown Association ambassador Charlie Kourajian. "Several survey results indicated a request for evening hours and these merchants are trying to accommodate them." Currently there is a list of 16 stores indicating they would stay open Monday evenings.

Jamestown Choralaires DINNER CONCERTS

Fri. December 5th ~ 7:00p

Sat. December 7th ~ 5:30p

Zebedee Center

Tickets \$25

Available at:

Country Gardens

Floral & Greenhouse



OUT-N-ABOUT



CONGRATULATIONS! Mike Martell of Don Wilhelm, Inc. was the latest winner of the Chamber's Customer Service Award presented by the Chamber's Ambassadors. Mike's service efforts extend beyond the walls of Don Wilhelm and he now holds the honor of October's Award Winner.



Don Wilhelm Inc. would like to thank these businesses for their donations to the recent food drive conducted at the Buffalo Mall, Jamestown...

DAKOTA PASTA GROWERS
SCHERBENSKE & SON
THE PANTRY CAFÉ
DICK & JEANNE EARLE
EDDY'S FUNERAL HOME
MASTER BREAD
KNIGHTS OF COLUMBUS
HOWARD LARSON

SCHWAN'S
LYLE SIGNS
DON WILHELM EMPLOYEES
ROY & LOIS CHRISTENSEN
OLD DUTCH
DR. EDWARD ANDERSON, DDS
DR. WAYNE MCDANIEL, DDS
HUGOS



THANK YOU to Kari Ness, Chris Rathjen and the staff of Newman Signs for hosting a tremendous Business After Hours. Sign shaped cookies, mini billboards, facility tours, you name it. The warehouse was full of smiles, hand shakes and plenty of door prize winners.



Thank you to the staff of Central Business Systems. The Ambassadors were treated to a tour as well as a history lesson regarding the business' long standing community commitment to Jamestown and the region. Stop by their location next to Applebees to see what they can do for you!



32nd SUCCESSFUL BANQUET IN CHAMBER HISTORY. Thank you to everyone who made the 32nd Annual Farmers Appreciation Banquet another success. Over 800 folks packed the civic center in honor of our area's farmers & ranchers. Thank you to all sponsor and volunteers as well. (sponsors listed on page 6)

Chamber News

Jamestown Area Chamber of Commerce
PO Box 1530, Jamestown, ND 58402

Web: www.jamestownchamber.com
E-mail: info@jamestownchamber.com

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U.S. POSTAGE PAID
Permit #38
Jamestown, ND 58401

December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 City Beauty Committee 8a, Chamber	4 Ag Committee 8a, Chamber Ambassadors Noon, Chamber	5	6
7	8	9	10	11	12	13
14	15	16	17 Local Regional Issues, Noon TBD	18 CHAMBER HOLIDAY OPEN HOUSE 2:30-4:30 Chamber Office	19	20
21	22 HAPPY HANAKKUH 	23	24	25 MERRY CHRISTMAS 	26	27
28	29	30	31 	Chamber Policy: Reservations/cancellations are accepted up to 24 hours prior to an event. After the deadline, registered businesses will be billed for the event, whether or not they are able to attend. Registrations may be transferred to another person in your firm only if notification is given to the Chamber office either prior to or at the event.		