

**JEFFERSON COUNTY CHAMBER OF COMMERCE**  
**29 KEYES FERRY ROAD, SUITE 200**  
**P. O. BOX 426**  
**CHARLES TOWN, WV 25414**  
**(304) 725-2055 or (800) 624-0577**  
**FAX: (304) 728-8307**  
**EMAIL: [chamber@jeffersoncountywvchamber.org](mailto:chamber@jeffersoncountywvchamber.org)**  
**[www.jeffersoncountywvchamber.org](http://www.jeffersoncountywvchamber.org)**

**BULLETIN NO: 583**

**FEBRUARY 2, 2009**

**MEMBERSHIP MEETING – FEBRUARY 26, 2009**

The monthly membership meeting of the Jefferson County Chamber of Commerce will be held on Thursday, February 26, 2009, at 12:00 noon at **The Anvil Restaurant** in Harpers Ferry. Melissa Loder will present the latest facts and figures on the status and role of small business in the state. She will give you a quick assessment and present best strategies to use now more than ever. Melissa manages the U.S. Small Business Administration's Certification Programs for the West Virginia District Office in Clarksburg. Her government experience includes working for the Federal Aviation Administration, the National Institute for Safety and Health of the Center for Disease Control and the Federal Emergency Management Agency.

The menu will be: Homemade Chili, Grilled Chicken Sandwich with Homemade Chips, Assorted Cookies, and Iced Tea for \$10 per person including tax and gratuity. Please contact your Chamber by February 23 to RSVP.

As of January 30, 2009, Linda Finnegan, Executive Assistant of the Jefferson County Chamber of Commerce will no longer work at the Chamber. Linda has been with the Chamber for 10 years, and we appreciate her dedication and hard work. We wish her well in the future.

**NEWSLETTER INSERTS**

Your Chamber is pleased to enclose information from members in these monthly bulletins on a first-come, first-served basis. Due to the increasing number of members who request this service, please notify your Chamber 2-3 months in advance of your requested date. Enclosures should be standard size (8 1/2"x11"), standard paper weight, and folded in Z-form. No business cards! If you have reserved a space and then are unable to have the insert ready, please call your Chamber office. We keep a waiting list and can call someone to fill your slot.

**MEMBERSHIP REPORT**

We are pleased to welcome the following new member:

**Darnell & Company, AC**  
David Darnell, Representative  
59 Ruland Road, Suite F  
Kearneysville, WV 25430  
(304) 725-5712  
[ddarnell@darnellco.com](mailto:ddarnell@darnellco.com)  
Certified Public Accountant

As of this date we have 417 members who have paid their fair share investments for a total of \$52,771.50 for fiscal year 2008-2009.

**LEADERSHIP JEFFERSON**

On January 14, the Leadership Jefferson class participated in a simulation on the challenges of living below the poverty level. The simulation placed participants in “families” with each group struggling to provide for their members on a daily basis. Afterwards, the class discussed how the experience might influence their outlook on volunteer service. The February module will be State Government, and the class will travel to Charleston to meet with legislators.

**NEWS FROM CHAMBER MEMBERS**

The **Care Pregnancy Center of the Eastern Panhandle** is having their annual Spaghetti Dinner on February 7 from 12 noon – 3:30 p.m. at Independent Bible Church. Call (304) 876-3598 for more information.

A “Starting a Business in West Virginia” workshop will be presented by the **Small Business Development Center** (SBDC) of the Eastern Panhandle on Tuesday, February 19, 2009, from 8:30 a.m. to 10:30 a.m. at **BizTech**, 150 East Burr Blvd., Kearneysville. Because of the economy, this workshop will be free to attendees and you are asked to pre-register by February 17 by calling Christina Lundberg at the SBDC at (304) 596-6642. This free workshop will provide information on licensing and organizing your business, steps to take to get started and what to include in a successful business plan.

**Panhandle Home Health, Inc.** would be delighted to provide a presentation to any interested church, club, organization, association or group about home health care. If you would like more information or would like to schedule a speaker, please call **Panhandle Home Health, Inc.** at (304) 263-5680.

In today’s uncertain economy, families are looking to cut back on any expenses that seem like a luxury or even the slightest bit frivolous. One of the items receiving scrutiny in many households and in the media is gym memberships. Yet a growing body of evidence suggests that cutting that gym membership may be exactly the wrong move for even the most cash-strapped family. According to the Centers for Disease Control and Prevention, inactive adults have significantly higher direct medical costs than active adults, and the costs associated with physical inactivity increase with age. **Curves** has partnered with major health insurance and third party providers, including Healthways SilverSneakers, AARP, and Blue Cross Blue Shield, who see huge financial benefits in wellness programs and offer reimbursements and incentives on **Curves** gym membership to their plan members. In an era where many have no health insurance at all and those who do have higher copays, a gym membership may be the most affordable way to keep healthcare dollars in consumers’ pockets. This will become even more important in the near future. As baby boomers pass through their 40s and 50s, healthcare costs are forecast to rise dramatically. To help women save even more money, **Curves of Charles Town/Ranson** is offering 50% off of the regular service fee plus the first month free! This will help make it easier for more women to start reaping the benefits of regular exercise, as well as getting in shape and feeling better about themselves. This special offer will be available from January 12 to March 7. For more information, contact the **Curves** staff at (304) 725-3482 or [mywvmurves@aol.com](mailto:mywvmurves@aol.com).

**DATES TO REMEMBER**

February 5-8, 12-15	<i>I Love You, Your Perfect, Now Change</i> – <b>Old Opera House</b> , Charles Town
February 16	Office Closed – Presidents’ Day
February 26	Membership Meeting – <b>Anvil Restaurant</b> – Harpers Ferry
February 27, 28, March 1	“Home Show” – <b>Eastern Panhandle Home Builders Association, Inc.</b> – Martinsburg Mall