

NEWSLETTER  
SPONSORED BY

Dallas Hill

ROCKY MOUNTAIN  
POWER

## HAPPY NEW YEAR!

As we welcome the New Year, we're excited for the opportunities and community connections ahead in Ashton. Thank you for your continued support of our local businesses and events — and as plans get underway, we encourage members to consider sponsoring the American Dog Derby, one of our most cherished winter traditions. Here's to a happy, healthy, and successful year together!

## MEMBERSHIP DRIVE

As the new year begins, we're also kicking off our Chamber Membership Drive. Chamber members play a vital role in supporting local businesses, events, and economic growth throughout the year. If you're not yet a member

— or know a business that would benefit from joining — now is the perfect time to get involved and help strengthen our Ashton business community. Watch your mailbox for your renewal letter or visit our website for more info.

## SPONSOR THE AMERICAN DOG DERBY



## The Minky Quilt Shop

523 Main, Ashton ID - [cuddlesoftkits.com](http://cuddlesoftkits.com)  
Open Thursdays and Fridays 10AM-6PM

Check out our Boutique!

Choose from lots  
of beautiful  
READY-TO-  
SNUGGLE Quilts.

They're perfect to give away... or keep



## Business Spotlight



**Integrated  
Wellness**

**Dr. Melissa Child**

Psychotherapist

- Trauma Therapy
- Animal-Assisted Psychotherapy
- Performance Enhancement

**208-970-9855**

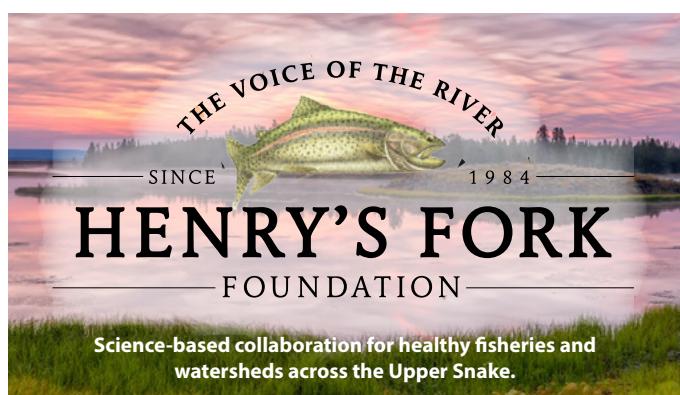
[melissa@integratedwellness.us](mailto:melissa@integratedwellness.us)  
[www.integratedwellness.us](http://www.integratedwellness.us)

In every strong community, there are people and organizations quietly doing the important work of caring for others — especially during life's hardest seasons. Integrated Wellness, LLC is one of those organizations. Serving individuals across Idaho, Montana, and Utah, Integrated Wellness provides compassionate, comprehensive mental-health care with a special focus on first responders, veterans, and community members navigating trauma, stress, and life transitions.

Founded on the belief that true healing goes beyond treating symptoms, Integrated Wellness meets people exactly where they are. Their team offers a safe, respectful space for adolescents (ages 13 and up) and adults to process challenges and build resilience. With services rooted in evidence-based practices, they help clients move forward with confidence — without having to relive painful experiences in overwhelming ways.

Integrated Wellness offers a range of specialized services, including Accelerated Resolution Therapy (ART), Animal-Assisted Services, Somatic Therapy and Mindfulness, and Dialectical Behavior Therapy (DBT). These

**See Integrated Wellness on Page 2**



## Community Calendar

|                                 |   |
|---------------------------------|---|
| Every Wed. noon                 | Ashton Rotary   |
| Jan 14<br>6pm                   | <b>City Council Meeting</b><br>@ City Building<br>Swearing in of Councilmen<br>John Scafe and James Allen |
| 2nd & 4th<br>Wednesday<br>5-7pm | <b>Food Pantry</b><br>@ Ashton Community Center   |
| Jan 15<br>7pm                   | <b>Planning &amp; Zoning<br/>Meeting</b><br>@ City Building   |
| Jan 22<br>Noon                  | <b>Ashton Chamber of<br/>Commerce Mtg.</b><br>@ Main Office<br>Conference Room                            |

### Integrated Wellness from Page 1

approaches are especially effective for trauma, PTSD, anxiety, depression, and emotional regulation. Their unique Animal-Assisted Services — including work with trained therapy animals — provide a hands-on, calming path to healing that resonates deeply with veterans and first responders.

Beyond individual therapy, Integrated Wellness is committed to strengthening the broader community. They offer CPR, First Aid, and Basic Life Support (BLS) training,

along with educational resources and community-focused programs designed to support wellness and preparedness. By accepting most major insurance plans and offering flexible payment options, they work to make mental-health care accessible to those who need it most.

As a valued member of the Ashton Chamber of Commerce, Integrated Wellness, LLC plays an important role in supporting the health, resilience, and well-being of our region. Their work reminds us that caring for one another — mind, body, and community — is essential to keeping our towns strong.



**Ashton Therapy Clinic**  
**Rehab Specialists** OF IDAHO

**Speech Therapy**  
**Physical Therapy**  
**Occupational Therapy**

**World-class care, right here in Ashton!**  
Pleased to serve adults & children (208)652-7963 



**SWISS  
PRECISION**  
NURSERY & LANDSCAPING

**208-652-7840**  
[swissprecision.net](http://swissprecision.net)

LAWN CARE, NURSERY, LANDSCAPING, SNOW REMOVAL,  
HOME RENOVATIONS, METAL WORKS, REPAIRS

### Upcoming NFHS Game Schedule

scan for full schedule->



[bit.ly/nfbooster](http://bit.ly/nfbooster)

### GIRLS BASKETBALL

| DATE           | OPPONENT      | TIMES                  |
|----------------|---------------|------------------------|
| Jan. 16        | Firth         | 4:30,6:00,7:30         |
| Jan. 20        | WJ            | 6:00,7:30              |
| <b>Jan. 22</b> | <b>Ririe</b>  | <b>5:30,7:00</b>       |
| Jan. 23        | Challis       | 5:00 Varsity only      |
| Jan. 27        | South         | 5:30, 7:00             |
| <b>Jan. 30</b> | <b>Salmon</b> | <b>½ JV 5:30, 6:30</b> |

### BOYS BASKETBALL

| DATE           | OPPONENT     | TIMES            |
|----------------|--------------|------------------|
| Jan. 15        | WJ           | 5:30,7:00        |
| <b>Jan 20</b>  | <b>SF</b>    | <b>5:30,7:00</b> |
| <b>Jan. 23</b> | <b>Firth</b> | <b>5:30,7:00</b> |
| Jan. 27        | Salmon       | 5:30, 7:00       |
| <b>Jan. 29</b> | <b>Ririe</b> | <b>5:30,7:00</b> |

### WRESTLING

| DATE           | OPPONENT        | TIMES       |
|----------------|-----------------|-------------|
| Jan. 16 & 17   | Aberdeen tourn. | TBA         |
| <b>Jan. 21</b> | <b>Challis</b>  | <b>6:00</b> |
| Jan. 29        | WJ              | 6:00        |
| Jan. 30 & 31   | Sugar Tourn.    | TBA         |

**Home games are listed in bold**

All schedules subject to change, contact the school for updated information

## ASHTON VISITORS CENTER SKATING RINK NOW OPEN

The rink has opened and is open daily from 9am -10pm daily. Weather dependent. Bring your own skates. You can find more details and photos on the Ashton-Tetonia trail state park Facebook page.





**Dallas Hill** 

Helping People Is My Passion

**(208) 710-9128**

Thank you Ashton for your Support

EAGLE POINT REALTY 



**208-360-5865**  
[ASHTONLOGGING.COM](http://ASHTONLOGGING.COM)

**Ashton Log Cabin Lodging**

NIGHTLY RENTALS AT THE CROSSROADS OF  
YELLOWSTONE AND JACKSON HOLE  
**1001 EAST MAIN STREET, ASHTON, IDAHO**