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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

AMERICAN
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The Minky Quilt Shop

523 Main, Ashton ID - cuddlesoftkits.com
Open Thursdays and Fridays 10AM-6PM

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Choose from lots
of beautiful
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They’re perfect to give away... or keep



Business Spotlight



Dr. Melissa Child
Psychotherapist
• Trauma Therapy
• Animal-Assisted
Psychotherapy
• Performance
Enhancement
208-970-9855
melissa@integratedwellness.us
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

**El Rincón**
MEXICAN RESTAURANT

Dine In Or Take Out
(208) 652-7225
580 Main St. Ashton

**HENRY'S FORK**
FOUNDATION

Science-based collaboration for healthy fisheries and watersheds across the Upper Snake.

Community Calendar

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

Integrated Wellness
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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.

Upcoming NFHS Game Schedule

scan for full schedule->

QR CODE

bit.ly/nfbooster

GIRLS BASKETBALL

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

BOYS BASKETBALL

DATE	OPPONENT	TIMES
Jan. 15	WJ	5:30,7:00
Jan 20	SF	5:30,7:00
Jan.23	Firth	5:30,7:00
Jan. 27	Salmon	5:30, 7:00
Jan. 29	Ririe	5:30,7:00

WRESTLING

DATE	OPPONENT	TIMES
Jan. 16 & 17	Aberdeen tourn.	TBA
Jan. 21	Challis	6:00
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 you own skates. You can find more details and photos on the Ashton-Tetonia trail state park Facebook page.

Illustration of ice skates

Ashton Therapy Clinic
Rehab Specialists
OF IDAHO

Speech Therapy
Physical Therapy
Occupational Therapy

World-class care, right here in Ashton!
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Facebook icon

Image of therapy equipment

Dallas Hill

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Thank you Ashton for your Support

EAGLE POINT REALTY

Image of a man

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

Image of a garden

Ashton
LOG CABIN
•LODGING•

208-360-5865
ASHTONLODGING.COM

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

Image of a log cabin