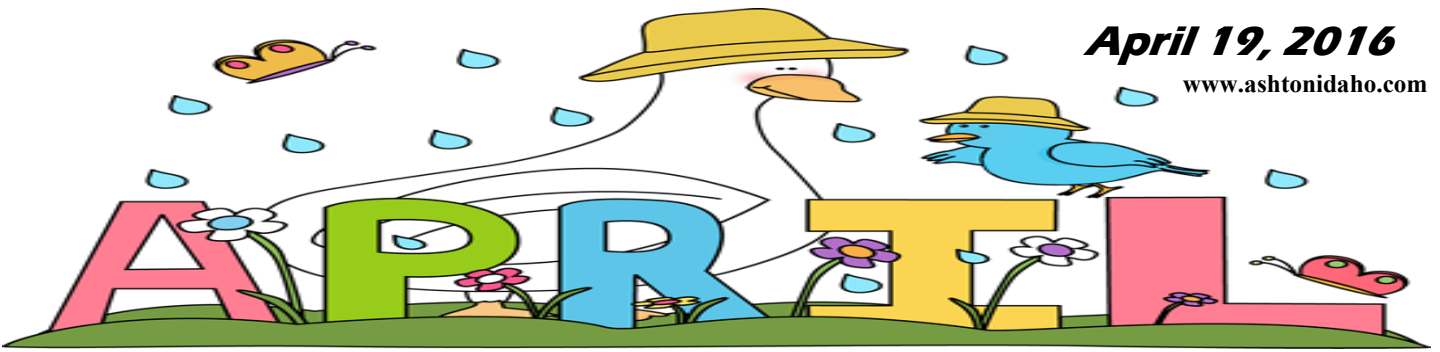


April 19, 2016

www.ashtonidaho.com



Chamber Of Commerce 714 Main St. P.O. Box 351 Ashton, Idaho 83420 (208)652-3355

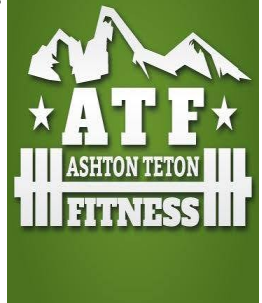
Ashton Area Chamber of Commerce



- * Ashton Chamber of Commerce monthly meeting will be this **Thursday, April 20th at noon** at the Chamber office. Lunch will be provided by *Five 11 Main*.

Business Spotlight:

Have you ever had a dream and wondered if it was possible? Or, how about reaching a goal and wondering how you would be able to reach it? Well, that is exactly the story behind how **Ashton Teton Fitness** came to be. It all began as a dream! Growing up, Katherine always has enjoyed healthy eating and exercise. Because her dad is a doctor and her brothers all went to medical school, there was always "healthy talk" in her life.



Katherine has always enjoyed dancing, Zumba, running, exercising, and helping with encouraging others to be their best self. When she and Billy moved to Ashton they began searching for a venue where her dream might come true. Then she started working for Farm Bureau and the dream was put on the back burner. During her employment at Farm Bureau she started having headaches and struggling to read. She told Billy and her dad one weekend. Then a new trial entered her life with brain tumors and brain surgery. Hence the dream was pushed back on the burner even further. Luckily, everything worked out. After this challenge they (Billy & Katherine Stronks) decided that life was too short to wait any longer and needed to do the things they loved. With the help of her father, they purchased Ghormley Mechanical's old building in 2014. Billy's vision of a gym for his sweetheart, made her dream come true. Two years later they opened **Ashton Teton Fitness** on February 4, 2016.

Ashton Teton Fitness is a great addition to Ashton and covers many needs in our community. Plus, it added value to our businesses down town as they have made a vacant business into a new business! Some of the many things offered at the gym include a lot of cardio equipment, free weights, a cross-fit section, locker rooms, a steam room, a tanning bed, and 1500 square feet of group fitness room for Zumba, Yoga, Karate, Tumbling classes, etc. You can also rent the large space for special events, birthday parties, family get-togethers, etc. Possibilities are endless! They also have a retail place which is furnished by *Teton Running* and *Sticks and Stones*. So, no need to go "down the line" to buy workout clothes, gear, or shoes. They are all right here at **Ashton Teton Fitness!**

Katherine holds many certifications so that you can have a personal trainer if needed. She will also obtain her cross-fitness trainer certificate by the end of this month. She taught kick boxing in college and has always had a membership to a gym. Her and her dad Max have participated many times in our Mesa Falls Half-Marathon. Her dad's first job was at Deseret Gym in Salt Lake City. He said, "I started my career in a gym and I'll finish it in a gym." This simply is another family bringing a love they have to the needs of Ashton and our community. Vickie, Katherine's mom also enjoys the gym and helping those seniors that come and work out stay mobile, fall proof, and aiding with their aches and pains.

Ashton Teton Fitness is excited to begin their BIGGEST LOSER competition this Saturday during their Grand Opening! The BIGGEST LOSER competition will be a three month long competition with many prizes along the way! The grand prize will be a portion of money from the pot that all participants put in to and a one year gym membership. **The Grand Opening for Ashton Teton Fitness will be this Saturday, April 23rd from 10-2.** They will have drawings and food during that time. So plan on coming Saturday and participating in the fun activities, eating, and signing up for a membership if you haven't already. **Ashton Teton Fitness** is a state of the art facility and is only going to grow from here! **Their business hours are Mon.-Thurs. 5:30am-9pm, Fri. 5:30am-7pm, & Sat. 5:30am-2pm.** In the next couple of months they will be changing to a 24 hour gym, so watch for that to come!

Katherine and everyone at **Ashton Teton Fitness** would like to express appreciation to those in the community who have supported them through the wait and recent opening. They welcome any feedback so they can better serve the Ashton Area.

Also, check out their website for pricing and packages at www.ashtontetonfitness.com for questions call **208-652-4000**.

4th of July Celebration

Our annual theme contest is underway for the parade. Ashton Elementary and North Fremont High School students have all been asked to participate. The winning class will receive an ice cream party courtesy of your Ashton Area Chamber of Commerce! It's fun to have the 4th be a community wide celebration. We will be celebrating all our events on Monday, July 4th this year. So everyone mark your calendars and be ready to help us celebrate our nation's Independence!



Our 10th Annual Fireworks Fundraiser for our 4th of July fireworks will be Friday, May 13th. It will be at the Ashton Community Center from 5:30-7:30pm. Cost will be \$6/person; \$30/family of six; 3 and under are free.

Methodists-Appetizer; Ashton LDS Stake-Bar-B-Que Pork Roast and Baked Potato; Ashton Christian Fellowship-Salad; Berean Baptist-Rolls and butter; Zion Lutheran-Dessert. Everyone is encouraged to support our fireworks display.

Questions-please contact Rachel Hatton
652-0144



Ashton United Methodist Church Friendship Tea

May 7, 2016

2:00 pm

All Women Invited!



Guest Speaker:

Tiffany Seeley-Case

For RSVP please call Nancy Williams
@ 569-6820

Information deadline for the Newsletter is due by 8 AM on the Saturday prior to the first and third Tuesday of the month. Please email anything you would like posted to info@ashtonidaho.com or leave a message at 652-3355.

City of Ashton News



- * **Planning and Zoning will be April 20, 2016 at 7:00pm in the Council Chambers.**
- * **Swimming Lesson Sign-ups will be Saturday, April 30th at 10:00am at the Community Center**



Come and enjoy some yummy Mexican food!

Breakfast, Lunch, and Dinner

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208-652-7771



The nursery is OPEN for the season. The nursery hours are 9am-5pm. Flowers are arriving weekly and they have all your seeds that you need for your gardens. Swiss Precision is geared up and ready for your spring clean-up needs. They service both commercial and residential. They are also where you can get your chicken and rabbit feed.

Swiss Precision is also available for home repairs or remodels.

Call Swiss Precision today at 652-7831

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appointments necessary after 5:00 pm
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Community Calendar

- April 21—Chamber of Commerce Monthly Mtg.
- April 21—School Board Mtg. @7pm@NFHS Library
- April 23—Grand Opening at Ashton Teton Fitness!
- April 27—N.F. Food Pantry 5-7pm @ Ashton Community Center. Picture ID required.
- April 28-30—N.F.H.S. Musical @ 7pm: "Dorothy in Wonderland"

The next newsletter will come out on **May 3rd. Please have information to the Chamber by the Saturday before. Thank you!



GO HUSKIES!!



We encourage all to continually support our Ashton Businesses!!

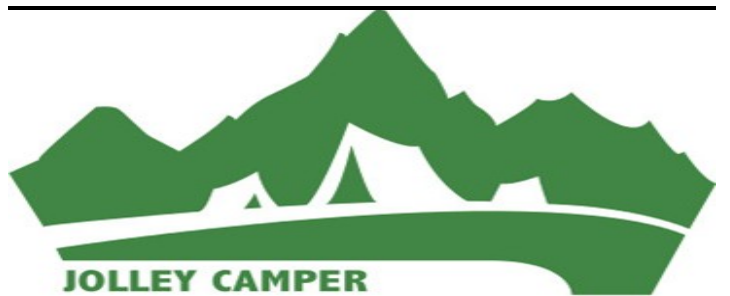
Email info@ashtonidaho.com with your events time and description to get your event posted FREE! For more event details visit our on-line Community Calendar at www.ashtonidaho.com
We place events on our community calendars for free!



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Located in the front of the Chocolate Moose is a full service **Floral & Gift Shop!** Specializing in flowers for funerals, weddings, dances, and everyday special occasions. Owner **Rebecca Siddoway** is excited to extend her business from Teton to Ashton and serve our community with her talented green thumb! She also delivers your order for special occasions like birthdays, anniversaries, funerals, or just thinking about you.. Give her a call at 652-5000 !

www.foreverbloomingflowers.com



We are open Tuesday-Sunday 7am-2pm. We are looking forward to serving and seeing everyone again! Any unclaimed free breakfasts will be honored when we reopen. Thank you for your continued support. We look forward to seeing you soon! For to go orders or catering please contact Ryan at **313-0851**.