

# The Thornton Times

Dr. Jason C. Thornton, D.C.

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Easily, the best time of the year. Warmer weather, daylight savings time, summer just around the corner... Spring is definitely my favorite season. I have been looking forward to these warmer, longer days for some time now, and it puts me in very good spirits to see them.

If you are anything like me, Spring also means you are going to be very busy. My spring always includes: spring cleaning, yard work, biking, running, skiing, tubing and chasing after my two daughters and everything they like to do! All the activity is enough to leave one bent out of shape. Which is exactly why I believe the powers that be chose next month, May, as national posture awareness month. It's this time of year that we are just breaking out of our winter hibernations and regaining our active lifestyles. This year, as you and your family become more active, remember your wellness visits and tune-ups so that your body can be in the best condition possible to enjoy all the things that this season has to offer. As always, if it's been a while since you have been in, give us a call for a wellness check-up. We would love to hear from you. I hope you enjoy this spring and summer with the best health you've had in years!

From left to right Megan, Dr. Thornton, and Kaci.

## Dr. Thornton



### Ingredients

- A cupcake
- White icing
- Shredded coconut
- Pink decorators' sugar
- Jelly bean nose
- Chewable Sweet Tart eyes
- Large marshmallow
- Mini marshmallows

## Easter Bunny Cupcakes



1. Frost a cupcake with white icing and sprinkle on shredded coconut fur.
2. Cut a large marshmallow in half widthwise. Squeeze each half slightly to give it an oval shape, then decorate the sticky side of each one with pink decorators' sugar and set them in place for ears.
3. Add a jelly bean nose and either jelly bean or snipped Sweet Tart eyes, and mini marshmallows for cheeks. For a finishing touch, draw on decorators' gel pupils or whiskers if you like.

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My name is Karyn Hobbs. I live in Cool with my husband and 3 daughters. As most of you know I have been working the front desk since September 2009. However, I have been working for Dr. Thornton for a year and a half. I have been behind the scenes handling all his insurance billing. I have been working with Chiropractors for over 12 years, and I must say Dr. Thornton is by far the best I have ever seen. I am so fortunate to be able to work with such a caring individual and I have really enjoyed getting to know all of his great patients!

With sports and our active schedule my family is so thankful for Dr. Thornton keeping all of us well adjusted and feeling our best! I just wanted to remind everyone that they too, can feel their best with regular adjustments. I look forward to seeing you soon!

*Karyn Hobbs*

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