

# Moosehaven News

## Heart Of The Community



# Simply Helen

Volume 6, Issue 2

February, 2012

Editor: Marina Mathews

### What's Happening?

- Super Bowl Party!
- North FL Higher Degree
- Middleburg Steak Night
- Lakeshore Steak Night
- Alabama Days!
- Valentine Party with Chapter 305
- Opportunity Lodge Dance
- District Sports & Meeting at Nassau Lodge
- Mardi Gras Parade and Ice Cream Social
- Mandarin Breakfast
- John's Social "Sadie Hawkins" Dance

How pleasant and good it is for the brothers to dwell in unity. *Psalm 133:1*

**Which team are you on, "Me" or "We?"**

TEAM – there is no "T" in TEAM! A team is more than one – it's a group of individuals made up of differences, yet having the same goals and desires.

No, there is no "T" in team, but there are a lot of "T's" on the same team. If each of us would adopt this attitude, wow, what a team we'd have.

#### **WHAT "T" CAN DO**

I am only one, **but I am one.**

I cannot do everything,  
**but I can do something.**

What I can do, **I ought to do:**

What I ought to do, **I will do.**

**Col 3:23** says, "Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people!"

How many of us do that? How many of us really give our all? Maybe it's time for an attitude adjustment.

Charles R. Swindoll wrote, "*This may shock you, but I believe the single most significant decision I can make on a day-to-day basis is*

*my choice of attitude. It is more important than my past, my education, my bankroll, my successes or failures, fame or pain, what other people think of me or say about my circumstances, my position, or me. Attitude is that 'single string' that keeps me going or cripples my progress. It alone fuels my fire or assaults my hope. **When my attitudes are right, there's no barrier too high, no valley too deep, no dream too extreme, no challenge too great for me.**"*

#### **HOW'S YOUR ATTITUDE?**

Just like the body of Christ, our fraternity is based on brotherhood and commitment to one another – we are a TEAM. The question is, are you on the "We team" or the "Me team?" We have got to get off the "Me Team" it's a losing team and get on the winning side – the "We Team."

The Moose Fraternity is a great example of servanthood – most all dedicated members have a "WHATEVER IT TAKES ATTITUDE."

Each of you has a story about the many hours you've spent at your home Lodge/Chapter and how much you enjoy serving. Some of you peeled more potatoes, or fried more fish than you'd like to remember, some served the community for various causes while others were on

**Continued on page 3....**



# Just John

Intolerance has a number of synonyms. Bigotry and prejudice usually come immediately to mind. And, one might think that since I'm writing this in the immediate aftermath of the celebration of Martin Luther King Day, that these terms as often applied to racism are the subject of this *Just John*.

God truly created a special miracle when he created man. Throughout all of time, the literally billions upon billions of humans who have lived and died on this planet, no two have ever been exactly the same. We are literally like snowflakes on a winter's night, all of us different. The differences are often very subtle but even in twins they exist. Ask any parent of twins how they tell them one from another. They may not be able to explain the telltale differences, but they are there and they allow them to identify each child.

You would think that as humans, we would be used to differences, both large and small. Yet, how quickly do we form negative opinions, develop and express negative reactions and even encourage others to do the same over differences in hair, dress, music, religion and so on? We form opinions, often unjustified and even completely untrue based solely upon our perception of a certain difference. I call this "Perception Intolerance."

So, isn't that just part of being human? Aren't we entitled to our own opinions? Yes, but consider this. According to the Southern Poverty Law Center: ***every hour – a hate crime is committed, every day - at least eight black people, three white people, three gay people, three Jewish people, and one Latino person become hate crime victims.***

"Well," you say. "I would never commit a hate crime against someone because he or she is different, no matter how different."

Probably true. However, while racism is at the most deplorable end of the intolerance scale, and hate crimes are at the extreme end of the response scale, there are many other forms of intolerance and resulting responses that are both hurtful to their victims and disruptive to the community.

For example, have you ever formed a negative opinion about a person's sexuality based upon his dress or mannerisms, what about a conclusion based upon a person's tattoos? Did you explore or even consider what type of person they might really be before you shared your negative perceptions with someone else? When someone shared negative observations and conclusions with you, did you ask for other substantiating evidence or did you accept the conclusion? Did you also form a negative opinion solely as a result? Did you react negatively toward the victim as a result? Did it cause hurt, anger, frustration, disagreements between groups?

Intolerance is all around us and even within us. Regardless whether it is overt racism or subtle "Perception Intolerance," both can and sometimes do lead to negative behaviors and disruptive outcomes. While reactions, even negative reactions, to differences are sometimes unavoidable, it is important that we control them, especially negative ones. We cannot allow our reactions to lead to anger, isolation, frustration and even confrontation especially within our fraternity and at Moosehaven. Remember, we are all brothers and sisters in the Moose.

Intolerance, whether overt or subtle, creates divisiveness and disrupts the sense of togetherness that must exist in a community, including Moosehaven. Keep these words from "The Native American Indian Traditional Code of Ethics" in mind whenever faced with intolerance. *"All the races and tribes in the world are like the different colored flowers of one meadow. All are beautiful. As children of the Creator they must all be respected."*

*Just John*

**We have no right to ask when sorrow comes, "Why did this happen to me?" unless we ask the same question for every moment of happiness that comes our way.**

**Author Unknown**

# Senior Fall Prevention

A simple fall in the elderly can change one's life. Getting older can bring lots of changes in our eyesight, hearing, muscle strength, coordination and reflexes that aren't quite what they used to be. Balance can be affected by a variety of diseases, problems with circulation, central nervous system issues and even some medicines. Any of these things can make a fall more likely. There is a greater risk in the elderly of osteoporosis---a disease that makes bones thin and likely to break easily. Osteoporosis is a major reason for broken bones in women past menopause and also affects older men. When your bones are fragile even a minor fall can cause a terrible injury.

## Take the Right Steps

### Here are a few hints:

- Talk with your doctors, nurses and physical therapists at Moosehaven about an exercise program that is right for you. Regular exercise helps keep you strong and improves muscle tone. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing exercise—such as walking, climbing stairs—may even slow down bone loss.
- Have your vision and hearing tested once a year. Even small changes in sight and hearing can put you at greater risk.
- Discuss concerns you may have about the possible side effects of new medicines. Some medicines might affect your coordination or balance.
- Limit the amount of alcohol you drink. Even a small amount can affect your balance and reflexes.
- Always stand up slowly after eating, lying down, sitting or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Don't let your home get too cold or too hot...it can make you dizzy. In the summer, drink lots of liquids, and limit outdoor exercise in extreme heat. In the winter, keep the nighttime temperature at 68° or warmer.
- If your physician or therapist has instructed the use of a cane or walker to help you feel steadier when you walk, please obey all safety instructions while using it. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven. And be very careful when walking on wet surfaces. They can be very slippery!
- Wear rubber-soled, low-heeled shoes that fully support your feet. Wearing only socks or shoes with smooth soles on stairs or waxed floors can be unsafe.
- Hold the handrails when you use the stairs. If you must carry something while you're going up or down, hold it in one hand and use the handrail with the other. Ask for assistance whenever possible from staff.
- Don't take chances. Stay away from a freshly washed floor. And don't stand on a chair or table to reach something that's too high—ALWAYS ask for assistance, that's what we are here for!

*Maria (Stevens) Wells, MS, RN  
Clinic Director*

# Admission News

From the January Admissions meeting Frank Ross (Rossi) Marr from Bonita Springs, FL Lodge was admitted on January 26<sup>th</sup> and Ruby Hekkel from Fresno, CA Chapter will be admitted on February 16<sup>th</sup>.

In my January article I thanked the Enoca Moose Legion for funding the New Years dance for Opportunity Lodge. I failed to also thank Henderson, NC Lodge 1412 Moose Legion Committee, Henderson, NC Chapter 2000, Women of the Moose and the Enoca Higher Degrees Council. I apologize for this omission.

*F. Ross Fleet, PSG  
Director of Admissions*

# Simply Helen....Continued from front cover

the front line keeping things going, all in service to the fraternity. *Can you choose which are the greatest tasks?* No – they are all needed. You may think peeling potatoes or serving meals are insignificant, but what if everyone felt that way and no one did it? Yea, we'd all be in trouble wouldn't we?

When James J. Davis felt compelled to help the seniors and the children – he didn't "**not**" do it, because no one had ever done it before. When our Executive Director, John Capes reveals his thoughts about the future of Moosehaven, he doesn't allow the fact that it has never been done before to hinder his vision.

Think big, get out of the box, and have a "nothing to it, but to do it attitude."

In order to have a great fraternity, we've got to be a great team. Too many teams fail because they adopt the wrong attitudes by saying things like, "they need to do this, they need to do that" but guess what team, "we are they."

So you see, our attitude must be, "**We**" not "**They**."

Maybe your position on this great team is doing things that few people notice or value and you feel like what you do doesn't matter much to our fraternity.

Let me remind you, when a team wins the super bowl, who gets the Super Bowl ring?

Every member of the team, *not just those whose names are mentioned over and over all through the year – not just those who appear on the frontline, the entire team!*

As members of this great fraternity, we are all on a great team. Therefore, what we do matters to the entire team. And, we must not forget, what we are **not doing** is hurting the entire team.

We are a team – one player can't keep this fraternity great! The "Me" team will fail, but the "We" team can and will be successful.

Don't ever forget, those up front are supported by a vast army of unseen players (members) who labor and are committed to making it a winning team.

Just a thought about how important the unseen is. Your body can function if it loses its outward parts (eye, ears, hand, foot, etc.) but it cannot function without its inner parts (heart, lungs, kidneys, etc.)

You see, we as a fraternity are many members, with all different parts needed to make up the whole team. It's not that important what position we play, just as long as we are playing it. This team needs every player. We are all important to the team. Just remember what

**"I ought to do, I will do."**

May the Lord bless this fine fraternity and fill each of us with enthusiasm and give us the "whatever it takes" attitude to make our team shine.

*Simply Helen*

## It's A Puzzle...

Moosehaven News Crossword Puzzle: All answers may be found by visiting the following websites:  
[www.moosehaven.org](http://www.moosehaven.org), [www.mooseheart.org](http://www.mooseheart.org), [www.moosecharities.org](http://www.moosecharities.org) and [www.mooseintl.org](http://www.mooseintl.org).  
Moosehaven residents may pick up a copy of the answers to the February crossword puzzle in the Administration office. Good luck and have fun!

## UP Close and Personal with Verna Wilson

Verna Wilson was born in St. Louis, Missouri on June 28, 1917 to Agnes and Christian Low (known as Shorty.) Verna had four sisters. She was the middle child and confesses to me that she was a tomboy. She spoke with me a little about the Great Depression. She stated they never had to go hungry because they had a plentiful garden in their backyard. Her father worked for an elevator construction company and also drew cartoons for a trade paper. Her mother sewed costumes for a dancing school so there was always some income coming in.

One of Verna's favorite holiday memories as a child was Christmas. In their home it was a tradition that the Christmas tree was not put up until Christmas Eve. In the morning they would attend church services and come home and share breakfast together. It wasn't until after that they were able to sit by the tree and open presents. The anticipation must have been wonderful. They always celebrated with a box of chocolate covered cherries. I think a lot of us still do that today.

Verna had a family that lived a couple of houses down from her. She was 18 at the time and it was there that she met the son of that family, George Jarrett. After dating a while, he asked her to marry him. She thought she had months to plan her wedding but one day

he took her for a ride out in the country. Little did she know but he had other plans. He had a City Clerk leave a picnic event he was at in order to come and issue them a marriage license. Then they knocked on the door of the Justice of the Peace and a lady answered the door in hair curlers. She was the wife of the Justice of the Peace who was in overalls and had a peg leg. I'm sure it was a memorable site. They were married there that day.

They were married for 41 ½ years and had three sons; Robert Jarrett, who lives in Decatur, GA, Doug Jarrett who live in St. Louis, MO and George Jarrett who lives in New Florence, MO. She has four grandchildren and 4 great-grandchildren.

George joined the Loyal Order of the Moose in 1940 and Verna joined in 1943. She did some clerical work and worked for McCrory's Dime Store. Her husband worked in construction as a master carpenter. They built a house together. Yes, I said together. They both did hard physical labor. I'm sure nobody could appreciate that house as much as they did.

After a while they were given the opportunity to buy a grocery store with living quarters so they sold their home. When they decided not to do business on Sundays, their profits doubled. HMMMMM! Maybe more people should try that. After selling the grocery store they bought a two-

story building that had a store and living quarters they rented out downstairs. They lived in the ten rooms on the second floor. As fate would have it, Verna lost her precious George to cancer.

As the years went on, Verna married Woodrow Wilson (no, not the president) She had known him for years from the Moose Lodge. They were married in June 1978 and were married for 21 years.

Verna has had a lot of accomplishments in her lifetime. She was voted Ms. Clay County for Assisted Living in 2010. She brags of her centerfold picture that was in a calendar. The picture is in a frame by the Director of Nursing Office if you would like to take a look. You can't miss her. She is on the motorcycle.

Over the years Verna has enjoyed oil painting, decorating cakes, painting ceramics, writing poetry, baking and crocheting. Some of her favorite foods are baby back ribs and pie. She is known for her wonderful cooking.

Verna was a volunteer clown with three different groups that went to homes and hospitals to cheer people up. She was the Day Chairman at St. Louis Children's hospital for the Red Cross Gray Ladies. She was a Den Mother for 25 years as well as with the Church Women United who delivered Meals On Wheels.

*Continued....*

## BILL'S BOARD

*What I do you cannot do, but what you do I cannot do. The needs are great and none of us including me ever do great things. But we can all do small things with great love.*

Mother Teresa of Calcutta



I want to put this statement into perspective. Mother Teresa lived in a convent but in the community surrounding it she could see great poverty. She left the convent in 1948 and with no funding started an open-air school for the poorest of the poor in Calcutta and worked to ease their poverty. This led her to found the order of the Missionaries of Charity, which has expanded over the years to serve the poor around the world. She set in motion an organization that has touched the lives of countless numbers of otherwise forgotten people. She was awarded the Pope John XXIII Peace Prize, The Nehru Prize for the Promotion of International Peace and Understanding, and the 1979 Nobel Peace Prize among many other awards attempting to recognize her accomplishments. Yet, she said she never did great things, only small things with great love.

In this one statement you can find a lesson in humility, relationship, leadership, focus and purpose. It captures the essence of a very powerful approach to life. Great needs are rarely fulfilled

through one great action from one great person. Great things occur when we focus each day on what we can do to fulfill a need utilizing our unique skills. This is amplified when we work in concert with others who are utilizing their own, probably different skills. Let's not forget the last three words in Mother Teresa's statement. We need to do what we do with great love.

What would happen if we looked at our community (substitute your own word for community) and identified a need that touched our hearts? Then we looked at our skills and said what can I do about this? We work every day to fulfill the need to the best of our abilities. We look for and partner with others whose hearts are touched in the same way and pool our skills. Every day for years this continues, a group of like-minded people simply doing the work in front of us with great love. Maybe, like Mother Teresa, great needs are met, but what we see are the small things we do each day with great love.

Ok, maybe we don't do great things. At worst we are doing something we love and we make a difference a little at a time.

What better use of your time can you find?

**Bill Tippins**

**Life Care Administrator**



**4th Annual Golf Invitational  
Benefitting Moosehaven**



**Verna Wilson, above, on  
Motorcycle Day, 2011**

### **.....Verna Wilson Continued**

Verna is a very devout Catholic and was in the choir at church for 25 years.

Verna came to live at Moosehaven January 24, 1995. When asked how she likes living at Moosehaven she said she is very satisfied.

Some of you know Verna as the Hat Lady. She has a variety of hats for every occasion. You will see her in the halls on every holiday with a hat to match the season. My favorite is her turkey hat around Thanksgiving.

I've never met anyone with such a young heart who enjoys life to the fullest. She was truly a blessing to me. Meet up with her and let her be a blessing to you.

**Paula Wrye  
Medical Records**

# Polly's Place



We have all heard of the phrase stop, look, and listen which is referring to railroad crossing and the danger of pulling out in front of an on-coming train when there were no lights, arms or gates.

That phrase got me thinking about our daily walk at Moosehaven and my phrase is stop, listen, before speaking. As we are entering into the New Year with all the wonderful activities planned and the rushing we have to do at times, our temper seems to rise on occasion and we say or do something that we later regret. The tongue is one of the deadliest weapons known to man. You cannot take back words after they are spoken; it's just like writing something in ink, no matter how hard you try you can't erase it. So be kind and have fun and join in with what is being planned for you. In the month of February we will have morning bowling, darts, and more bingo coming up. So let's all get out of our rooms and enjoy the activities that we have planned for you.

## A Man Thing

Polly Rhoden  
Director of Campus Activities

I'm a musician, and play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Oklahoma back country.

As I was not familiar with the back roads, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around as I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen nothing' like that before and I've been putting in septic tanks for twenty years."

Apparently I'm still lost. It's a man thing.

Author Unknown

## What's New In Finance?

Tina Clark has been employed with Moosehaven, Inc. since 1997. She has worked in the Business and Finance Department for the last twelve years. Part of her responsibility includes billing for Medicaid and Medicare.

In May 2010 Tina began pursuing studies toward an Associate Degree in Medicaid/Medicare Billing and Coding at St. John's River Community College. Her degree will be conferred from the Health Information Management Department. To date Tina has earned a 3.42 grade point average and has earned a total of 34 credit hours. Because of her success, she was invited and subsequently inducted into the Phi Theta Kappa Honor Society during the Fall Semester 2011. She will require a total of 67 credit hours to complete this degree. Her anticipated date of graduation will be May 2014.

Tina's pursuit of this degree will not only be to her benefit, but to Moosehaven's as well.

Please join us in giving her encouragement as she marches forward to achieve one of her lifetime goals.

*Sandy Treffinger*  
*Director Of Finance*

# It's A GREAT Day At IMS!

The IMS Staff would like to wish everyone a Happy New Year.

**Our Salutation: "It's a great day at Moosehaven."** When you call IMS this will be the first thing we will say with enthusiasm. You may wonder why we do this and we respond, "why not?" We all come to IMS with great attitudes knowing its going to be a good day. We enjoy working here, working together and we love providing for our residents, although it's usually indirectly. There are always functions going on where we can interact with the fine folks here.

## **Energy Star Rated Appliances:**

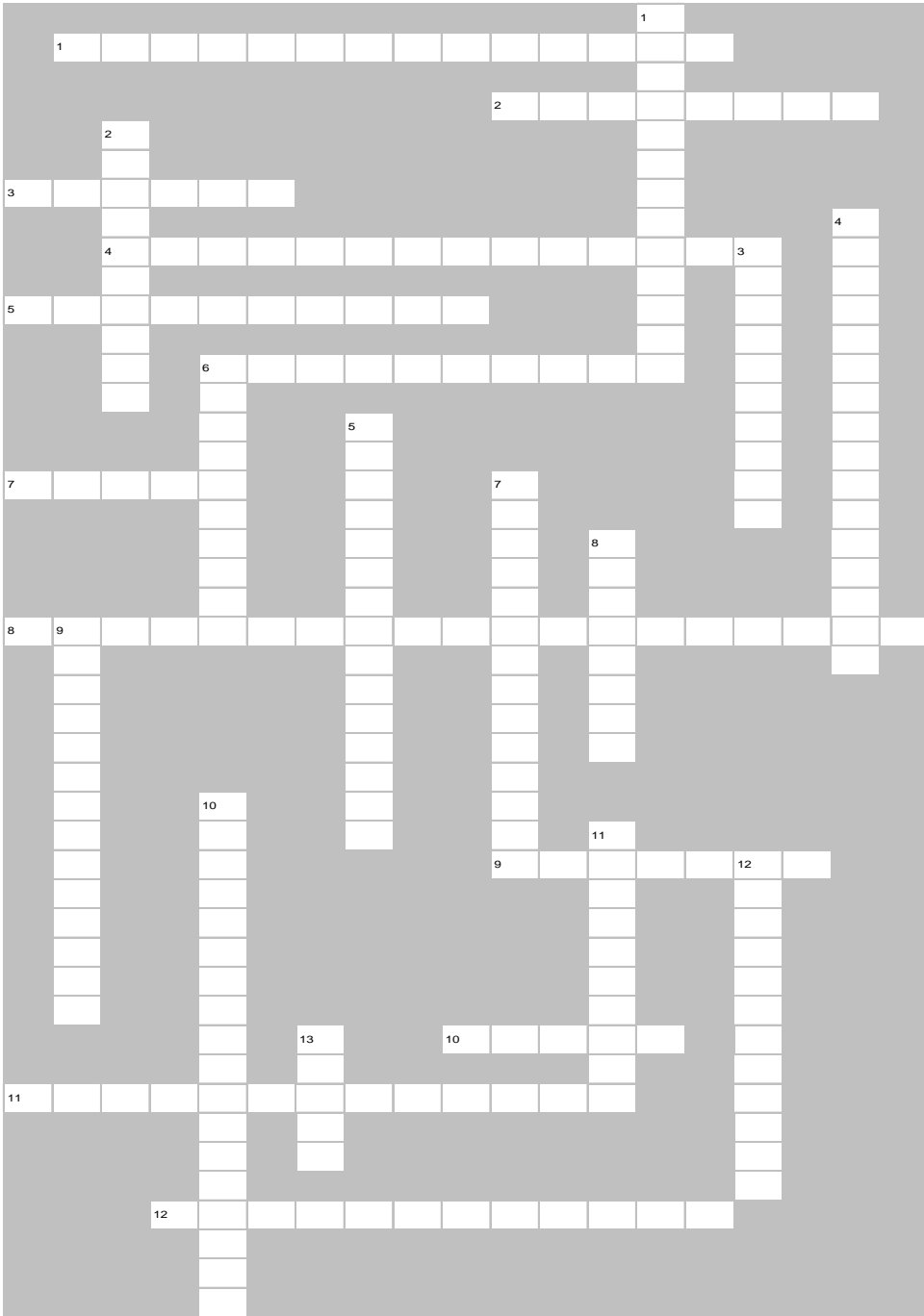
Our federal government established a federal standard for energy and water usage back in 2007. Now in 2011 they implemented the standard for water . An energy star rated top loading washing machine uses 30 gallons of water per load, the old machine uses 45 gallons. When Moosehaven replaces a top loading washing machine we are going to have to get use to change because only energy star washers are available. Nearly 85 percent of the energy use of a clothes washer is related to the cost of heating the water. Brandon Place, Ohio and Chancellor Hall residents have noticed that the new washers are not filling with hot water like the old machines. They fill with a combination of both hot and cold water. So, no more hot water washes, only warm. The new washers do not fill up the tub as the old models did, as where you had a choice of water levels. They clean, using sophisticated washing systems, flip or spin clothes through a stream of water. They have sensors to monitor incoming water levels and temperature. They also rinse clothes with repeated high-pressure spraying to remove soap residues instead of soaking them in a full tub of rinse water. The bottom line is, most appliances must meet the 2011 tougher energy requirements which means our clothes washers will use less water and less hot water and have sensors to control the operation so we can not change the operation. This is another of life's changes in our ever changing world to increase efficiency and reduce energy consumption and to go green.

## **A few interesting facts and figures:**

- Moosehaven sells about 15,000 scoops of hand dipped ice cream yearly at Moose Scoops South. This equates to 170 (3 gallon tubs) of ice cream. We have a selection of 8 different flavors that are always changing per demand.
- We also have 4 self-serve, soft-serve ice cream machines that are rotated throughout campus. These machines produced about 40,000 servings of vanilla ice cream per year for residents' consumption. Along with ice cream cones and chocolate syrup, each dining room has its own milk shake blender for individual creations.
- Beer: What would we have done without it while watching the super bowl? Well, with that said, we consume over 8,000 draft beers and 3,300 cans of this cold beverage annually. This is inclusive of all events throughout the year.

\*We are here to purchase and supply all needed items  
so the very best care and service can be provided.\*  
It's a Great Day at Moosehaven.

Dennis Miller  
Inventory Services Manager



**Across:**

1. Moose Chili Team that won 1<sup>st</sup> Place in the 2<sup>nd</sup> Annual Moosehaven Chili Cookoff, Fraternal Division.
2. Name of the team who, for the first time in school history, earned a spot in a playoff game in the month of November 2011.
3. Many Moose Lodges are considered this type of center.
4. One point on the Moose Six-Point Program.
5. Program, when used, raises money for Moose Charities when you search the web.
6. Founded by the Loyal Order Of Moose in October 1922.
7. A Fraternal and Service organization founded in 1888.
8. A program in which Moosehaven offers safe, family-friendly events and activities for all ages. During these events, we open our doors and our hearts to people of the community to see and enjoy our beautiful campus. They interact with our residents and find out what Moosehaven, and our wonderful fraternity, is all about.
9. It's what the Moose fraternity is all about. It's what we do.
10. The founder of the Child City & The City Of Contentment
11. Promoted to the position of Director Of Membership Department in 1989.
12. Offers full independent living as a Continuing Care Retirement Community.

**Down:**

1. The Chief Executive Officer of Women Of The Moose.
2. Moose International founded this community service program in 2003, working with police officers, firefighters and ambulance personnel.
3. A foundation, which the Moose Fraternity entered into a partnership with in 2008, that has been a leader in attempts to keep the Internet a safe place for children to explore.
4. Middle name of the man who held the position of Director General from 1953-1974.
5. The Moose Community Service program of today and for the next century challenges people to become volunteers through membership in the Moose.
6. Founded by the Loyal Order Of Moose in 1913.
7. The non-profit, fundraising arm of Moose International.
8. An organization that benefits from the \$75 - \$100 million of community service annually raised by our Fraternity. This organization supports more than 500,000 athletes across the United States, Canada and the Caribbean.
9. An Oscar-Winning Actor who is a Moose member.
10. Any good investigator knows how to do this for the fraternity.
11. A group of people sharing a common profession or interests
12. Served on the Grand Council from 2005-2007. Appointed as Grand Regent of The Women Of The Moose in 2011.
13. Where every Moose member should be on June 29, 2012.

# CSI: Turn Someone In!

- Jason Friers, Security, was 'Turned In' for his professional and compassionate handling of a difficult situation on Peeler 1.
- Peeler Staff members were 'Turned In' for the TLC and teamwork they display in caring for resident pets on their floor.
- Celeste Mansfield, Rita Myers and Lisa Fuentes, Campus Nurses, were 'Turned In' for the excellent care offered to residents when they are ill.
- Elsie Frisk was 'Turned In' for the great job she performed and the extra work she did with all of the mail that came in during the Christmas season.
- Rena Croft was 'Turned In' for the way she is willing to go above and beyond in helping others.
- Nancy Coffman was 'Turned In' for picking up trash on the campus rather than walking by it.
- Jim Carson, Maintenance, was 'Turned In' for being fast, courteous, genial and always ready to go the extra mile and very experienced in his fields. He is a pleasure to work with and have around.

Remember to notify Doreen, Helen or Marina if you want to recognize someone

for going Above and Beyond!

## Resident Birthdays In February!

Rena Croft, 3rd  
Doris Johnson, 4th  
Reginald Parkhouse, 6th  
Billy McFarland, 7th  
Mildred Bergfeld, 9th

Margaret Baumann, 15th  
Lillyan Janson, 15th  
Camille Morin, 15th  
Joseph Vorndran, 17th  
Vernon Walsh, Jr., 22nd

Marvin Davis, 23rd  
Violet Infinger, 24th  
William Lazuka, 24th  
Edna Olle, 27th  
James Rhodes, 28th



Happy Birthday!

## THREE, IF BY MOOSE

BY MIKE THOMPSON

