

The Narvon Times

In celebration of National Space Day, we thought we'd review the latest Artemis II mission and share some fun facts! NASA's Artemis program is a multi-mission campaign aimed at returning humans to the Moon, establishing a long-term lunar presence, and preparing for Mars exploration. The recent Artemis II mission (April 2026) successfully sent four astronauts around the Moon and back in a ~10-day, first-crewed flight, paving the way for landing missions.



Key Artemis Mission Details & Milestones

Artemis I (2022): Successfully completed an uncrewed flight test of the SLS rocket and Orion spacecraft.

Artemis II (April 1-11, 2026): Crewed by NASA's Reid Wiseman, Victor Glover, Christina Koch, and CSA's Jeremy Hansen, this mission performed a 10-day lunar flyby, marking the first human journey to deep space in over 50 years.

Artemis III (Scheduled 2027): Will focus on testing commercial landing systems from SpaceX or Blue Origin in space.

Artemis IV (Targeted 2028): Currently targeted as the mission to land astronauts on the Moon's surface.

Purpose and Goals

Scientific Discovery: Exploring the lunar south pole for water ice and studying the lunar environment.

Sustainability: Building a permanent base on the Moon, including the "Gateway" lunar station.

Mars Preparation: Testing technologies, such as the Space Launch System (SLS) rocket and Orion capsule, necessary for future human missions to Mars.

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LIFE ABOARD ORION
The astronauts will live in a campervan-sized capsule for nearly 10 days.

- SLEEPING**
8 hours of sleep on average: sleeping bags attached to Orion's walls
- RELAXING**
 - Entertainment pre-loaded on tablets and laptops
 - Looking at Earth and the Moon from the windows
- TOILET**
Designed to collect urine and fecal matter separately
- EATING**
 - Mostly irradiated food
 - Ambient water dispenser to rehydrate food
 - Food warmer with limited capacity
 - No cans
- EXERCISING**
30 minutes of daily exercise using a flywheel
- PERSONAL HYGIENE**
No shower: wipes, liquid soap, washcloths, water and no-rinse shampoo
- WORKING**
Testing all of Orion's systems and procedures with crew

Canadian Space Agency / Agence spatiale canadienne



World Bee Day, established by the United Nations in 2017, is celebrated each year on May 20. The date honors Anton Janša, an 18th-century pioneer of modern beekeeping whose work helped shape how we care for bees today.

So why does this day matter? Because bees are essential to our everyday lives—especially when it comes to food. Alongside other pollinators like butterflies, birds, and bats, bees enable the reproduction of flowering plants. This includes many of the fruits, vegetables, and nuts we rely on daily.

In fact, about one-third of the food we eat depends on pollination, and bees alone are responsible for pollinating roughly 75% of the world's leading crops. Foods like apples, almonds, cucumbers, and even chocolate all owe their existence, in part, to these tiny workers.

Beyond agriculture, bees play a crucial role in maintaining healthy ecosystems. By pollinating wild plants, they support forests, meadows, and natural habitats—helping sustain countless other species along the way.

World Bee Day is a chance to recognize just how vital these pollinators are—and why protecting them matters for all of us.

Over 1 billion pounds of pesticides are used in the United State each year.

Pesticides and herbicides can be lethal to bees. When they don't kill bees outright, they can weaken bees physically and impair cognitive functioning – which weakens the colony and makes them more vulnerable to other pathogens.

Fun facts about bees:

Five Eyes: Bees have two large compound eyes and three small simple eyes (ocelli) on top of their heads.

Fast Flyers: They fly about 15 mph and beat their wings 200 times per second.

Busy Lives: A forager bee makes only about th of a teaspoon of honey in her entire lifetime

.Sweet Feet: Bumblebees have smelly feet! They leave a scent mark on flowers to tell other bees they have already visited, or to avoid flowers visited by strangers.

Micro-nappers: Bees don't sleep for long periods but take short, 30-second to 1-minute "micro-naps" to rest, totaling 5–8 hours a day.

Never Spoil: Honey never goes bad; archeologists have found edible honey in ancient Egyptian tombs.

Colony Size: A single, healthy hive can hold 40,000 to 60,000 bees.



Do you remember when? It was May 17th 1954-The Supreme Court issued its landmark unanimous ruling in *Brown v. Board of Education of Topeka*. The decision declared that state-sanctioned segregation of public schools was unconstitutional, overturning the "separate but equal" doctrine established by *Plessy v. Ferguson* in 1896. The case involved the public school system in Topeka, Kansas, which in 1951 had refused to enroll the daughter of local black resident Oliver Brown at the school closest to her home, instead requiring her to ride a bus to a segregated black school farther away. The decision was delivered by Chief Justice Earl Warren, the 9–0 decision marked a major turning point in the civil rights movement.

Celebrate “Have a Coke Day”

There’s something timeless about cracking open a cold Coca-Cola—and “Have a Coke Day” is the perfect excuse to enjoy one while appreciating the fascinating history behind this iconic drink.

Coca-Cola’s story begins in 1886 with pharmacist John S. Pemberton. While he created the original formula, it was his bookkeeper, Frank Robinson, who gave the drink its now-famous name—and even designed the elegant script logo that’s still recognized around the world today.

Originally marketed as a nerve tonic to “relieve exhaustion,” Coca-Cola has certainly evolved over the years. Early versions even contained small amounts of cocaine (about 9 milligrams per glass) and were slightly alcoholic—though both were removed by the early 1900s as the drink became what we know today.

One of the most surprising facts? A 6.5-ounce Coke cost just 5 cents for more than 70 years, from 1886 to 1959. Talk about consistency! Over time, Coca-Cola has also been a pioneer in marketing and innovation. It introduced the first six-pack in 1932 to encourage sharing at home, and in 1928 became the first commercial sponsor of the Olympic Games—a partnership that continues today.



Coca-Cola has even reached beyond Earth. In 1985, astronauts aboard the space shuttle Challenger tested a specially designed “space can,” making Coke one of the first soft drinks enjoyed in space.

The brand’s influence goes beyond beverages. While Coca-Cola didn’t invent Santa Claus, its 1930s advertisements helped shape the modern image of Santa in his red-and-white suit—now a holiday staple.

Today, Coca-Cola offers an incredible variety of drinks. In fact, if you tried one different Coca-Cola product every day, it would take you more than nine years to sample them all!

So whether you prefer classic Coke, Diet Coke, or one of the many variations, “Have a Coke Day” is a fun reminder to enjoy a simple pleasure—and the rich history behind every sip.



Is it ok to say Happy Memorial Day? In short, not really. Memorial Day is meant to honor and remember the men and women who died while serving in the U.S. military. Because of its solemn purpose, saying “Happy Memorial Day” can feel inappropriate to some, as the day is not meant to be celebratory.

Instead, it’s more respectful to acknowledge the meaning of the holiday with a simple message like “Remembering those who served” or by taking a moment to reflect on their sacrifice.

Memorial Day reminds us that freedom comes at a cost. Taking time to reflect on that sacrifice is one of the most meaningful ways to observe the day.





In the spirit of Cinco de Mayo– what's your

Ilsa– Beef Tacos

Sam– Steak Burrito with Verde Salsa

Jeannie– Chicken Fajitas

Kahlee– Chicken quesadilla

Victor– Beef Tacos

Jen W– Beef Tacos

Scott– Burritos

Jen B.– Chips and fresh guac

Charles– Beef and cheese Burrito

Brittany L.– Birria tacos

Velma– Beef Burrito

Dan– Fajitas



National Frog Jumping Day, celebrated annually on May 13th, commemorates Mark Twain's first major success, "The Celebrated Jumping Frog of Calaveras County," published in 1865. The day honors the tale of a pet frog named Dan'l Webster and inspires events like the Calaveras County Fair & Jumping Frog Jubilee, which began in 1928 to

celebrate this literary, cultural tradition

The current frog jumping record was set in 1986 by Rosie the Ribeter, who jumped 21 feet, 5-3/4 inches.

While fans of Mark Twain, or perhaps the Calaveras County Fair, might have you believe frog jumping competitions only happen in Calaveras County, that's just not true. They happen throughout the country and with more frequency than one might expect. Frog jumping contests happened in other states and municipalities in 1865 and the events



May Day is celebrated on May 1st all over the world. It's origins are rooted in Pagan rituals of welcoming spring dancing around the maypole. Here are just a few ways different countries will be celebrating.

United Kingdom (Beltane): Rooted in Celtic tradition, bonfires are lit to honor the coming of summer. Other customs include dancing around a maypole with ribbons, crowning a May Queen, and washing faces in early morning dew for beauty and luck.

Germany (Walpurgisnacht): Celebrated on April 30th with bonfires, dancing, and drinking Maibowle (woodruff punch). In some regions, people place decorated trees outside the homes of loved ones.

Finland (Vappu): A massive celebration where people, especially students, wear caps, enjoy picnics, and drink mead.

Hawaii (Lei Day): Celebrated with lei-making competitions, hula, and music, honoring the state's cultural heritage.

Bulgaria (Irminden): Traditionally involves lighting fires, jumping over them, and in some regions, preparing clay pots for bread.

Romania (Ziua Pelinului): Known as "Mugwort Day," this tradition involves drinking wine with mugwort to protect against sickness.

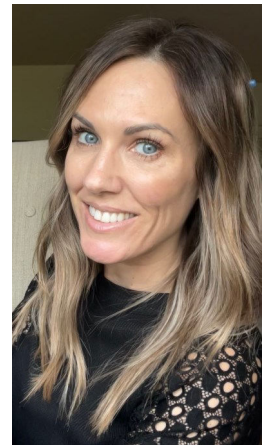
Czech Republic (Lásky čas): Known as "Day of Love," it is tradition for couples to kiss under a blossoming tree

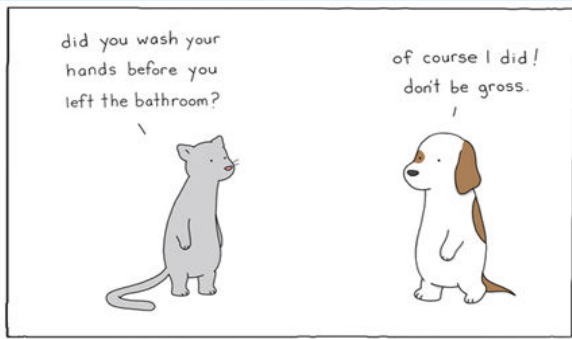


Lindsey Hoover joined Zerbe Retirement three months ago as our Billing Specialist and has already become a valued part of the team. Originally from Lancaster County, Lindsey brings a positive attitude and dedication to her role each day. One of her favorite parts of working at Zerbe Retirement is serving under Dan and Suzette's leadership, which she truly appreciates.

Outside of work, Lindsey enjoys running and refinishing furniture, combining both creativity and activity in her free time. Lindsey is currently single and a proud dog mom to three dogs! When it's time to relax, her favorite vacation destination is Charleston, South Carolina. Lindsey's favorite color is white, and her favorite bird is the blackbird.

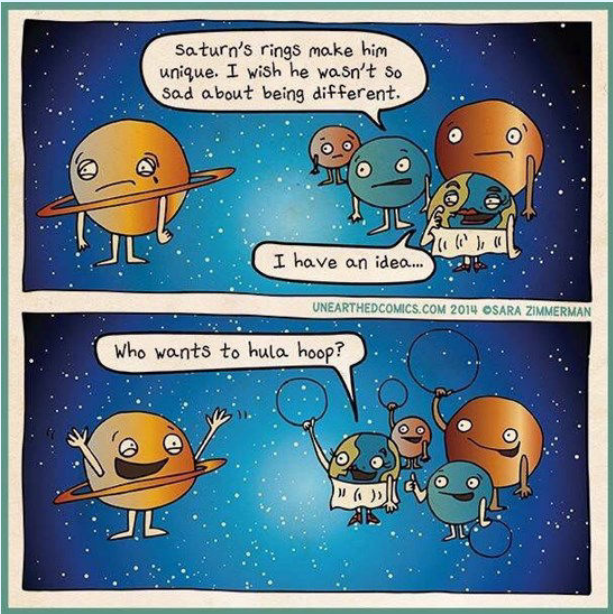
We're so happy to have Lindsey as part of the Zerbe Retirement family! Don't forget to wish her a happy birthday on April 14th!





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What three words solve dad's every problem?
Ask your mother.

Why do mother kangaroos hate rainy days?
Their kids have to play inside!

What did the mama say to the foal?
"It's pasture bedtime."




- | | |
|-----------------------------|---------------------------|
| Carli Ringler—
May 7th | Jennifer Marsh— May 14th |
| Bill Strohm— May 7th | Suzette Caffrey— May 18th |
| Xavier Beaston—
May 10th | Walter Malloy— May 23rd |
| Tiffany Brown—
May 11th | Aimee White— May 24th |
| | John Mast— May 29th |
| | Bev Boyer— May 30th |

♥ Mother's Day ♥

SCATTERGORIES

On the lines below, write down words that begin with each letter of the word LOVE.

- | | |
|------------|------------------------|
| 1. MOVIE | 5. TYPE OF FLOWER |
| 2. TV SHOW | 6. FAMOUS MOTHER |
| 3. ANIMAL | 7. MOTHER'S DAY GIFT |
| 4. FOOD | 8. SOMETHING MOM LIKES |

L O V E

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____
6. _____	6. _____	6. _____	6. _____
7. _____	7. _____	7. _____	7. _____
8. _____	8. _____	8. _____	8. _____

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Join us as we celebrate National Nursing Home Week May 11th–16th and recognize the amazing staff who care for our residents each day with compassion, kindness, and dedication.

We are so grateful for all they do to make our community feel like home. Thank you for your hard work and the difference you make every day!

