

Call Or Stop By These Advertisers And Do Business!

Win! \$75.00 in CASH!
 Find the **Coffee News**® guy hidden in five of the ads!
 Actual Size → (sorry, this one doesn't count)
 Enter online at www.CoffeeNewsDesMoines.com
 Provide: Name, Phone Number, Address, E-mail, Age.
 Where did you pick up **Coffee News**?
 What ads did you find the guy in?
 One winner will be drawn **Monthly**.
 Your information will NOT be shared or sold to anyone.
 >> This Weeks Winner: Matthew Evan Chenchar of WDM, IA

ADVENTURE IS WORTHWHILE
 ALASKA ON AN ESCORTED CRUISETOUR
 JUNE 2021
 INFO@2FRIENDSTRAVEL.COM
 TONYA (515) 503-0020 OR
 ABBY (515) 445-8050

Lina's Face Care & Wellness Center
 Make Yourself Beautiful For The Holidays...
50% OFF
 4 Week Session Only:
 \$200 \$99.99
 Lina LLC.
 515-447-7720
 Clive, IA
 sweethomefd@gmail.com

WE EQUIP SUCCESS
 At Sunbelt Rentals, we offer a highly-diversified range of equipment and tools to help contractors and homeowners get the job done.
SUNBELT RENTALS
 2021 NE Broadway Avenue | Des Moines, IA 50313 | 515-318-6413 | SUNBELTRENTALS.COM

HEALTHY PREMADE MEALS, JUICES & SMOOTHIES TO SAVE YOU TIME
EAT TO EVOLVE
 HEALTHY PREMADE MEALS
 EVOLVE JUICERY AND KITCHEN
 515.400.2660
 218 6th AVENUE, DES MOINES, IA
 DELIVERY AND PICKUP
WWW.EATTOEVOLVE.COM
 Hours: Mon-Fri 7am-7pm, Sat: 10am-5pm, Sun: 10am-7pm

INDEPENDENT LIVING
Urbandale's Worry-free Retirement Living
HOLIDAY RETIREMENT
 Award Winning Community!
 Tour today for our limited time offers.
 515-251-4604 • 515-619-6473
www.illaheehills.com

PET SUPPLY Since 1973
Aqualand Pets Plus
 Tropical Fish - Our Specialty
 Amphibians • Frogs • Birds • Animals
 Michael Jensen, Owner
 515-283-0300
 3600 6th Ave., (Corner of 6th & Euclid)
 Des Moines, IA 50313
www.aqualandpetsplus.net

Well Looky Here!
This Space is Available
 Call Us Today To Advertise
515-975-0054
 Thank You from Coffee News!

FREE! Coffee News®
 "News to be enjoyed over Coffee"
Urbandale Edition
(515) 975-0054
 www.CoffeeNewsDesMoines.com
 Gil@CoffeeNewsDesMoines.com
 Volume 11:13 March 23, 2020

Everybody's Talking!

Fainting canine: Emma Clayton and Oliver Broomhead of Sheffield, England, have a unique dog in their family. The cocker spaniel named Peter has a rare condition in which his muscles tense up, causing him to fall over. This happens when he gets excited about something, such as chasing ducks and squirrels. The couple has taken the dog to many veterinarians and animal specialists, but the condition continues to be a mystery. They assure onlookers who witness Peter's fainting spells that he does not appear to be in any pain, and that he comes out of it just fine, with tail wagging.

Wacky car rentals: When people rent vehicles or use a car-sharing service, the logical reason for doing so is to travel from one location to another. However, car rental agencies in Japan found that some customers were putting very little mileage on their rented car, and they wanted to find out why. It turns out that people have many more reasons for renting a vehicle than simply driving somewhere. Renters were using vehicles to take a nap, eat lunch, get work done on their laptops, or make phone calls. They do so because car rentals are usually affordable and provide a quiet space.

Odd name: A couple from Indonesia gave their baby boy a unique and unusual name: Google. Parents Andi Cahya Saputra and Ella Karina decided to give their child a technology-related name with the idea that he would grow up helping others. At first, their friends and relatives wondered about the decision, some thinking that the couple's hidden agenda was to get compensation from the technology giant. However, that was not the case, and the name eventually started to grow on their friends. Baby Google does not have a middle or surname.

Good-looking goat: Who would have thought that a good-looking goat could garner widespread attention? That's what happened when Ahmad M Fadzir of Perak, Malaysia, posted photos of his newly purchased goat, Ramos, on social media. The goat is so cute, with his goatee beard and blond bangs, that the photos went viral. Ramos seems to love being a celebrity and even appears to pose for the camera with a smile on his face. A few people asked Fadzir if he would sell Ramos, but he declined. Instead, he offered them another goat from his herd.

Quoteable Quotes

"The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true."
 —James Branch Cabell
 "Freedom is nothing else but a chance to be better, whereas enslavement is a certainty of the worse."
 —Albert Camus

What's Happening

FLOORING \$\$\$ SAVE \$\$\$
Best Prices in Flooring
 Carpet • Vinyl • Installation • Repairs
15% OFF 39 Years Experience
 With This Ad Only
Keith Hanke
 Call: 515-745-9571
 Des Moines, IA

Trivia

1. The drone bee is male or female?
2. What is the world's largest volcano?
3. What are anchovies?
4. In what month is St. Patrick's Day celebrated?
5. Which legendary jazz musician had the nickname "Bird"?

(Flip bottom of page for answers)

© Published with Permission by **Coffee News**® of Des Moines (Over)

Finders Fee Available... Call Gil!

Prevention is the best CURE...
 - Wash Hands Frequently
 - Maintain Social Distancing
 - Cough into your Elbow
 - Seek Medical Attention Early
 - Limit Travel; Stay Home if Sick
 - Avoid Touching Eyes, Nose, & Mouth
 Help stop the spread of Covid-19
who.int/emergencies/diseases/novel-coronavirus-2019
 World Health Organization
Coffee News

Central City LIQUORS
 EST. 1987
 Locally Owned And Operated
 515-244-0159
 1460 2nd Avenue
 Des Moines IA 50314
www.centralcityliquors.com
 Hours: 10am-10pm

HEARING AID
ASI AUDIOLOGY & HEARING INSTRUMENTS
 Hearing instruments that match your lifestyle and daily listening needs with solid results and discreet style.
FREE Hearing Exams!
 West Des Moines - Ankeny - Fort Dodge & 27 more locations!
515-517-2822
www.asiaudiology.com

Real People, Real Stories, Real Happiness...
 Checkout As Seen at the Movies at gracehome.com.
What's Your Story?
 Sunday Services at 8:30 & 10:30 AM
GRACECHURCH
 4200 E 25th St. DSM | 515.265.0199
 Scan me

MONUMENTS AFFORDABLE BEAUTIFUL MONUMENTS
Watts Vault & Monument Co.
 Let us help you design a beautiful tribute for yourself or a loved one.
 In Business Since 1957
Bring Ad In For A Special Discount Starting At 5%
 Des Moines: 4920 Hubbell Ave. 515-261-0825
 Montezuma: 406 North Front Street 641-623-2150
 IOWA CITY: 4165 Naples Ave. SW, Suite 1 P. 1.319.337.4136
 Need A MONUMENT call us or stop by or visit www.wattsvault.com

INDIAN FOOD
Izaza Indo-Pak Cuisine
\$5.00 Off With Purchase of \$30 Or More Off The Menu (Dine In Only)
 Halal Food Dine-In Lunch Buffet: 11am-2:45pm
 Gyros • Italian Beef • Philly Steak • Hot Wings
 Carryout • Dine-In • Grub Hub & Door Dash
 515-381-1121
 1409 23rd St. (by Drake) Des Moines Ia. 50311
 Mon Closed • Tues-Thurs 11AM-2:45PM AND 5PM-9PM • FRI, SAT, SUN 11AM-9PM

RESIDENTIAL COMMERCIAL
 PRESERVING THE GREAT INDOORS.
www.ResourceServices.us
 Call for Service 24/7!
 Service Line: 515.266.9900
 Fax: 515.266.0591
 Office: 515.266.5200
www.ResourceServices.us
 • Heating • Boilers
 • Cooling • Controls
 • Plumbing • Electrical

FRESH. LOCAL. DELICIOUS.
 That's the Palmer's difference.
ORDER ONLINE
palmersdeliandmarket.com
Palmer's deli & market

Use These Companies!!!

Call Or Stop By These Advertisers And Do Business!

Crisis Intervention & Advocacy Center
 Empowered • Safe • Respected • Free
 Believed • Independent • Strong
 Successful • Valued • Yourself

Crisis Intervention & Advocacy Center is great place for Employment!!
 Please send your cover letter and resume to Johna @cica91.org
 Johna Sullivan, Executive Director.

www.facebook.com/supportingsurvivors
24 Hour Crisis Lines
 Domestic Abuse Survivors 1-800-400-4884
 Sexual Abuse Survivors 1-800-550-0004

CUMMINGS MOBILITY
 BraunAbility

- WHEELCHAIR ACCESSIBLE VEHICLES
- SCOOTER LIFTS
- TRANSFER SEATS
- HAND CONTROLS
- WHEELCHAIR VAN RENTALS

515-207-3555
 2157 NE 58th Ave.
 Des Moines, IA 50313
 Check out our inventory online
 www.cummingsmobility.com

Natural Hormone Therapy
 Lack of sex drive
 Hot Flashes
 Loss of energy
 Fatigue
 ED
 Joint/Body Pain

Advanced Weight Loss
 Personalized MPD weight loss**
 Reduces hunger pangs**
 Reverses energy**
 Improves mood**
 Preserves muscle integrity**
 Increases metabolism**

New Leaf Wellness Aesthetic Services
 Botox
 Juvederm
 Facials
 Plasma Pen
 Dermablending
 & More

"FREE Consult"
 3930 Westown Pkwy Suite A
 West Des Moines, IA 50266
 515-612-7461
 www.newleafcenters.com

Call your local licensed Humana sales agent.
 Humana.
 Y0040_GHHHXDFEN18 Accepted

Talk with your local licensed Humana Sales agent today.
 515-723-1109 (TTY: 711)
 Monday - Friday, 8 a.m. - 5 p.m.

Derek Richards
 drichards8@humana.com

JENSON ELECTRIC LLC
 Our TOP PRIORITY is Customer Satisfaction!
 COMMERCIAL • RESIDENTIAL • INDUSTRIAL • COMMUNICATION
 515-314-7445 or 515-276-5099
 4945 NW 57th Ave., Johnston, IA 50131
 www.jensonelectric.com • info@jensonelectric.com

POLE BUILDINGS
LEADING EDGE BUILDERS
 Leaders in Post Frame Design and Construction
 Leaders in Post Frame Design & Construction

Bob Watts • Sales
 H: 515-988-0935
 C: 515-822-3038
 800-622-8324
 bobldg@msn.com

Home Office & Fabrication
 2356 Hwy. 23 S.
 Oskaloosa, IA
 www.tlebia.com

HYDROPONIC MICROGREENS
RAY FAMILY FARMS
 FRESH + LOCAL + DELICIOUS

Free local delivery • non-gmo • grown organically
 515-360-4251
 Des Moines, IA
 Rayfamilyfarmsia@gmail.com
 Rayfamilyfarmsia.com

TREE CARE CRO OUTDOOR SERVICES
 INFINITE POSSIBILITIES

- Professional Arborist
- Tree Trimming
- Tree Removal
- Clean-up

BOJAN DJUKIC
 515-240-9881
 croodsia@gmail.com
 www.facebook.com/CroOutdoor

Your Weekly Horoscopes

For entertainment purposes only.

ARIES
(March 21 - April 20)

This may be a non-nonsense time when you might need to begin meeting your commitments. You might need to take care of business and deal with responsibilities without regret. Lucky Numbers: 18, 19, 24, 31, 37, 49.

TAURUS
(April 21 - May 21)

You may be really appreciated for having professional initiative and using your pioneering spirit. Rewards or success might come from very unusual circumstances. Lucky Numbers: 4, 14, 17, 24, 27, 34.

GEMINI
(May 22 - June 21)

Philosophical visions may inspire your creative urges to come alive. Your artistic or intellectual flair might provide vivid flashes of ingenious imagination. Lucky Numbers: 17, 33, 37, 44, 47, 49.

CANCER
(June 22 - July 22)

You might feel much more in tune with your instincts. Your life may tend to align with your inner nature. Being "in your own element" could make you more creative. Lucky Numbers: 10, 15, 18, 21, 27, 33.

LEO
(July 23 - Aug. 23)

You may become more aware of your inner needs and tendencies. Deeper positive thoughts might gradually help both your attitude and your overall approach to mature. Lucky Numbers: 1, 2, 7, 15, 18, 30.

VIRGO
(Aug. 24 - Sept. 23)

The ability to be a peacemaker may enable you to find inspiration from both sides of the table. A pleasant break from your usual routine might lighten your load. Lucky Numbers: 4, 8, 12, 16, 20, 24.

LIBRA
(Sept. 24 - Oct. 23)

You may need to talk about issues with an open heart and a willingness to forgive and forget. You might even find hidden meanings behind words and gestures. Lucky Numbers: 5, 7, 14, 16, 23, 24.

SCORPIO
(Oct. 24 - Nov. 22)

Making agreements and combining your efforts with others may be to your advantage. The aid you extend to others now might lead to important rewards in the future. Lucky Numbers: 6, 8, 9, 10, 16, 33.

SAGITTARIUS
(Nov. 23 - Dec. 21)

Your deeds may make a significant impression on the lives of those you care about. Follow your heart and try to be sure that others appreciate your kind gestures. Lucky Numbers: 10, 12, 17, 19, 45, 46.

CAPRICORN
(Dec. 22 - Jan. 20)

Recent events may teach you a lesson. To prove your loyalty to your loved ones, you might need to be more generous, understanding, and concerned with their wishes. Lucky Numbers: 23, 28, 34, 38, 43, 48.

AQUARIUS
(Jan. 21 - Feb. 19)

You may be willing to sacrifice some benefits to live the life that suits you best. This attitude might be wise and could help you get your life on track. Lucky Numbers: 3, 13, 15, 22, 37, 46.

PISCES
(Feb. 20 - March 20)

New relationships may be quite interesting and may help boost your self-confidence. You might be delighted by someone whose words have immense charm. Lucky Numbers: 5, 12, 13, 19, 26, 39.

Lucky numbers this week: This week's odds favor Sagittarius winners with the luckiest number being 10.

Did You Know...

Building designer: Moshe Safdie is an Israeli-Canadian-American architect who has designed many famous buildings around the world, including Marina Bay Sands, a hotel in Singapore, and Habitat 67, a housing complex in Montreal (Canada).

Falling water: Niagara Falls, which is on the border between the province of Ontario (Canada) and the state of New York (U.S.), is made up of three cascades. The largest of these is called Horseshoe Falls, named for its shape.

Main stage: The Nippon Budokan arena in Tokyo was built in 1964 as a site for judo in the Olympic Games. Since then, it has become a venue for musicians, such as Cheap Trick, Bob Dylan, and Eric Clapton.

Small desert: Measuring only 2.59 square kilometers (1 sq. mi.), the Carcross Desert in the Yukon, in northern Canada, is thought to be the world's smallest desert. In winter, its sand dunes are covered with snow.

Flavorful pepper: The Aleppo pepper, named after the Syrian city of Aleppo, is a mild but flavorful, burgundy-colored pepper with a heat that slowly builds. It has a slight cumin-like taste.

On the Lighter Side

What's the difference between ignorance and apathy? I don't know and I don't care.

I tried to say, "I'm a functional adult," but my phone changed it to "fictional adult," and I feel like that's more accurate.

Recording on a tax help line: *If you understand English, press 1. If you do not understand English, press 2.*

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I? A map.

Nothing ruins a Friday more than an understanding that today is Tuesday.

Answers

Trivia answers: 1. Male 2. Mauna Loa, Hawaii (U.S.) 3. Small fish 4. March 5. Charlie Parker

For available franchise opportunities - visit www.coffeenewsfranchise.com

© Published with Permission by Coffee News® of Des Moines (Over)

Affordable* Exclusive* Effective Advertising!

Rent This Space

(Very Affordable & Effective Advertising)

Call 515-975-0054

BE A HERO IN YOUR COMMUNITY

ARMY NATIONAL GUARD

We have bonuses up to \$20,000

Recruiting Now

SSG Ashley Zerwas
 IA-ARNG
 515-321-6957
 ashley.j.zerwas.mil@mail.mil
 www.iowanationalguard.com

Rent This Space

Advertise Your Business Here!

Call 515-975-0054

gil@coffeenewsdesmoines.com

HELOC SPECIAL

LOW INTRO RATE

2.49% APR*

FOR FIRST 6 MONTHS

www.affinitycuia.org

515-288-7225 515-288-7225
 475 N.W. Hoffman Lane 1700 E. Army Post Road
 Des Moines, IA 50313 Des Moines, IA 50320

AFFINITY CREDIT UNION
 BUILDING BETTER LIVES

Spots for Rent

515-975-0054

REALTOR

Real Knowledge, Real Experience, Real Direction, Real Results

FREE Market Analysis
 Find out how much your home is worth!

Angie Standlee, Realtor®
 Keller Williams Greater Des Moines
 (515) 630-9685
 astandlee@kw.com
 Licensed in Iowa

kw GREATER DES MOINES
 KELLERWILLIAMS.
 www.astandlee.kw.com

It's EASY to Stay WARM & Cool with

SAVE UP TO 50% ON YOUR UTILITY BILLS!

THE BEST INSULATION

RETROFOAM

FOR EXISTING HOMES.

NO HOLES OR CRACKS IN YOUR EXISTING SIDING

BRICK • VINYL • WOOD • ALUMINUM • BLOCK • ATTICS

WATERLOO • MARION • DES MOINES • DUBUQUE • FORT DODGE

877-791-FOAM (38281)

NO OBLIGATION FREE CONSULTATION

WATCH OUR SHORT INSTALLATION VIDEO AT www.RetroFoamIA.com

H★E★R★O C★A★R★D

Nuclear Vape Lounge

10% DISCOUNT FOR Veterans, Police, Military, Fire Fighters, First Responders & Union Members

(515) 412-0555
 3810 Douglas Ave.
 Des Moines, IA 50310

www.NuclearVapeLounge.com

Use These Companies!!!

Thank You from Coffee News!