

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

FREE! **Coffee News**®
 "News to be enjoyed over Coffee"
Valley Edition
(515) 975-0054
 www.CoffeeNewsDesMoines.com
 Gil@CoffeeNewsDesMoines.com
 Volume 11:21 March 23, 2020

Finders Fee Available... Call Gill!
 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

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

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.

ADVENTURE IS WORTHWHILE
 ALASKA ON AN ESCORTED CRUISE TOUR
 JUNE 2021
 INFO@2FRIENDSTRAVEL.COM
 TONYA (515)303-0020 OR
 ABBY (515)448-8080

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

Regency
 Care Center and Assisted Living
 by MGM Healthcare
 Assisted Living-Skilled Care-Long Term Care
 The step between Hospital and Home...Successfully!
 Call: 515-974-9675

BE A HERO IN YOUR COMMUNITY
 Recruiting Now
 IOWA ARMY NATIONAL GUARD
 We have bonuses up to \$20,000
SSG Ashley Zerwas
 IA-ARNG
 515-321-6957
 ashley.j.zerwas.mil@mail.mil
 www.iowanationalguard.com

MATTRESSES
BoxDrop
 Queen Sets Starting at \$150
 Box Drop Mattress & More
 Sean & Heather Senarighi
 Call or Text for Available Times
 515-721-5561
 Des Moines, IA
 boxdropdesmoines@hotmail.com
 Like us on Facebook-BoxDrop Des Moines

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

Thanks for Reading!!!
 Keep doing business with these local companies!

ASPHALT Hill Bros ASPHALT & CONSTRUCTION CORP
 Parking Lots • Driveways
 Curb Work
 Seal Coating & Overlays
FREE ESTIMATES!
 DES MOINES, IA • LOCALLY OWNED
 515-266-2954
 www.hillsbrothersasphalt.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

HELOC SPECIAL
 LOW INTRO RATE
2.49%
 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

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
Natural Hormone Therapy
 Lack of sex drive
 Loss of energy
 Hot flashes
 Fatigue
 Joint/body pain
Advanced Weight Loss
 Personalized RAPD weight loss**
 Reduces hunger/pain**
 Restores energy**
 Improves mood**
 Preserves muscle integrity**
 Increases metabolism**
"FREE Consult"
New Leaf Aesthetic Services
 Botox
 Juvederm
 Facials
 Plasma Pen
 Dermablending
 & More
 3930 Westown Pkwy Suite A
 West Des Moines, IA 50266
 515-612-7461
 www.newleafcenters.com

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

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 641-623-2158
 IOWA CITY 4165 Maples Ave. SW, Suite 1 P: 1.319.337.4136
 Need A MONUMENT call us or stop by or visit www.wattsvault.com

SHED COMPANY
GOLD DOME BUILDINGS
 Locally owned Since 1992
 Mon-Fri: 8am-5pm
 Built In Your Yard
 LP Siding & Flooring
 Free Estimates
 Customized Designs Available
 Farm Buildings
 Rent-to-Own Program Through BLI
 Rentals With No Credit Checks
 2714 2nd Ave.
 Des Moines IA
 515-243-8554
 golddomebuild@yahoo.com
 golddomebuildiowa.com

- 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)

Thank You from Coffee News! **Use These Companies!!!**

Rent This Space

Thanks for doing business
with our advertisers!
Keep it Up!!

Call 515-975-0054

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.



2021 NE Broadway Avenue | Des Moines, IA 50313 | 515-318-6413 | SUNBELTRENTALS.COM



CUMMINGS MOBILITY



- 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



Rent This Space

Advertise Your
Business Here!

Call 515-975-0054

gil@coffeeneewsdesmoines.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



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

SCAN THIS



Family Law & Divorce



DEBORAH L. JOHNSON
LAW OFFICE P.C.

515-957-9631
203 1st AVE S SUITE A
ALTOONA, IA 50009

www.DLJLAW.com
DLJ@DLJLAW.COM

FABRIC & CRAFT

Fabrics & Fun

Come in for your sewing and crafting needs or sign up for a FUN CLASS!



10% OFF*
With This Ad Only
*Some exclusions apply

515-967-4923

550 36th Avenue SW
Suite K, Altoona, IA
fabricsnfun.com



SCAN THIS



www.facebook.com/FabricsnFun Mon-Sat: 10 - 6
Sun: 11-5

Your Weekly Horoscopes

ARIES

(March 21 - April 20)



This may be a non-sense 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.coffeeneewsfranchise.com

FOR SALE
Black GOLD Realty
515-681-6310
LARRY HUGHES BROKER

Lake Shore Estates
3 mile West of Cummings
3088 120th Street

17 Lots, 9 Available, 3-10 Acres
\$160,000

Your Builder or Ours
Call Today: 515-681-6310

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

The Iowa Gold Star Military Museum's mission is to honor and depict the military experience of Iowa citizens in all wars, homeland defense and Iowa service.

MILITARY MUSEUM
Mon-Fri: 8:30 AM - 4 PM
Sat: 10 AM - 2 PM

515-252-4531
7105 NW 70th Ave., Johnston, Ia.
www.goldstarmuseum.iowa.gov

LAWN CARE C&M Mowing

Mowing • Trimming • Painting
Interior • Exterior • Eaves
Yard Work • Windows • Snow Removal

515-518-9368
515-490-3618
Available 24/7

Car Washed or Detailed

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

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 SPLICES IN YOUR EXISTING SIDINGS

BRICK • VINYL • WOOD • ALUMINUM • BLOCK • ATTICES
WATERLOO • MARION • DES MOINES • DUBUQUE • FORT DODGE

877-791-FOAM
NO OBLIGATION
FREE CONSULTATION
www.RetrofoamIA.com

Rent This Space

Thanks for doing business
with our advertisers!
Keep it Up!!

Call 515-975-0054

PRESERVING THE GREAT INDOORS.
www.ResourceServices.us

RESIDENTIAL
COMMERCIAL

Call for Service 24/7!
Service Line: 515.266.9900
Fax: 515.266.0591
Office: 515.266.5200

Heating • Boilers
Cooling • Controls
Plumbing

www.ResourceServices.us