

Rent This Space

Call Gil For Advertising
 515-975-0054
www.CoffeeNewsDesMoines.com
Gil@CoffeeNewsDesMoines.com

FREE! Coffee News®

"News to be enjoyed over Coffee"

Ankeny Edition
 (515) 975-0054

www.CoffeeNewsDesMoines.com
Gil@CoffeeNewsDesMoines.com Volume 11:52 September 21, 2020

Finders Fee Available... Call Gil!

Coffee News® Advertisers...

...Want to thank you for your business.

SHOP LOCAL!

SPICES & EXTRACTS



WATKINS

Since 1868 TRADE MARK

Carol is a Fantastic Consultant!

SCAN FOR WEB



CAROL ANN DAVIS
 WATKINS INDEPENDENT CONSULTANT
 515-318-9774

Everybody's Talking!

Savory cakes: When people eat cake, it's usually a sweet treat that incorporates such flavors as chocolate and vanilla. That's not the case with the creations at Tot Aw, a bakery in Jakarta, Indonesia. Short for "totally awesome," Tot Aw's bakers make cakes out of instant noodles. They press the cooked noodles into round forms and stack them into tiers. Each tier then gets "iced" with savory, rather than sweet, toppings, such as meatballs or curry chicken stew. These noodle cakes have become very popular, with people ordering them for birthdays and weddings.

Returned to owner: When Kim Fauth-Newberry donated her late grandfather's footstool to charity, she had no idea she was also giving away over \$43,000 (USD). From Owosso, Michigan (U.S.), Fauth-Newberry wanted to give away her grandfather's furniture to people who might need it. Luckily for her, an honest man named Howard Kirby became the owner of the stool. When a family member unzipped the stool's cushion and found money inside, Kirby knew just what to do. He took it back to the second-hand store. The store found Fauth-Newberry, and he gave the money back to her.

Stretchy outfit: Clothing makers use a variety of materials to make fashionable outfits, such as wool, cotton, rayon, linen, and silk, but rubber bands? Those weren't a very common clothing material until Rie Sakamoto of Tokyo, Japan, tried them. An art student at Tama Art University, the creative clothing designer decided to see what she could make by knitting rubber bands together. Her endeavor was successful; she made dresses, jackets, and scarves. Intrigued by its qualities, including flexibility and texture, her goal was to find new uses for this ubiquitous office staple.

Fake kidnapping: A man from a town called Pitalito, in south western Colombia, didn't really want to get married. A few days before the nuptials, he confessed to his close friends that he wished he could get out of the commitment. They suggested a fake kidnapping. The groom went into hiding, and his friends called police saying they had seen him being abducted by a group of men. The police took the news very seriously and brought in the army. The groom's friends realized their error and confessed what they had done. They are likely to be charged and given jail time for their prank.

DOG TRAINING & GROOMING



We specialize in dog grooming, dog obedience classes, education for dogs and owners, canine massage and much more.

Jennee Stalzer-see
 Ankeny: 515-236-5793

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

SCAN THIS



BE A HERO IN YOUR COMMUNITY

Recruiting Now



We have bonuses up to \$20,000


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

SCAN THIS



INDEPENDENT LIVING


Urbandale's Worry-free Retirement Living



Award Winning Community!
 Tour today for our limited time offers.

515-251-4604 • 515-619-6473
www.illaheehills.com

SCAN THIS



INSURANCE

Medicare Health Life Annuities Nursing Home Plans Advantage Supplement Plans Cancer Dental Prescription Drug



Kathleen Smith
 Licensed Independent Insurance Agent



515.710.4151
Kathy@AllAboutAPlan.com
www.AllAboutAPlan.com
 6911 Vista Drive
 West Des Moines, IA 50266
 IA & NE Lic. #8592159
 CO Lic. #530854

Natural Hormone Therapy

Lack of sex drive Hot Flashes Fatigue Loss of energy JOI Body Pain

Advanced Weight Loss

Personalized AMPD weight loss** Reduces hunger pangs** Reverses energy** Improves mood** Preserves muscle integrity** Increases metabolism**

"FREE Consult"

New Leaf Aesthetic Services

Botox Juvederm Facials Plasma Pen Dermabrasion & More

3930 Westown Pkwy Suite A West Des Moines, IA 50266 515-612-7461 www.newleafcenters.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 641-823-2158
 IOWA CITY: 4165 Maple Ave. SW, Suite 1 P: 1.319.337.4136

Need A MONUMENT call us or stop by or visit www.wattsvault.com

SCAN THIS



This Space FOR RENT

but not for long!

515-975-0054

Quoteable Quotes

"Television has proven that people will look at anything, rather than each other." —Ann Landers

"...a garden dies quickly without a loving gardener to keep it alive." —May Sarton

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

What's Happening

TRUCK COVERS All Brands Of Pickup Truck Tonnau Covers!




We Ship Worldwide!

515-422-6032
 Ankeny, IA 50023
 Email: jonclaydsr@gmail.com
www.4covers.com
 Mon - Fri: 9:00 AM - 4:30 PM

HOME OF THE WOODEN NICKEL

5% Discount With This Ad!

SCAN ME



FABRIC & CRAFT Fabrics & Fun

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

Tues - Thurs: 10am - 5pm
 Fri - Sat: 10am - 6pm
 Sun: 11am - 4pm
 Closed Mon

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

515-967-4923
 550 36th Avenue SW Suite K, Altoona, IA
fabricsnfun.com
www.facebook.com/FabricsnFun

SCAN THIS



PRINTING Slick Ink

Screenprinting and Graphics

CREATIVE EXPRESSION IN INK!

20% OFF First Time Customers
 USE CODE: COFFEE4

515-448-7065
 PO Box 676, Ankeny, IA
slickink2019@gmail.com
www.slick4print.com

Your Logo Here

SCAN THIS



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

SCAN THIS



Trivia

1. Is starboard on the right or left side of a ship?
2. What mineral is mined in sheets?
3. The primary ingredient in Arroz con pollo is beef, pork, or chicken?
4. What is El Niño?
5. Which artist painted the Mona Lisa?

(Flip bottom of page for answers)

FITNESS SHOWGIRL FIT

A Fun & Creative Way To Get Fit

CLASSES STARTING IN SEPTEMBER!

Angela Martin
 515-809-0147
 Des Moines & Surrounding Area
 Locally Owned & Operated
angela@showgirlfit.com
www.showgirlfit.com

SCAN ME



Rent This Space

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

Call 515-975-0054

MATTRESSES



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

Christmas Is For Everyday!



Christmas in Stories
and
Potato Christmas
By M. Wayne Clark

Both books can be purchase at
Walls of Books, 613 Ankeny Blvd, Ankeny, IA
Where there is an adventure waiting for you in every book.

HEARING AID



Hearing instruments that
match your lifestyle and daily
listening needs with solid
results and discreet style.



FREE
Hearing Exam!

West Des Moines - Ankeny - Fort
Dodge & 27 more locations!
515-517-2822
www.asiaudiology.com



Your Weekly Horoscopes

For entertainment purposes only.

ARIES

(March 21 - April 20)



Your tendency to try to control things may not impress others. In order to prove yourself as a team player, try to offer the leadership role to others. Lucky numbers: 15, 19, 20, 25, 28, 31.

TAURUS

(April 21 - May 21)



Your positive flow and optimism may greatly affect the attitudes of others. A difficult predicament may be solved if you continue to follow up on your instincts. Lucky numbers: 2, 5, 12, 25, 37, 46.

GEMINI

(May 22 - June 21)



You may need to express yourself by communicating your fascination with a new project. Your spiritual connection to a newcomer in your life might become clearer. Lucky numbers: 12, 19, 21, 23, 25, 38.

CANCER

(June 22 - July 22)



Open your mind to new ways to live your life. Once you have a plan, you may be able to accomplish much. Be sure to document your research and plans quite well. Lucky numbers: 16, 18, 22, 24, 31, 46.

LEO

(July 23 - Aug. 23)



Former employers or colleagues may be able to help you open new career doors. Your creativity might flourish as a result and could give you some newfound energy. Lucky numbers: 11, 18, 22, 35, 47, 49.

VIRGO

(Aug. 24 - Sept. 23)



If you are involved in an artistic area, you may find some exciting ideas. Creative inspirations might result from meshing your intuitive talents with your partner's creativity. Lucky numbers: 5, 8, 10, 11, 27, 30.

LIBRA

(Sept. 24 - Oct. 23)



You may likely feel more confident and vital right now. People might recognize you and follow your lead, or at least stay out of your way. Lucky numbers: 2, 4, 22, 24, 32, 34.

SCORPIO

(Oct. 24 - Nov. 22)



Your domestic plans may not be accepted by all concerned. They might look for fault, but you may understand that they are just looking out for your best interests. Lucky numbers: 5, 11, 18, 23, 45, 46.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may be on the mend from an emotional loss. Take a deep breath and continue your path. Don't allow others to discourage you from reaching your goals. Lucky numbers: 4, 24, 28, 30, 42, 44.

CAPRICORN

(Dec. 22 - Jan. 20)



You may feel as if life is passing you by far too quickly. That realization might teach you to appreciate all the little things in life that others may take for granted. Lucky numbers: 2, 6, 12, 26, 32, 46.

AQUARIUS

(Jan. 21 - Feb. 19)



Use your powers of persuasion to lead others along your path. Your ability to see past the current situation may ensure that you can find a good solution. Lucky numbers: 15, 23, 26, 37, 44, 48.

PISCES

(Feb. 20 - March 20)



Conversations with family and friends might keep you busy. Many may request your undivided attention. Try to give each of them the time that they require for your help. Lucky numbers: 1, 5, 12, 15, 20, 35.

Lucky numbers this week: This week's odds favor Virgo winners with the luckiest number being 5.

Did You Know...

Big bone: A bunion is a bony bump on the joint of the big toe where it meets the foot. Sometimes bunions run in families, and other times they could be caused by ill-fitting footwear.

Capturing the moment: Edgar Degas was a painter and sculptor who was born in Paris, France, in 1834. A realist, he liked to paint real life scenes, such as ballerinas rehearsing.

Eastern European country: Georgia, which is on the east coast of the Black Sea, borders Russia, Armenia, Azerbaijan, and Turkey. A mountainous country, it is known for its steel industry and agricultural products, such as tea and grapes.

Chickpea power: Chickpeas are also referred to as garbanzo beans. Rich in protein, fiber, and iron, they can be used in many recipes, including soups, stews, salads, and spreads, such as hummus.

Prestigious prizes: The Pulitzer Prizes are American awards given to those who excel in journalism, writing, drama, and musical composition. They are named after Joseph Pulitzer, a powerful journalist of the late 1800s.

On the Lighter Side

Teacher: "If you had 16 jellybeans and Pat asked you for 10, how many would you have left?"
Lou: "Sixteen."

What did the left eye say to the right eye? Between you and me, something smells.

Nature abhors a vacuum, but not as much as a cat does.

Hear about the new restaurant called Karma? There's no menu—you get what you deserve.

How many gorillas can fit into a car? Eight.
How many chickens can fit into the car? None, the car is already full of gorillas.

Answers

Trivia answers: 1. Right 2. Mica 3. Chicken 4. Pacific weather event 5. Leonardo da Vinci

For available franchise opportunities - visit www.coffeenewsfranchise.com

Affordable* Exclusive* Effective Advertising!

LAWN CARE

C&M Mowing

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

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



Car Washed
or Detailed

NANCYTANI ART

Pet Portraits

4x6 Pet Portrait
w/ Black Frame
Hand Painted
\$45



10% OFF
With This Ad Only
Additional \$5 for shipping
& handling. Provide name/
address in text.)



Text 3 Pet Photos & Your Name to 515-991-1197
nancytani@yahoo.com

It's EASY to Stay WARM & Cool with

SAVE UP TO 50% ON YOUR UTILITY BILLS!

THE BEST INSULATION FOR EXISTING HOMES.

RETROFOAM

NO HOLES OR SPLICES IN YOUR EXISTING SIDING

BRICK • VINYL • WOOD • ALUMINUM • BLOCK • ATTICS

WATERLOO • MARION • DES MOINES • DUBUQUE • FORT DODGE

877-791-FOAM (36261)

NO OBLIGATION FREE CONSULTATION

WATCH OUR SHORT INSTALLATION VIDEO AT www.RetrofoamIA.com

SHED COMPANY



2714 2nd Ave.
Des Moines IA
515-243-8554
golddomebuild@yahoo.com
golddomebuildiowa.com



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

Win! \$25.00 in CASH!

Find the Coffee News® guy hidden in five of the ads!

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 Weekly.

Your information will NOT be shared or sold to anyone.

>> This Weeks Winner: Ashley Kennebeck of Des Moines, IA



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

Call your local licensed Humana sales agent.

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

Humana.

Y0040_GHHXDFEN18 Accepted

POLE BUILDINGS



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

Thank You from Coffee News!

Use These Companies!!!