

Call Or Stop By These Advertisers And Do Business!

**Win! \$25.00 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](http://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: Cathy Morris of Altoona, IA

**FREE! Coffee News**®  
 "News to be enjoyed over Coffee"  
**Altoona Edition**  
**(515) 975-0054**  
 www.CoffeeNewsDesMoines.com  
 Gil@CoffeeNewsDesMoines.com  
 Volume 8:42 November 30, 2020

**Finders Fee Available... Call Gil!**  
**New Coffee News Advertising Rates for a Limited Time**  
 New Coffee News advertising rates for a limited time during this Pandemic to help your company continue to grow and prosper:  
**13 Weeks: \$325**  
**26 Weeks: \$550**  
**52 Weeks: \$875**  
 Call or Email Gil For Advertising  
**515-975-0054**  
**Gil@CoffeeNewsDesMoines.com**

**FITNESS SHOWGIRL FIT**  
 A Fun & Creative Way To Get Fit  
 Check our website for Nov & Dec Specials!  
 Angela Martin  
 515-809-0147  
 Des Moines & Surrounding Area  
 Locally Owned & Operated  
 angela@showgirlfit.com  
 www.showgirlfit.com

**COLLECTAMANIA**  
**FLEA MARKET • ANTIQUES • CONSIGNMENT**  
**AUCTION OUTLET OF IOWA**  
 515-261-4550  
 3200 Delaware Des Moines, IA  
 www.collectamaniaia.com  
 Tues-Sun: 10am-7pm  
 www.facebook.com/pages/Collectamania  
**WEEKLY AUCTIONS EVERY WEDNESDAY AT 6:30 AM**  
 515-233-2709  
 www.auctionzip.com

**Our TOP PRIORITY is Customer Satisfaction!**  
 • Commercial  
 • Residential  
 • Industrial  
 • Communication  
**JENSON ELECTRIC LLC**  
**515-314-7445 or 515-276-5099**  
 4945 NW 57th Ave., Johnston, IA 50131  
 www.jensonelectric.com • info@jensonelectric.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](http://SUNBELTRENTALS.COM)

**CHIROPRACTOR**  
**FIRM OR GENTLE ADJUSTMENTS**  
**ARM AND LEG PROBLEMS**  
**MASSAGE THERAPY AVAILABLE**  
**NUTRITION TESTING**  
 38th Year of Chiropractic Service  
**VERNON FAMILY CHIROPRACTIC**  
 Dr. Craig Vernon  
 515-967-3996  
 705 2ND AVENUE SW, STE A  
 ALTOONA, IA 50009  
 www.vernonfamilychiro.com

**THIS SPOT AVAILABLE!!**  
  
**Call 515-975-0054**

**Christmas Is For Everyday!**  
**Potato Christmas**  
**Christmas in Stories**  
 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.

**Everybody's Talking!**

**Spider-Man hero:** An Indonesian man discovered that a Spider-Man costume can attract a lot of positive attention. Rudi Hartono, of Parepare, South Sulawesi, was concerned about all the litter in the streets, and he took it upon himself to go on clean-up missions. However, no one else followed his example until he dressed as Spider-Man. He had purchased the costume to amuse his nephew, but decided to wear it while picking up garbage. People took notice and started joining him in his endeavor. Since then, he has become a bit of a superhero in his community.

**Ball catcher:** Many dogs like to play catch, but one Labrador retriever, named Finley, can't get enough of it. Finley lives in Canandaigua, New York (U.S.), with his human family, the Molloys. He has fine-tuned his catching skills to the point that he can fit six tennis balls in his mouth without help from his human playmates. When he was two years old, he could pick up four balls; eventually he graduated to five, and then to six. Finley looks a bit odd with all those balls in his mouth, but his family is convinced he is proud of his unusual talent.

**Birds of a feather:** An artist from Bogotá, Colombia, wanted to learn about nature, so she started by observing and studying various species of birds. This led Diana Beltran Herrera to the art of making beautiful and precise life-size sculptures of birds from basic materials, such as paper and wire. She creates a form for the bird and then cuts and glues paper feathers to the form. She paints each creation so that it looks real. Her work includes pelicans, roosters, parrots, sparrows, and many more. Over time, Herrera has managed to create sculptures representing over 100 bird species.

**Key conundrum:** It's not unusual for people to lose their car keys. They might leave them in a restaurant or accidentally drop them on the ground. But not many people lose their keys the way Jovino Huerta lost his. Huerta is a political candidate in Huánuco, Peru. While campaigning, he decided to hand out key chains with the phrase, "Vamos Peru!" Unfortunately, in the excitement of meeting people and shaking their hands, Huerta gave his own keys to someone by mistake. He explained his plight on social media, hoping that they would be returned. No word on that yet.

**Quoteable Quotes**

"A faithful friend is a strong defense; And he that hath found him hath found a treasure."  
 —Louisa May Alcott  
 "Beware lest you lose the substance by grasping at the shadow."  
 —Aesop

**What's Happening**  
**Rent This Space**

Call Gil For Advertising  
**515-975-0054**  
[www.CoffeeNewsDesMoines.com](http://www.CoffeeNewsDesMoines.com)  
**Gil@CoffeeNewsDesMoines.com**

**Trivia**

1. What type of acid is in a lemon?
2. Which whales are called "canaries of the sea"?
3. The art of tie-dyeing became a fashion statement in the 1930s, 1950s, or 1960s?
4. What are Op-Eds that appear primarily in publications?
5. In what major city will you find The Louvre?

(Flip bottom of page for answers)

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

**TRUCK COVERS All Brands Of Pickup Truck Tonnau Covers!**  
 We Ship Worldwide! UPS  
 515-422-6032  
 Ankeny, IA 50023  
 Email: jonclouysr@gmail.com  
 www.4covers.com  
 Mon - Fri: 9:00 AM - 4:30 PM  
**HOME OF THE WOODEN NICKEL**  
**5% Discount With This Ad!**

**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  
 Tues - Thurs: 10am - 5pm  
 Fri - Sat: 10am - 6pm  
 Sun: 11am - 4pm  
 Closed Mon  
 515-967-4923  
 550 36th Avenue SW  
 Suite K, Altoona, IA  
 fabricsnfun.com  
 www.facebook.com/FabricsnFun

**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

**This Space FOR RENT**  
*but not for long!*  
**515-975-0054**

**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

**SPICES & EXTRACTS WATKINS**  
 Since 1868 TRADE MARK  
 Carol is a Fantastic Consultant!  
 CAROL ANN DAVIS  
 WATKINS INDEPENDENT CONSULTANT  
 515-318-9774

Use These Companies!!!

Thank You from Coffee News!



Call Or Stop By These Advertisers And Do Business!

This Space  
**FOR RENT**  
*but not for long!*  
515-975-0054

**INSURANCE** Medicare -SUPPLEMENT Health Life Nursing Home Cancer Dental Prescription Drug

**ALL ABOUT A PLAN**

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

*Kathleen Smith*  
Licensed Independent Insurance Agent

**PLUMBING** CONTRACTORS PLUMBING, INC.

**NOW HIRING** Equal Opportunity Employer

515-266-4606  
4377 NE 14th St. Des Moines, IA 50313  
www.contractorsplbg.com

Mon-Fri: 7am-4pm • Sat-Sun: Closed  
Hours & Service may vary due to Covid (Please Call)  
Locally Owned & Operated

SCAN ME

**THIS SPOT AVAILABLE!!**

Call  
**515-975-0054**

**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.hillsbrotherasphalt.com

SCAN THIS

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\_GHHHXDFEN18 Accepted

**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

**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

# Your Weekly Horoscopes

For entertainment purposes only.

**ARIES**  
(March 21 - April 20)



You may be powerfully and emotionally attracted to someone you encounter in a social setting. Your current relationships could intensify. Expect some fireworks! Lucky Numbers: 23, 26, 33, 36, 43, 46.

**TAURUS**  
(April 21 - May 21)



You may be happiest and in the best humor when doing something very creative. You might require help and cooperation from others in order to meet your current goals. Lucky Numbers: 4, 16, 21, 27, 32, 39.

**GEMINI**  
(May 22 - June 21)



Major changes might be successfully begun now. Getting what you really want and moving toward achieving your goals may be very important to you. Lucky Numbers: 7, 13, 24, 33, 43, 44.

**CANCER**  
(June 22 - July 22)



You may have an incredible amount of energy and have enthusiasm to spare. You might launch a new enterprise using your creative visualization for innovative projects. Lucky Numbers: 3, 18, 24, 30, 36, 42.

**LEO**  
(July 23 - Aug. 23)



Physical thrills and excitement may strongly appeal to you. You might want to do something totally out of the ordinary. This could yield mostly positive surprises. Lucky Numbers: 11, 15, 19, 31, 35, 39.

**VIRGO**  
(Aug. 24 - Sept. 23)



You may need to have a heart-to-heart talk with a friend or advisor on matters of personal relationships. You could gain a better appreciation and rapport as a result. Lucky Numbers: 6, 8, 20, 24, 43, 46.

**LIBRA**  
(Sept. 24 - Oct. 23)



Being realistic in your close relationships is essential. Certain people may not really be worth the effort. Face the truth and make the changes that are required. Lucky Numbers: 22, 29, 31, 38, 40, 47.

**SCORPIO**  
(Oct. 24 - Nov. 22)



Try not to overextend yourself as you attempt to advance your personal causes. Don't allow negative comments from others to take away your enthusiasm. Lucky Numbers: 5, 8, 9, 19, 21, 27.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)



You may be very serious and not very likely to compromise. This intensity might help you push through obstacles and deepen your understanding of others. Lucky Numbers: 1, 22, 28, 30, 42, 46.

**CAPRICORN**  
(Dec. 22 - Jan. 20)



Your mind may function much better for learning than for teaching. Share your enthusiasm, but avoid lecturing others, especially about emotional subjects. Lucky Numbers: 12, 15, 18, 21, 22, 25.

**AQUARIUS**  
(Jan. 21 - Feb. 19)



Your patience and ability to work hard could be prominent. Your concentration may be excellent, and you might be able to focus on accomplishing your ultimate goals. Lucky Numbers: 10, 11, 17, 19, 36, 42.

**PISCES**  
(Feb. 20 - March 20)



Others should not lightly dismiss you. You may likely work with great intensity. Stay on course and you might be able to work your way through any obstacles thrown your way. Lucky Numbers: 2, 4, 12, 24, 42, 44.

Lucky numbers this week: This week's odds favor Virgo winners with the luckiest number being 6.

## Did You Know...

**Preventing sunburn:** The rhinoceros is the second largest land animal, next to the elephant. Living in Africa and Asia, these beasts can get sunburn on their thick skin. That's why they like rolling in the mud.

**Cuts and scrapes:** People often call adhesive bandages "Band-Aids." That term is actually a brand name for the first adhesive wound covering, which was invented in 1920 by Earle Dickson of Johnson and Johnson Company.

**The Force displayed:** Steve Sansweet is known for his collection of Star Wars memorabilia. He has amassed thousands of items, which are on display at the Rancho Obi-Wan museum in Petaluma, California (U.S.).

**Animal cross:** A beefalo is a cross between a cow and a buffalo (also known as bison). Specifically, a beefalo is 37.5% bison. The meat of this animal is touted to have less cholesterol and fat than conventional beef.

**Strong winds:** A cyclone is a strong, spiraling storm that can be destructive. Winds rotate around a midpoint of low pressure. North of the Equator, they spiral counterclockwise, and they spiral clockwise if south of the Equator.

## On the Lighter Side

Guest: "When I made this reservation, I specifically requested a room facing the ocean."  
Desk clerk: "Well, you didn't specify which ocean."

There are only three kinds of humans: those that count, and those that can't.

Blessed are they who can laugh at themselves for they shall never cease to be amused.

Consultant: someone who gets \$100 an hour to tell you the same thing your assistant told you last week.

I have a baby car. It goes everywhere with a rattle.

## Answers

4. Opinion pieces 5. Paris, France  
Trivia answers: 1. Citric 2. Beluga whales 3. 1960s

For available franchise opportunities - visit www.coffeenewsfranchise.com

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

Affordable\* Exclusive\* Effective Advertising!

# 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

## POLE BUILDINGS



Leaders in Post Frame Design and Construction

Leaders in Post Frame Design & Construction

Bob Watts • Sales  
H: 515-989-0935  
C: 515-822-3038  
800-622-8324  
bobldg@msn.com

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

DEBORAH L. JOHNSON  
LAW OFFICE P.C.  
515-957-9631  
203 1st Ave. S. Suite A, Altoona, IA 50009



15 Years Experience • Free Consultation  
Certified Mediator • Serving Every County  
Reasonable Rates • Locally Owned

DIJ@DLJLAW.COM

Go to www.djljlaw.com for more information.

## The UPS Store



2310 SE Delaware Ave.  
Ankeny, IA 50021  
515-965-8412  
Store4842@theupsstore.com

6750 Westown Pkwy, #200  
West Des Moines, IA 50266  
515-453-8426  
Store2618@theupsstore.com

2643 Beaver Ave.  
Des Moines, IA 50310  
515-277-5001  
Store2597@theupsstore.com

Printing, Packing, Shipping

The UPS store locations offer  
NOTARY SERVICES to help  
make life easier.



Print

Make a lasting impression promoting your business or special event. We've got a wide variety of print products to fit what you're looking for.

**Pleasant DENTAL P.C.**  
It's all about the Pleasant experience

NO INSURANCE? You don't have to sacrifice your dental health!

Keep smiling with our personalized, affordable plans.

Stop by or Call for Discounts!

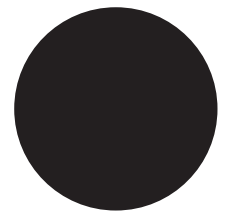
Angela Forsberg, DDS

515.262.5276 Mon-Thu: 7 to 4  
1100 N. Hickory Blvd., Suite 205  
Pleasant Hill, IA 50327  
pleasantdentalpc@gmail.com  
www.pleasantdentalpc.com



PLEASANT DENTAL CLUB  
Get comprehensive dental care plans at substantial savings

## Your Business



Should Be In this Spot!

## DAYCARE

Playful Penguin's



Home Daycare

- State Certified
- CPR, First Aid Certified
- 24hour Inhome Daycare
- 6 Weeks To 12 Years
- Private Pay And State Pay Family

Visit Us on Facebook

515-494-6242  
cylas21@icloud.com



SSG Luke Hird  
IA-ARNG  
515-444-9102  
luke.hird.mil@mail.mil  
www.iowanationalguard.com

BE A HERO IN YOUR COMMUNITY



We have bonuses up to \$20,000



Use These Companies!!!

Thank You from Coffee News!