

Call Or Stop By These Advertisers And Do Business!

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

FREE! **Coffee News**[®]
 "News to be enjoyed over Coffee"
Clive Windsor Heights Edition
(515) 975-0054
 www.CoffeeNewsDesMoines.com
 Gil@CoffeeNewsDesMoines.com
 Volume 6:5 November 30, 2020

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
 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)

Finders Fee Available... Call Gil!

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
 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

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

INSURANCE "Putting the SURE in Insurance"
 Always, we appreciate your continued business and trust in our Agency!
 May Otto
 Independent Insurance Agent
 The highest compliment we can receive is the referral of your Friends and Family.
 www.facebook.com/may.otto.independentinsuranceagent

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

PEARCE PAVING
 • Seal Coating
 • Parking Lots
 • Driveways
 • Streets
 • Maintenance
 • Design/Remodel/Repair
 515-707-0059
 855-573-2723
 2815 100TH St. Urbandale, IA

BE A HERO IN YOUR COMMUNITY
 IOWA ARMY NATIONAL GUARD
 We have bonuses up to \$20,000
 SSG Luke Hird
 IA-ARNG
 515-444-9102
 luke.hird.mil@mail.mil
 www.iowanationalguard.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
 Tues-Sat: 10am - 2pm
 Tues & Thurs: Reservation Only
 Wed: Seniors Only (60+)
 Fri & Sat: Walk - Ins
 CLOSED Sun & Mon
 515-252-4531
 7105 NW 70th Ave., Johnston, Ia.
 www.goldstarmuseum.iowa.gov

Natural Hormone Therapy
 Lack of sex drive, Hot Flashes, Fatigue, Loss of energy, Joint Pain
Advanced Weight Loss
 Personalized HAPD weight loss, Reduces hunger pangs, 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

Use These Companies!!!

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

PAINTER AJ Painting
 INTERIOR • EXTERIOR
 RESIDENTIAL • COMMERCIAL
 HOLE PATCHING • SIDINGS FENCING
 PAINTED & STAINED
 Joe: 515-202-5936
 Sonny: 515-918-7464
 jdesantiago1@yahoo.com
 Serving the Des Moines & Central Iowa Areas
 FREE Estimates
 Licensed & Insured
 10 Years Experience
 Affordable Painter!
15% OFF
 on 2nd coats

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

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.

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

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

Thank You from Coffee News!

Call Or Stop By These Advertisers And Do Business!

Your Weekly Horoscopes

For entertainment purposes only.

RETIREMENT COMMUNITY

Memory Care
Independent Living
Assisted Living
Nursing & Skilled Care

CALVIN
Community



A CONTINUING CARE
RETIREMENT COMMUNITY

Visit Today! You'll See What Caring Is!

4210 Hickman Road, Des Moines, IA 50310
515-277-6141 • www.calvincommunity.org

Like us on Facebook! www.facebook.com/CalvinCommunity



COLLECTAMANIA

FLEA MARKET • ANTIQUES • CONSIGNMENT
AUCTION OUTLET OF IOWA

515-261-4550

3200 Delaware

Des Moines, IA

www.collectamania.com

Tues-Sun: 10am-7pm

www.facebook.com/pages/Collectamania



WEEKLY AUCTIONS
EVERY WEDNESDAY
11:00AM

515-233-2709

www.auctionzip.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
CRACKS IN YOUR
EXISTING SIDING
BRICK • VINYL • WOOD • ALUMINUM • BLOCK • ATTICS
WATERLOO • MARION • DES MOINES • DUBUQUE • FORT DODGE
877-791-FOAM
NO OBLIGATION
FREE CONSULTATION

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

Crisis Intervention Advocacy Center

Empowered • Safe • Respected • Free
Believed • Independent • Strong
Successful • Valued • Yourself

Our services are free,
voluntary, confidential
and available.

We service victim/survivors of domestic
abuse, sexual abuse, homicide, violent crime
and those experiencing homelessness.

www.supportingsurvivors.org

24 Hour Crisis Lines

Domestic Abuse Survivors
1-800-400-4884

Sexual Abuse Survivors
1-800-550-0004

TRUCK COVERS All Brands Of Pickup Truck Tonnau Covers!



We Ship Worldwide!

HOME OF THE
WOODEN NICKEL

515-422-6032
Ankeny, IA 50023

Email: jonclouder@gmail.com

www.4covers.com

Mon - Fri: 9:00 AM - 4:30 PM

5%
Discount
With This
Ad!



ICE CREAM

Noon to 9pm Every Day

Hickman Soft Serve

Same Great Service. Same Great Flavors.



(515) 277-7963

5814 Hickman Rd, Des Moines, IA
@ Fogarty's Hickman SoftServe



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

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!

HEARING AID

ASI
AUDIOLOGY
& HEARING INSTRUMENTS

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



RESIDENTIAL
COMMERCIAL

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

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@DIJLAW.COM
Go to www.dijlaw.com for more information.

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

FITNESS

Fit Pharm
- NUTRITION -

• Weekly Meal Plans
• Shop by Goal
• Shop by Category
• All Products

Mix and Match
BUY 2 GET
1 FREE

new
HIGH SCHOOL
& COLLEGE
recommended products

Mon-Fri: 9am-8pm
Sat-Sun: 9am-3pm

515-225-6976
> Fitpharmnutrition.com

THIS SPACE
FOR RENT

515-975-0054

NANCYITANI ART

Pet Portraits For December

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
nancyitani@yahoo.com

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

Use These Companies!!!

Thank You from Coffee News!