

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: Stacey Fulton of Grimes, IA
Stacey read **Coffee News** at Kwik Star in Grimes!



FREE! **Coffee News**®
"News to be enjoyed over Coffee"
Urbandale Edition
(515) 975-0054
www.CoffeeNewsDesMoines.com
Gil@CoffeeNewsDesMoines.com
Volume 11:35 February 22, 2021



Finders Fee Available... Call Gil!
Coffee News Advertising
Check Out Our Rates for February!
Call or Email Gil For Advertising
515-975-0054
Gil@CoffeeNewsDesMoines.com
Visit: www.CoffeeNewsDesmoines.com

CHIROPRACTOR
DSM Mobile Chiropractic
We Come To You!
Healing in your Home.
Dr. Anthony Meyer
(515) 971-8971
www.dsmmobilechiro.com
dsmmobilechiro@yahoo.com








FITNESS **SHOWGIRL FIT**
Fun, Fitness, & Feathers
Check Our Website For Monthly 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




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.

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
@AngieStandleeRealtorKW
www.astandlee.kw.com





ICE CREAM Noon to 9pm Every Day
Hickman Soft Serve
Same Great Service. Same Great Flavors.
5814 Hickman Rd, Des Moines, IA
@Fogarty's Hickman SoftServe
(515) 277-7963





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





www.CoffeeNewsDesMoines.com
Gil@CoffeeNewsDesMoines.com
Volume 11:35 February 22, 2021

Everybody's Talking!
Unusual success: A young teen from a poor family in Lucban, a town in Quezon Province, Philippines, had an unusual opportunity for success on the modeling scene. Rita "Badjao Girl" Goviola's large family received very little income from her father's job, so she had to beg for alms on the street. One day, photographer Topher Quinto Burgos took photos of her and posted them online. That was the beginning of Goviola's rise to success. Her natural beauty was noticed by several celebrities, who took her under their wing. Eventually, Goviola started modeling and acting, and she was able to afford to build a new home for her family.

Roadside bonfire: Toilet paper was in high demand and short supply during the COVID-19 pandemic. So when a transport truck carrying a large load of the stuff crashed on a highway in the state of Texas (U.S.), it would have been understandable if bystanders had helped themselves to a few of the rolls. Unfortunately, the toilet paper – reported to be the type used in businesses – caught fire. Instead of cleaning up the spilled load, onlookers ended up watching a bonfire of the important commodity. Thankfully, no one was hurt in the incident.

Food art: The Japanese art called kyaraben involves arranging food into interesting and fun designs. One creative kyaraben-maker, known as Etoni Mama, lives in Tokyo and has three children. She became famous on social media for her version of the art. While any kind of food can be used in kyaraben, Etoni's choice is fried eggs. She makes cartoon characters with runny egg yolks as the head and body, and then she adds harder, cooked pieces of yolk to serve as arms, legs, and feet. She dresses up characters with other food items, snipped and shaped to make clothing. Her children love it!

Fixing fences: Art Gladu has fixed a few fences during his time living in a house at a busy intersection in Winnipeg, Manitoba (Canada). The reason? Vehicles somehow miss the corner and end up in his front yard. It happened in the mid-2000s when a truck backed onto the property before driving off. In 2015, another car careened into the yard, hitting his pine tree. More recently, in the wee hours, Gladu woke to a loud noise, only to find that yet another vehicle had punched through his chain link fence before coming to a stop on his tree. He's hoping the city will have a guardrail installed.

Quoteable Quotes
"Let your life lightly dance on the edges of Time like dew on the tip of a leaf."
—Rabindranath Tagore
"The fruit that can fall without shaking, Indeed is too mellow for me."
—Lady Mary Wortley Montagu

What's Happening
Flea Markets are back at the Iowa State Fair! Come out and see your favorites antique, toy, handmade arts, and a variety of other vendors. We will be located in Cattle Barn Annex and Foyer Area. As always admission is FREE.
March 6 -7th
Saturdays 9 to 4
Sundays 9 to 3 pm
Face coverings will be required for all vendors

Email us your up coming Free events and we will post them for you under our "Whats Happening Event Calendar"
Email: Gil@CoffeeNewsdesmoines.com
or Call Gil @515-975-0054
Visit: www.CoffeeNewsDesmoines.com




Trivia
1. In which part of the human body will you find the anvil, hammer, and stirrup bones?
2. What is the second highest mountain in the seven continents?
3. What famous canal can be found in Egypt?
4. *Cats the Musical* is based on a collection of poems by which poet?
5. What is the currency of India?
(Flip bottom of page for answers)
© Published with Permission by **Coffee News**® of Des Moines
(Over)

FITNESS
Fit Pharm – NUTRITION –
515-965-0195
2010 SE Delaware Ankeny, IA (next to TJ Maxx)
515-225-6976
5585 Mills Civic Parkway #140 West Des Moines, IA
Fitpharmnutrition.com
M-F: 10-7
Sat-Sun: 10-5
Weekly Meal Plans
Shop by Goal
Shop by Category
All Products
SCAN THIS





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

SPICES & EXTRACTS
WATKINS
Since 1868
CAROL ANN DAVIS
WATKINS INDEPENDENT CONSULTANT
515-318-9774
SCAN FOR WEB





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




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
www.facebook.com/FabricsnFun





This Space For Rent!
515-975-0054



BE A HERO IN YOUR COMMUNITY
IOWA 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





Call Or Stop By These Advertisers And Do Business!

PEARCE PAVING
 515-707-0059
 855-573-2723

- Seal Coating
- Parking Lots
- Driveways
- Streets
- Maintenance
- Design/Remodel/Repair



2815 100TH St. Urbandale, IA

This Space FOR RENT
but not for long!



515-975-0054

HEARING AID
ASI
 AUDIOLOGY & HEARING INSTRUMENTS

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

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

FREE Hearing Exams!

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.dljlaw.com for more information.



INSURANCE Medicare Health Life Annuities

Nursing Home Plans
 Advantage Supplement Plans
 Cancer Dental Prescription Drug

Kathleen Smith
 Licensed Independent Insurance Agent

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




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



Natural Hormone Therapy

Advanced Weight Loss

Improves mood**
 Preserves muscle integrity**
 Increases metabolism**

Reduces hunger pangs**
 Restores energy**

“FREE Consult”

New Leaf WELLNESS Aesthetic Services

Botox
 Juvelerm
 Facials

Plasma Pen
 Dermabrasion
 & More

3930 Westown Pkwy Suite A
 West Des Moines, IA 50266

515-612-7461
 www.newleafcenters.com



NANCYITANI 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
 nancyitani@yahoo.com





Your Weekly Horoscopes

For entertainment purposes only.

ARIES
 (March 21 - April 20)



Express yourself in writing rather than speaking. Something important may click. Reading your own thoughts could enable you to understand yourself better. Lucky numbers: 26, 29, 33, 36, 40, 43.

TAURUS
 (April 21 - May 21)



You may want to open your mind to new areas of communication. It might be time to convert your style by using some new technologies to get your message across. Lucky numbers: 11, 18, 22, 35, 47, 49.

GEMINI
 (May 22 - June 21)



Your plans may include assistance from those close to you. Insights into your dreams and the dreams of others could be a good guideline for your potential endeavors. Lucky numbers: 25, 33, 35, 38, 41, 49.

CANCER
 (June 22 - July 22)



You may have to make some extra time to check out health issues, within your busy schedule. Rest and relaxation might be just what the doctor orders right now. Lucky numbers: 4, 16, 25, 27, 34, 40.

LEO
 (July 23 - Aug. 23)



Many influences may inspire you to reach past the immediate and find new ways to express yourself. Planning travel might influence something spiritual in you. Lucky numbers: 1, 12, 23, 44, 46, 49.

VIRGO
 (Aug. 24 - Sept. 23)



You may need to feel that you are in control of certain aspects of your life. Strive hard to take the reins and make decisions. Your confidence should flourish as a result. Lucky numbers: 13, 25, 27, 32, 37, 44.

LIBRA
 (Sept. 24 - Oct. 23)



Creative new projects may be in your immediate future. Choose your teammates carefully, as someone may try to take the credit for your hard work and ideas. Lucky numbers: 15, 24, 29, 32, 37, 41.

SCORPIO
 (Oct. 24 - Nov. 22)



Now may be a time to laugh hard and play even harder, which might be very infectious. Recent events could show that you need to keep that child alive in yourself. Lucky numbers: 2, 19, 22, 29, 33, 42.

SAGITTARIUS
 (Nov. 23 - Dec. 21)



Your tight-knit circle of friends and family may hold your word in high honor. You should be able to recognize the power that you really possess within yourself. Lucky numbers: 7, 11, 24, 28, 35, 38.

CAPRICORN
 (Dec. 22 - Jan. 20)



Your strong spiritual feelings may help you positively reflect on your life. If others seem negative, you might encourage them to count all their blessings, too. Lucky numbers: 4, 7, 18, 19, 24, 37.

AQUARIUS
 (Jan. 21 - Feb. 19)



You may feel that you need to fight for what you believe in. Your message should be very clear, decisive, and convincing. Try not stir up more controversy than necessary. Lucky numbers: 5, 12, 16, 23, 41, 45.

PISCES
 (Feb. 20 - March 20)



Your honest heart and sense of humor may attract new friends. Play hard and work hard to help learn valuable lessons about yourself. Keep your spirit real. Lucky numbers: 13, 27, 35, 41, 42, 44.

Lucky numbers this week: This week's odds favor Cancer winners with the luckiest number being 4.

Did You Know...

Seed of Australia: Wattleseed is an Australian plant that has been used in food for 40,000 years. Pods contain small, protein-rich seeds that can be ground into powder. Used in desserts and drinks, it tastes similar to coffee, chocolate, and hazelnut.

Cheesy potatoes: In France, a favorite potato dish is called "aligot." It is made by mashing potatoes and adding quite a bit of mild cheese, along with garlic, butter, and cream. The result is a fondue-like comfort food.

Jelly's time: Jelly's Last Jam is a Broadway musical that first appeared in 1992. The music was written by Creole jazz composer Ferdinand Joseph LaMothe, known as "Jelly Roll Morton" (1890-1941). The musical tells his story of being an early jazz musician.

Plant place: The Berlin Botanical Garden started in 1679 as an expansion of the royal kitchen and flower garden. Today, it is one of the largest botanical gardens in the world and has about 20,000 species of plants.

Green treat: People in South Australia like to eat frogs – as long as they are made out of sugar! Called "frog cakes," these regional treats look like frogs, but are made of sponge cake, jam, and buttercream, topped with green fondant icing.

On the Lighter Side

Dan called the tinnitus hotline, but it just kept ringing....

Why is a moon rock tastier than an Earth rock? It's a little meteor.

Remember that you're positively unique. Just like everyone else.

Middle age: When you pick your cereal for the fiber, not for the toy.

Reporter: "How many people work for the government?"
 Researcher: "About half."

Answers

4. T. S. Eliot 5. Indian Rupee
Trivia answers: 1. Middle ear 2. Aconcagua 3. Suez Canal

For available franchise opportunities – visit www.coffeenewsfranchise.com

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

Affordable* Exclusive* Effective Advertising!

PAINTER AJ Painting

INTERIOR • EXTERIOR
 RESIDENTIAL • COMMERCIAL
 HOLE PATCHING • SIDINGS FENCING
 PAINTED & STAINED

FREE Estimates
 Licensed & Insured
 10 Years Experience

Affordable Painter!

Joe: 515-202-5936
 Sonny: 515-918-7464
 jdesantiago1@yahoo.com
 Serving the Des Moines & Central Iowa Areas

15% OFF on 2nd coats

GET YOUR BUSINESS BUZZZZZZZZIN'

Advertise in Coffee News®
 Exclusive Effective Affordable Advertising!

515-975-0054



RATES AS LOW AS

1.99% APR*

AUTO LOANS

WWW.AFFINITYCUA.ORG

AFFINITY
 CREDIT UNION

WE'LL BEAT YOUR LOAN RATE BY A FULL 1%

NO-COST REFINANCING

90 DAYS NO PAY

THIS SPACE FOR RENT

515-975-0054

Coffee News® reminds you to **SHOP LOCALLY!**

You'll be glad you did!

Nurturing locally owned businesses means supporting businesses that employ local workers, serve local customers, and give back to the local community.



COLLECTAMANIA
 FLEA MARKET • ANTIQUES • CONSIGNMENT

WEEKLY AUCTIONS EVERY WEDNESDAY 11:00AM

515-261-4550
 3200 Delaware
 Des Moines, IA
 www.collectamaniaia.com
 Tues-Sun: 10am-7pm
 www.facebook.com/pages/Collectamania





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.

Humana.

Derek Richards
 drichards8@humana.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





Use These Companies!!!