

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!
 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"
Waukee Edition
 (515) 975-0054
 www.CoffeeNewsDesMoines.com
 Volume 10:4 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

Natural Hormone Therapy
 Lack of sex drive, Loss of energy, ED, Hot Flashes, Fatigue, Joint/Body Pain
Advanced Weight Loss
 Personalized NAD weight loss**
 Reduces hunger pangs**
 Boosts 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

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
 The Iowa Gold Star Military Museum
 515-252-4531
 7105 NW 70th Ave., Johnston, Ia.
www.goldstarmuseum.iowa.gov

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

COLLECTAMANIA
 FLEA MARKET • ANTIQUES • CONSIGNMENT
 WEEKLY AUCTIONS EVERY WEDNESDAY 10:00AM
 515-233-2709
www.auctionzip.com
 515-261-4550
 3200 Delaware
 Des Moines, IA
www.collectamaniaia.com
 Tues-Sun: 10am-7pm
www.facebook.com/pages/Collectamania

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

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

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
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

The UPS Store
 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.

THIS SPACE FOR RENT
 515-975-0054

SUPPORT THE ADVERTISERS THAT SUPPORT US
Coffee News
 "News to enjoy over coffee"
 Des Moines & Surrounding Areas

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 PLUGS IN YOUR EXISTING SIDING
 BRICK • VINYL • WOOD • ALUMINUM • BLOCK • ATTICS
 WATERLOO • MARION • DES MOINES • DUBUQUE • FORT DODGE
877-791-FOAM
 NO OBLIGATION FREE CONSULTATION
 WATCH OUR SHORT INSTALLATION VIDEO AT www.RetroFoamIA.com

INSURANCE
 Medicare -SUPPLEMENT Health Life Nursing Home
 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

RETIREMENT COMMUNITY
 Memory Care
 Independent Living
 Assisted Living
 Nursing & Skilled Care
CALVIN Community
 WE'RE A Classic!
 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

Use These Companies!!!