



St Luke United Methodist Church
 Pastor Audrey W Young
 501 E 19th Street N
 Newton, IA 50208



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St Luke UMC
 501 E 19th Street N
 Newton, IA 50208
 641-792-5736
February 2017



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Financial Update

We did it again in 2016! We made "First Mile" giving by submitting apportionments in full.

And "2nd and 3rd Mile" with missions giving,

including for Larry & Jane Kies, Missionaries, Africa University.

We'll continue 2nd Sunday Noisy Offerings for "A-PORTION-MEANT-FOR-OTHERS" and anytime, checks can be written to *St Luke* with *Apportionments* in the memo.

These offerings have been received
Dec 25: \$1520 including \$280- Apportionments; \$274-Christmas Offering; \$20-Special Bulletins.

Jan 1: \$2899 including \$560- Apportionments; \$65-Building Fund; \$11-Christmas Offering.

Jan 8: \$4049 including \$50- Apportionments; \$130-Building Fund; \$9-Kies Missionaries; \$50-Women At The Well; \$567-Self Help International.

Jan 15: \$1396-including \$25-Building Fund; \$13-Kies Missionaries; \$324-Women At The Well UMC.

Jan 22: \$1996 including \$70-Building Fund; \$85-Human Relations Offering; \$135 - Kies Missionaries; \$950-Rental Income.

The balance on the building loan is \$12,588 thanks to your generous giving specifically for this. You are Amazing!



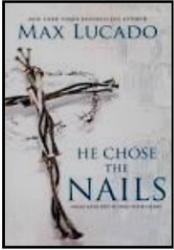
**Sunday, February 19
 Disabilities Awareness Offering**

The purpose of this offering is to celebrate the gifts and graces of persons with disabilities and promote their full inclusion in the community. 100% of this offering is retained by the Iowa Annual Conference to provide educational opportunities, and to provide grants to local churches which will assist in removing architectural and attitudinal barriers to accessibility.



**Lenten Study Starting in March
 "He Chose The Nails: What God Did To Win Your Heart"
 by Max Lucado**

*"Linger on the hill of Calvary.
 Rub a finger on the timber
 and press the nail into your hand.
 Taste the tinge of cheap wine
 and feel the scrape of a thorn on your brow.
 Touch the velvet dirt, moist with the blood of God.
 Allow the tools of torture to tell their story.
 Listen as they tell you what God did to win your heart."*



"He Chose The Nails" is a companion study to the Advent Study "Because of Bethlehem." In "He Chose The Nails," Max explores the many gifts that Christ provided to us at his crucifixion. These include the gift of the cross plus the gift of the thorns that pierced his brow. The nails that tore his flesh. The seamless robe that he removed for us. The empty tomb where he forever defeated sin and death.

The hill of the cross is rich with the gifts of God's grace. These were gifts he didn't have to give. The only required act for our salvation was the shedding of blood, yet God did so much more. So, as we unwrap these gifts, we need to pause and listen for his voice. As we do, perhaps we will hear him whisper, "I did it just for you."

Small groups will be forming soon. Watch trifolds for more details & sign up at church.

Do You Knit or Crochet?

If we are going to continue giving Prayer Shawls to our graduates and others, we will need those who knit or crochet to make them please.



Sandwich Boomers Potluck & White Elephant Exchange
Saturday, February 4: 6pm
 See page 5 for details.

Sunday, February 5
Day of Prayer for Christian Unity
 Worship at 8 & 10:30 am
 Communion
 Sunday School at 9:15 am

Sewing Days
Tuesday & Wednesday, February 7 & 8
9 am - 4 pm
 Sewing School Bags for MMDC.
 Details on page 3.

Thursday, February 9
7:10 am - 1:30 pm
HeartReach Mobile Lab
At St Luke UMC
 See page 5 for details.

Sunday, February 12
Apportionment Sunday
 Worship at 8 & 10:30 am
 Sunday School at 9:15 am

Sunday, February 19
 Worship at 8 & 10:30 am
 Sunday School at 9:15 am
 6 pm ICIW Worship at Mitchellville

Thursday, February 23
9 am - 3 pm
Days for Girls
 At 1st Presbyterian Church

Sunday, February 26
 Worship at 8 & 10:30 am
 Sunday School at 9:15 am

Ash Wednesday Pancake Supper
Wednesday, March 1
 5 - 6:30 pm
 See page 3 for information.



Dear St Luke Family,

From our Christmas Offering, we are giving 60 Birthing Kits which may help in saving the lives of 60 babies and their mothers from infection and death. Mothers always have hopes and dreams for themselves and their children. Remember how we were told Mary "pondered" all the happenings of Jesus' birth in her heart? And \$370 to the Jasper County Salvation Army, not to mention our gifts and books given to local children through St Nick Xmas Club

And in December we gave the final \$10,000 for our share of Iowa's A-PORITION-MEANT-for-Others.

When Nora Tobin told us about the work of Self-Help Int'l, and how a measly American-\$25 can keep a girl in Teen's Club and school for a year and forever change her life with education, better healthcare, avoidance of pregnancy, and increased self-worth, we, St Luke, gave Self-Help \$587 to transform the lives of two dozen girls in Nicaragua.

When Rev Lee Schott was here to speak of women in prison and their dreams for a better future, we gifted \$384 to The Women at the Well UMChurch "behind the wire" at ICIW, Mitchellville.

This Saturday, January 28 from 10 am-3 pm, we are invited to the second annual RIGHT NEXT DOOR Conference on Criminal Justice & the Church at Aldersgate UMC, in Urbandale.



Retired attorney, Harvey Harrison will give us tools to advocate toward greater justice in our state and nation.

And Rev Lee Scott will speak to the obstacles and the imperative of welcoming persons and their family members who have come OUT of incarceration and into our cities and churches.

On Martin Luther King Jr Day, all the good he did in God's Name reminds us of human relations issues, like racism, sexism, human trafficking, which we can continue to address by giving through the United Methodist Church's Special offering for Human Relations.

And Sunday the Work Trip folk took seven sewing machines, those 60 birthing kits, some school kit bags, cloth diapers, other stuff and themselves to work at the Midwest Mission Distribution Center in Chatham, IL.

I know we probably can't ALL give to ALL of these good causes every time an opportunity presents itself. But we can EACH give to the ONES that touch our hearts the most. In that way, ALL of them will receive "SOMETHING."

Put together with the "SOMETHINGS" from other persons and churches, we will support these-folk-in-need LIKE we have helped to do in the past.



Which makes me think of all the bed nets and clinics the Iowa UMConference provided with over two million dollars in two years we gave for Imagine No Malaria.

Hundreds of thousands of people are ALIVE today because of our giving. Many of them now believe in Jesus as their Lord and Savior because WE GAVE OUR GIFTS in Jesus' Name!

I thought of all the pillowcase dresses that Beula, Marie and I made that are being worn by girls in a Nigerian orphanage.

I thought of the many children that are fed at CFUM at Trinity UMC, in DSM, by St Luke on the 5th Mondays and all the other folk who provide them with meals, and tutoring, and before and after-school help and a safe-place-to-be until their hard-working parents come join them for supper. Our A-PORITION-MEANT-for others helps them to dream of a better life.

I thought of the "Dreamer" children who were sent by their families NORTH into the U.S. because it is too dangerous for them in their homelands south of here...like it was too dangerous for Jesus in Bethlehem as a child under three years of age.



That is why the Iowa Justice for our Neighbor folk work so very hard to provide funding for an attorney who works specifically with these lonely and alone children.

Our A-PORITION-MEANT-for others helps them too. The Bible makes it clear, God came as Jesus to set the captives free and to raise up the poor and oppressed. The church must be on the side of the children because GOD is. St Luke has begun the new year by giving generously. This is God's calling on our lives.

Thanks and praise be to God for HIS indescribable GIFT of Jesus Christ so that, we may be givers and Dream fulfillers too!

I will always pray for you and ask for your prayers for me.

Pastor Audrey

SPRC = Staff-Parish Relations Committee

2017 SPRC members are Stephen Pageler, Amy Murphy, Peg Ehler, Rose Hartschen, Dennis Smith.

Members of the Care Core

Marianne Spaur, Lisa Marston, Kari Ann Munson, Pam Arrowood, Joyce Stonehocker, Barb Kaldenberg, Jan Lewis, Karen Clark, Tamara Lloyd, Jenni (Chpn) & Brad Patty. They share joys & concerns, visit guests & members, provide meals and other good ministry.



WORSHIP ASSISTANTS

February 5	8 AM CHRISTIAN	UNITY 10:30 AM
Ushers	Larry/Darlyne Howard	Deb/Austin Stoulil
Greeters	Tamara Lloyd	Barb Kaldenberg
Reader	Jenni Patty	Dennis Smith
Acolytes	Ron Lisk	Kleo Walker-O'Brien
Nursery	Parents take turns	Volunteer Needed
Keyboard	Bev Thomas	Jan Lewis
Special	Peg Ehler	Peg Ehler
Projection	Brad Patty	Pam Smith
Fellowship	Ann Leonard	Barb Ponder
Care Core	Tamara Lloyd	Kari Ann Munson
Communion	Linda Greene	Comm Asst: Ella Swarts
Counters		Russ Leix/Barb Kaldenberg
February 12	8 AM	10:30 AM
Ushers	Bill/Linda Hotger	Mike/Kleo O'Brien
Greeters	Ann/Ben/Caleb Leonard	Carolyn Cook
Readers	Dale Dorrell	Sharon Swarts
Acolytes	Ron Lisk	Kael/Ella Swarts
Nursery	Parents take turns	Pat Patty
Keyboard	Bev Thomas	Jan Lewis
Special		
Projection	Brad Patty	Jacob Murphy
Fellowship	Margaret Gullett	Karen Clark
Care Core	Jan Lewis	Lisa Marston
Counters		Deb Stoulil/Jan Lewis
February 19	8 AM	10:30 AM
Ushers	Dick/Pam Stiles	Dennis/Pam Smith
Greeters	Joyce Stonehocker	Brad/Jenni Patty
Readers	Russ Leix	Marianne Spaur
Acolytes	Ron Lisk	Evan/Emma Grimm
Nursery	Parents take turns	Volunteer Needed
Keyboard	Bev Thomas	Jan Lewis
Special		
Projection	Karen Clark	Carolyn Cook
Fellowship	Mike/Barb Kaldenberg	Sue Crook
Care Core	Joyce Stonehocker	Karen Clark
Counters		Rose Evans/Pat Patty
February 26	8 AM	10:30 AM
Ushers	Margaret Gullett/Tamara Lloyd	Jeff/Amy Murphy
Greeters	Rose Hartschen	Swarts Family
Readers	Barb Kaldenberg	Corinne Kleppe
Acolytes	Ron Lisk	Kleo Walker-O'Brien
Nursery	Parents take turns	Pat Patty
Keyboard	Bev Thomas	Jan Lewis
Special		
Projection	Karen Clark	Pam Smith
Fellowship	Dick/Pam Stiles	Marianne Spaur
Care Core	Barb Kaldenberg	Marianne Spaur
Counters		Brad Patty/Russ Leix

Where to Find Us

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Facebook: St Luke United Methodist Church Newton

St Luke News

Sympathies to Doris and Dean Diamond and family on the death of Doris' brother, Harold Knight.

Many thanks for the generous Love Gift we received from St Luke at Christmas time. It is our privilege to serve God at St Luke. Pastor Audrey, Shirley Guillaume and Jenny Wells.

Congratulations to Hannah Marston for being named to the Dean's List at Iowa State University. And Savannah Reicks at NHS.



Please--Update All Addresses

including college students. We are constantly updating addresses of our members & friends. Help us by supplying us with those you know. We don't want to lose track of our church family.



Worship Assistants

Please find a sub or trade if you cannot do it as scheduled. Then contact the church office so we can print correct names. It's a way for us to get to know one another.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 February			1 *Tate Osborn *Lauren Figland	2 *Pat Patty 80th	3	4 *Conner Marston *Hiap Thongvanh *Anna Chandler
5 8/10:30 Worship Day of Prayer for Christian Unity - Communion 9/11:30 Fellowship 9:15 Sunday School Classes for all. 	6 *Lisa Pageler	7 Sew Days 9 am - 4 pm	8 6:30 pm Praise Team Practice 7:15 pm Choir Practice 7 pm Page Turners Book Club - Entry	9 *Jennifer Rhone	10 Newsletter Articles Due	11 *Kali Draper *Katherine Thomas
12 8/10:30 Worship Apportionment Offering 9/11:30 Fellowship 9:15 Sunday School Classes for all.  *Diane Hartschen-Law	13 *Andrew Miller	14 *Tom Lloyd	15 1:15 pm UMW at St Luke 6:30 pm Praise Team Practice 7:15 pm Choir Practice	16 7 pm Quilt Guild - F Hall	17 *Taylor Reicks	18
19 8/10:30 Worship - Iowa Disability Awareness Offering 9/11:30 Fellowship 9:15 Sunday School Classes for all. 6 pm ICIW Worship 	20 *Russ Leix	21 7 pm Council Meeting	22 8:30 am Collate Newsletter 6:30 pm Praise Team Practice 7:15 pm Choir Practice	23  9am-3pm Day for Girls 1st Presbyterian Church	24 *Hannah Squire	25 *Michaela Bleeker
26 8/10:30 Worship 9/11:30 Fellowship 9:15 Sunday School Classes for all. *Jan Lewis *Evan Grimm	27	28 *Mackenzie Bleeker 6:30 pm SPRC meeting	March 1 Ash Wednesday 5-6:30 pm Pancake Supper 6:30 pm Worship  *Denotes Birthdays! If your birthday is missing or incorrect, contact the office.			Jan-April 2nd-5th Sunday School Offerings For Larry & Jane Kies - Missionaries in Africa

Read Calendar closely for events not appearing elsewhere in Newsletter. Thank you.



**United Methodist Women
Wednesday, February 15**

1:15 pm
At St Luke UMC

"Dear children, keep away from anything that might take God's place in your heart."

1 John 5:21 NLT

Program: Human Trafficking
By Jan Lewis

Hostess: Joyce Stonehocker
March 3 - World Day of Prayer
March 4 - Spiritual Growth Day
March 8 - International Bell Ringing for Women's Rights

Sunday School Mission Offering

Larry and Jane Kies have spent much of their adult lives in mission service. They currently live and teach in Zimbabwe, Africa at the Africa University. Larry works as the Technical advisor to the Africa University Farm at Mutare. And Jane teaches English at the Africa University in Mutare.



Once again this year we have covenanted with the Kies with our goal being \$1 per member for each of them. The NOW committee has chosen Larry and Jane as our January to April Sunday School Mission offering. The first Sunday of each month will continue to go toward Sunday School administrative costs including our Sunday school materials and resources.

Corinne Kleppe- NOW missions P.S. Our 2017 Annual \$100+ Covenant with Women at the Well UMC in ICIW, Mitchellville has already been met. Thank you.

Children's Sunday School

Pre-K through 4th graders are on a faith journey called *Deep Blue*, the awe-inspiring resource for children which includes adventure, exciting stories, science experiments, arts and crafts, animated video storytelling, and active games-all combined into a living-faith experience that will help children discover what it means to be a disciple of Jesus Christ today!



News from our Librarian ~ Karen Clark

Janet Perez Eckles wrote one of our library's newest additions, *Simply Salsa*. Eckles is a Bolivian immigrant who lost her eyesight as a young mother of three boys at age 31. She has suffered financial devastation, endured



infidelity, and has faced the anguish of her son's murder. She is one of the last people you might expect to write about joy, but she has. Through God's grace she has learned to triumph and to dance. She writes about her healing journey and all she has learned in this book. It is entertaining, inspiring and passionate. You can find it on the newsletter shelf just inside the door of our little library in the corner.

Pancake Supper - Ash Wednesday, March 1

Ash Wednesday which is March 1st will be the date for St Luke United Methodist Church's annual pancake supper from 5-6:30 pm. The menu will include pancakes, sausage, fruit and beverages. A signup sheet for donations and workers will be on the Servant's Counter in February. A free will offering will be used for the St Nicholas book fund. 2017 will be our 3rd year of providing a book for each child in the program.

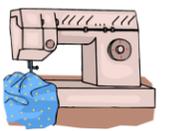


**Work Trip to MMDC
March 2017**

Another chance to volunteer at Midwest Mission Distribution Center is coming March 5-8. The center has opportunities for everyone. In the past we have assembled kits of all kinds, assembled flood buckets, made school bags, worked on school desks, and some have even done maintenance work on the buildings. We are open to doing whatever they need. We will be staying in the dorm on site, eating communal meals and working Monday, Tuesday and half day Wednesday before returning home. Each person is responsible for the following costs: dorm fee of \$18 per night (\$54), volunteer's materials fee (\$50), and non-refundable processing fee (\$20) for a total of \$124. Half of the cost is due in early February. Please write your check to Midwest Mission Distribution Center in the amount of \$62 and give to Karen Clark by February 1. The remainder is due upon arrival. Contact Karen Clark with questions or sign up on the Servant's Counter.

Sewing Days - February 7 & 8

Another session of Sewing Days is set for Tues & Wed, Feb 7 & 8, 9 am-4 pm. We will sew school bags for the Midwest Mission Distribution Center. Bring something for our lunchtime potluck, a snack to share if you wish, as well as your sewing machine or serger, thread for sewing on light gray fabric, scissors and other personal sewing tools. Volunteers to cut fabric will be appreciated. We will have an extra sewing machine or two! Sign-up at the Servants' Counter or contact Karen Clark with questions at 792-0530 or by e-mail, skclark@iowatelecom.net, if you would like to join the fun.





My Story

Amy Michelle Willcockson from Live Healthy Iowa showed us how the obesity rate in the United States has increased steadily since the 1980s. Since the 80's our lives have become increasingly sedentary, and our food has become increasingly processed. Not to mention our meals have become larger in size. She talked a lot about the effects of this sedentary, oversized life. On the up side, she also told us that 75% of these effects are reducible, reversible, and preventable with lifestyle changes.

Then she said, "I am going to give you the best diet you will never find in any book. Eat more food by GOD and less food by man." The food God created is really the best thing we can eat. Let's move away from the processed and preservative filled foods and toward the clean, fresh, healthy foods.



Even in the Bible there are times when the menu needed to change to those things that were food by GOD:

"But Daniel appealed to a steward who had been assigned by the head of the palace staff to be in charge of Daniel, Hananiah, Mishael, and Azariah: "Try us out for ten days on a simple diet of vegetables and water. Then compare us with the young men who eat from the royal menu. Make your decision on the basis of what you see." The steward agreed to do it and fed them vegetables and water for ten days. At the end of the ten days they looked better and more robust than all the others who had been eating from the royal menu. So the steward continued to exempt them from the royal menu of food and drink and served them only vegetables." Daniel 1:12-16

Choosing the best food for our bodies is important. And choosing the best food for our soul is important also. Is it time to focus on becoming a healthier you? I pray that we all move toward more food by GOD... food for our bodies and food for our souls.

Corinne Kleppe - Editor

Adult-2 Class

The Adult-2 Class invites you to join them as they continue reading and discussing the book *Postville: A Clash of Cultures in Heartland America* by Stephen G. Bloom. This is the story of the Hasidic Jews and their 1987 move to Postville, IA.

There is always room for more to join the discussion in the 3rd room on the left in Ed Unit at 9:15 on Sunday mornings.

St. Luke BIBLE STUDY
 Seasons OF THE Spirit
 Sunday School Class
 meets 9:15 a.m. in the choir room

Glorious Mystery The Mystery of God's Transforming Presence Matthew 17:1-9

On Transfiguration Sunday, February 26th, the focus scripture mirrors, in some ways, the story of Moses on Mt. Sinai. Read the Matthew focus scripture and then Exodus 34:29-35; note the numerous parallels. Six days a cloud covered Mt. Sinai before Moses ascended it. Three men (Aaron, Nadab and Abihu) were invited to worship with Moses. (However, in the Moses story, only Moses was allowed to come into the presence of God.)

Jesus's shining face parallels Moses's shining face after his meeting with God. God speaks from a cloud in both encounters. The three disciples were afraid, paralleling the Israelites when they saw Moses' shining face.

Moses and Elijah are the two prophets who meet with Jesus in the Matthew "conversation." Moses represents the law (ten commandments) and Elijah represents the prophets. These particular figures are two of the most important of the Hebrew Scriptures/Old Testament. In the end, in Matthew, -- it was only Jesus who remained with Peter, James, and John, perhaps messaging that although the writings and lessons of the Old Testament are the "foundation," it is the word and acts of Jesus which is the final authority.



The Seasons of the Spirit Bible Study Class meets Sunday mornings at 9:15 to read about and discuss issues related to each week's prescribed lectionary readings. Come, join in the learning!

Below are the lectionary scriptures that the Sunday school class participants will be learning about each week in February. Even if you can't come to class, consider taking the time to read them at home!

∞ Lectionary Readings for February 2017 ∞

•Feb. 5: Matthew 5:13-20 | Letting the Light Through
To respond to Jesus' call to be like salt and light as we live into God's realm.

•Feb. 12: Mathew 5:21-37 | Heart-felt
To wrestle with Jesus' teachings about the heart of the law as we live into God's realm.

•Feb. 19: Matthew 5:38-48 | Going Beyond
To deepen our understanding of what it means to love our neighbor as we live into God's realm in the story of God's saving love.

•Feb. 26: Matthew 17:1-9 | Glorious Mystery
To be open to the mystery of God's transforming presence.



February Salvation Army Food Pantry Request
Muffin, Bread and Pancake Mixes and Syrup



Adult Fellowship Sandwich-Boomer Event Saturday, February 4th

The St. Luke Sandwich-Boomers will host their annual potluck, white elephant gift exchange & candlelight dinner event Saturday evening, February 4th at 6 pm in Fellowship Hall. Adults of ALL ages are invited to attend! Please bring food items for potluck supper and one wrapped white elephant gift per participating person.



St Luke has a new email address.

It is now:

NewtonStLukeUMC@gmail.com.

Be sure to update your email address book.



Keeping Local Kids Warm & Dry

We are collecting children's coats, socks, mittens, gloves, underwear and other clothing for children at T.J. Elementary School. Items with elastic and one-size-fits-many are most helpful. There is a basket in the entry for donations.

Weather Cancellation Policy

If school is cancelled/dismissed early due to weather, then St Luke activities are cancelled that day/evening as well. Sunday Worship is rarely cancelled!



Name Change

Jasper County Kids Against Hunger has changed its name to Jasper County Take Away Hunger. They will continue to supply meals internationally but now there will be a greater focus on domestic hunger, particularly in the state of Iowa.

Meals packaged by Take Away Hunger will be distributed to food banks through out Iowa.



HeartReach Mobile Lab at St Luke Location: St Luke United Methodist UMC Thursday, February 9th 7:10am-1:30pm

The *HeartReach Mobile Lab* from Unity Point-Des Moines is a 37' Winnebago that brings dedicated technicians and nurses to you to provide the most comprehensive screening for heart disease and stroke. A variety of screening tests are available to help identify your risk for heart disease and stroke.....Easy and affordable.

♥ To schedule an appointment.... CALL: 1-866-935-5432

♥ For more information online: www.unitypoint.org/heartreach

Screening options available:

Option 1 : Complete Screening \$95

- ♥ Ultrasound of Carotid Arteries (blood flow to the brain)
- ♥ Abdominal Aortic Aneurysm (blood vessel in belly)
- ♥ Ankle-Brachial Index measure (blood flow in arms/legs)
- ♥ Electrocardiogram or EKG (checks the heartbeat)
- ♥ Cholesterol Profile with Blood Sugar
- ♥ Weight and Waist Measurement
- ♥ Heart Disease Risk Survey
- ♥ Consultation with a cardiac nurse.
- ♥ If you have cholesterol and blood sugar results from the past 6 months, bring them with you and we will use them for your heart disease risk score.

Option 2: Vascular and EKG Screening \$85

- ♥ Ultrasound of Carotid Arteries (blood flow to the brain)
- ♥ Check for Abdominal Aortic Aneurysm (blood vessel in belly)
- ♥ Ankle-brachial Index Measure (blood flow in arms/legs)
- ♥ EKG (checks the heartbeat)

Option 3: Vascular Screening \$75

- ♥ Ultrasound of Carotid Arteries (blood flow to the brain)
- ♥ Check for Abdominal Aortic Aneurysm (blood vessel in belly)
- ♥ Ankle -Brachial Index Measure (blood flow in arms/legs).

Option 4: EKG & Cholesterol Profile & Blood Sugar \$65

- ♥ EKG (checks the heartbeat)
- ♥ Heart Disease Risk Survey
- ♥ Cholesterol Profile with Blood Sugar
- ♥ Weight and Waist Measurement
- ♥ Consultation with a cardiac nurse.

Option 5: Cholesterol Profile with Blood Sugar \$35

Option 6: EKG (checks the heartbeat) \$35

Option 7: Carotid Artery Screening (blood flow to brain) \$35

Option 8: Abdominal Aortic Screening (blood vessel in belly) \$35

Option 9: Ankle-Brachial Index Measure (blood flow in arms/legs) \$35

Open to the public. St Luke provides the place to park the Winnebago.

