



Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

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TDD (800) 545-1833, Ext. 359

www.angelusplaza.org

**~ The Angelus Plaza Waitlist
is Currently Closed ~**

**WHAT
WE
DO**

Located in the heart of Downtown L.A.'s Historic Bunker Hill District, Angelus Plaza is the largest affordable housing community for older adults in the nation. The Plaza and its Senior Activity Center opened in 1980. Five high-rise towers house a diverse community of 1400 adults with an average age of 82. The six-story Senior Activity Center provides a variety of supportive services, programs, and amenities. We collaborate with outside organizations, volunteers, and senior clubs to provide activities for older adults living downtown and surrounding areas. The Senior Activity Center serves approximately 8,000 older adults monthly. Our programs emphasize ongoing education, a healthy and active lifestyle, multi-cultural understanding, and intergenerational involvement. Our programs are free, and open to all seniors (age 55+).

We welcome donations to support programs and services.



**Notification of
Nondiscrimination on
Basis of Disability Status**

Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, Part 8 dated June 2, 1998).

Perry Glenn
Vice President of
Affordable Housing Operations
911 N. Studebaker Road,
Long Beach, CA 90815
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The *Flight*
by **Angelus Plaza**
A Retirement Housing Foundation® Community

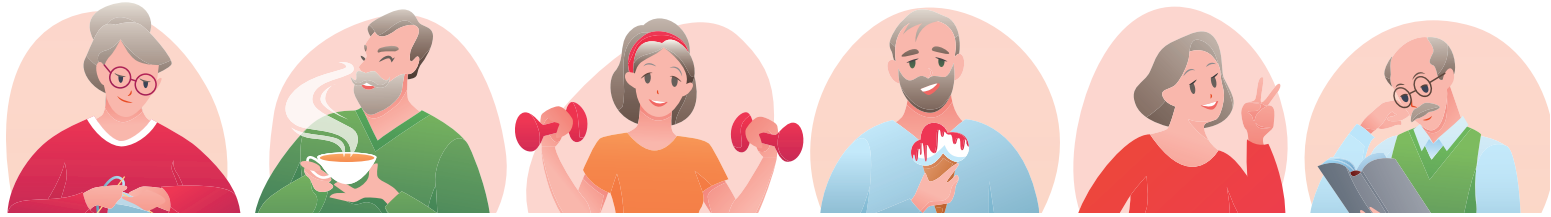
SELF DEFENSE CLASS
August 5, 2021
9:00 a.m. to Noon

**RESIDENT BIRTHDAY
CELEBRATION
W/YASHA & IRINA**
August 18, 2021
2:00 p.m.

**AUGUST
Message**

**"Deep summer is when laziness finds
respectability."**

~ *Sam Keen*



CELEBRATING NATIONAL WELLNESS MONTH

Throughout August, National Wellness Month encourages us to focus on self-care, stress-management, and the promotion of healthy routines. If you take the time to establish wholesome lifestyle habits all month long, you'll see and feel so much better! And hopefully, you'll continue to follow the healthful habits all year long.

Research has proven that self-care helps manage and control stress and promotes happiness. Making even small or seemingly minor changes can positively impact your health, and there are a number of unique and easy ways to accomplish those adjustments. Some of these to consider include:

- Increasing your water intake.
- Adding more fruits and vegetables to your meals.
- Monitoring your sleep and making adjustments for better sleep habits.
- Joining a yoga, walking, or aerobics class.
- Learning to meditate.

Every August, National Wellness Month brings us an opportunity to amplify and expand the message of healthy living. Visit www.wellnessmonth.com for a calendar of daily doable challenges and discover the small ways that you can choose to become more well every day. Consider proclaiming, "I choose wellness", with a #Wellfie photo and posting it on your favorite social media board.

Learning to incorporate even these small steps of self-care solutions and changes, and inspiring others to do the same, can help lead us to a lifetime of improved health and wellness!

CELEBRANDO EL MES NACIONAL DEL BIENESTAR

A lo largo de agosto, el Mes Nacional del Bienestar nos anima a centrarnos en el cuidado personal, el control del estrés y la promoción de rutinas saludables. Si se toma el tiempo para establecer hábitos de vida saludables durante todo el mes, verá y se sentirá mucho mejor. Y, con suerte, continuará siguiendo los hábitos saludables durante todo el año.

Las investigaciones han demostrado que el cuidado personal ayuda a manejar y controlar el estrés y promueve la felicidad. Hacer cambios incluso pequeños o aparentemente menores puede tener un impacto positivo en su salud, y hay varias formas únicas y fáciles de lograr esos ajustes. Algunos de estos a considerar incluyen:

- Aumento de la ingesta de agua.
- Agregar más frutas y verduras a sus comidas.
- Controlar su sueño y realizar ajustes para mejorar los hábitos de sueño.
- Inscribirse en una clase de yoga, caminar o aeróbicos.
- Aprendiendo a meditar.

Cada agosto, el Mes Nacional del Bienestar nos brinda la oportunidad de amplificar y expandir el mensaje de una vida saludable. Visite www.wellnessmonth.com para obtener un calendario de desafíos factibles diarios y descubra las pequeñas formas que puede elegir para mejorar cada día. Considere proclamar, "Elijo el bienestar", con una foto de #Wellfie y publíquela en su tablero de redes sociales favorito.

¡Aprender a incorporar incluso estos pequeños pasos de soluciones y cambios de cuidado personal, e inspirar a otros a hacer lo mismo, puede ayudarnos a llevarnos a una vida de mejor salud y bienestar!



慶祝全國健康月

八月，全國健康月鼓勵我們專注於自我保健、壓力管理和促進健康的日常生活。如果你整個月都花時間養成健康的生活習慣，你會感覺好多了！並且希望，您將一整年都繼續保持這些健康的習慣。

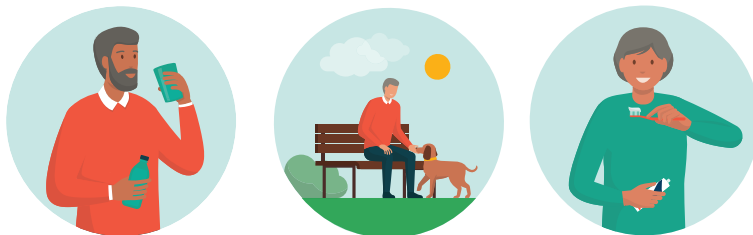
研究表明，自我保健有助於管理和控制壓力。它還可以促進幸福。即使是很小的改變也可以改善您的健康。有多種方法可以完成這些調整。其中一些需要考慮的包括：

- 多喝水
- 多吃水果和蔬菜
- 監測您的睡眠並做出調整以改善睡眠習慣
- 參加瑜伽、步行或有氧運動課程
- 學習冥想

每年八月，全國健康月都會讓我們有機會與更多人談論健康生活。訪問

www.wellnessmonth.com 獲取健康日常活動日曆，並發現您可以選擇每天變得更好的小方法。考慮用 #Wellfie 照片宣布“我選擇健康”並將其發佈到您最喜歡的社交媒體板上。

學會將這些小步驟的自我保健解決方案和改變結合起來，並激勵他人也這樣做，可以幫助我們改善一生的健康狀況！



8월은 전국 건강증진의 달입니다

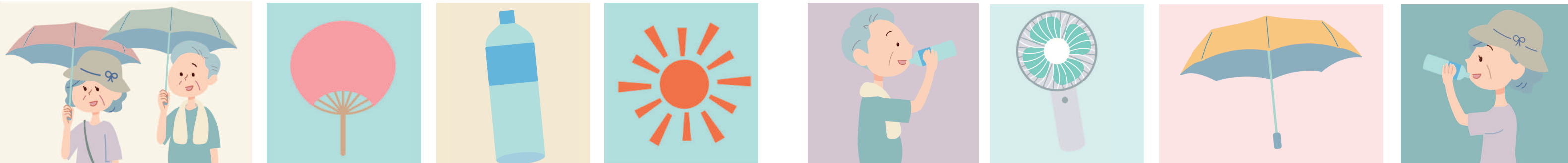
전국 건강증진의 달인 8월에는 스스로를 돌보기, 스트레스 관리, 건강한 생활습관 확립이 권장됩니다. 이번 달 동안 시간을 들여 몸과 마음 건강을 위한 생활습관을 들인다면, 훨씬 나아진 스스로를 발견하시게 될 겁니다! 그리고 앞으로 일년내내, 그 건강한 생활습관을 유지하시기 되실 수 있습니다.

스스로를 돌보는 사람이 스트레스를 잘 관리하고 더 행복하다는 것이 연구 결과를 통해 밝혀져 왔습니다. 아주 작고 사소해 보이는 생활속의 변화가 건강에 긍정적인 영향을 주며, 이렇게 할 수 있는 몇가지 쉬운 방법들이 있습니다.

- 물을 더 많이 드세요.
- 식사 때 야채와 과일을 더 많이 드세요.
- 본인의 수면습관을 점검하시고, 더 나은 수면습관을 위해 변화를 주세요.
- 요가, 산책, 에어로빅 수업에 참여하세요.
- 명상하는 법을 배워보세요.

매년 8월, 전국 건강의 달에는 건강한 생활을 더 널리 전파하는 방법들이 있습니다. 웹사이트 www.wellnessmonth.com을 방문하셔서 매일 해보실만한 작은 변화들이 적힌 캘린더를 보시고, 매일매일 더 건강하게 지내실 수 있는 작은 방법들을 찾아보세요. 좋아하시는 소셜 미디어에, 관련된 사진을 “나는 건강을 선택한다”라는 문구와 함께 올리시는 것도 고려해보세요. 스스로를 돌보는 이런 작은 습관과 변화들을 생활화하는 것을 배우고, 다른 사람들에게도 같은 것들을 격려함으로써, 우리는 평생동안 더 건강하고 행복하게 살 수 있습니다!





STAY COOL IN THE HEAT

Many people love the warm summer months. But hot and humid days can sometimes be dangerous. It’s not good for the body to be too hot for too long. Too much heat can damage your brain and other organs.

When sweating isn’t enough to help you cool down, you’re at risk for a heat related illness called hyperthermia. Older people and people who are ill, obese or on certain medications are especially at risk. Hyperthermia can cause several heat related illnesses:

- Heat cramps are the painful tightening of muscles in your stomach, arms or legs. If you have heat cramps, find a way to cool your body and be sure to drink plenty of fluids.
- Heat edema is a swelling in your ankles and feet when you get hot. Elevating your legs should help. If that doesn’t work fairly quickly, check with a health professional.
- Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel dizzy, thirsty, weak, uncoordinated and nauseated. Your skin might feel cold and clammy, and you may have a rapid pulse. If this happens, drink plenty of fluids and rest in a cool place. If you’re not careful, heat exhaustion can progress to heat stroke.
- Heat stroke is a life-threatening form of hyperthermia that occurs when your body temperature reaches 104° Fahrenheit or more. Heat stroke can lead to confusion, fainting, staggering, strange behavior or dry, flushed skin. Heat stroke is a medical emergency

Here are some tips to stay cool:

- Get out of the sun and into a cool place.
- Drink plenty of liquids, especially water. Avoid drinks that contain alcohol.
- Limit use of the oven if you don’t have air conditioning.
- Dress for the weather. Wear light-colored, loose-fitting clothing.
- Shower, bathe or sponge off with cool water.
- Cover windows with shades, blinds or curtains during the hottest part of the day.
- Apply for energy assistance programs with your social service coordinator if you are concerned that the electricity bill will be high from your AC usage.
- Regularly check on your neighbors and pets to make sure they are keeping hydrated and cool in the hot weather.

For more information, please visit NIH News in Health website: <https://newsinhealth.nih.gov/>

MANTENTE FRESCO EN EL CALOR

A muchas personas les encantan los cálidos meses de verano. Pero los días calurosos y húmedos a veces pueden ser peligrosos. No es bueno para el cuerpo estar demasiado caliente durante demasiado tiempo. Demasiado calor puede dañar su cerebro y otros órganos.

Cuando sudar no es suficiente para ayudarlo a enfriarse, corre el riesgo de contraer una enfermedad relacionada con el calor llamada hipertermia. Las personas mayores y las personas enfermas, obesas o que toman ciertos medicamentos corren un riesgo especial. La hipertermia puede causar varias enfermedades relacionadas con el calor:

- Los calambres por calor son la tensión dolorosa de los músculos del estómago, los brazos o las piernas. Si tiene calambres por calor, busque una manera de enfriar su cuerpo y asegúrese de beber muchos líquidos.
- El edema por calor es una hinchazón en los tobillos y los pies cuando se calienta. Elevar las piernas debería ayudar. Si eso no funciona con bastante rapidez, consulte con un profesional de la salud.
- El agotamiento por calor es una advertencia de que su cuerpo ya no puede mantenerse fresco. Puede sentirse mareado, sediento, débil, descoordinado y con náuseas. Su piel puede sentirse fría y húmeda y puede tener un pulso rápido. Si esto sucede, beba muchos líquidos y descanse en un lugar fresco. Si no tiene cuidado, el agotamiento por calor puede convertirse en un golpe de calor.
- El golpe de calor es una forma de hipertermia potencialmente mortal que ocurre cuando la temperatura de su cuerpo alcanza los 104 ° Fahrenheit o más. El golpe de calor puede provocar confusión, desmayos, tambaleo, comportamiento extraño o piel seca y enrojecida. El golpe de calor es una emergencia médica

Aquí tienes algunos consejos para mantenerte fresco:

- Salga del sol y diríjase a un lugar fresco.
- Beba muchos líquidos, especialmente agua. Evite las bebidas que contengan alcohol.
- Limite el uso del horno si no tiene aire acondicionado.
- Vístase para el clima. Use ropa holgada de colores claros.
- Dúchese, báñese o lávese con una esponja con agua fría.
- Cubra las ventanas con persianas, persianas o cortinas durante la parte más calurosa del día.
- Solicite programas de asistencia energética con su coordinador de servicios sociales si le preocupa que la factura de electricidad sea alta debido a su uso de aire acondicionado.
- Controle regularmente a sus vecinos y mascotas para asegurarse de que se mantengan hidratados y frescos en el clima caluroso.

Para obtener más información, visite el sitio web de NIH News in Health: <https://newsinhealth.nih.gov/>

在炎熱的天氣保持涼爽

許多老年人喜歡溫暖的夏季。但炎熱潮濕的日子有時會很危險。太熱太久對身體不好。過多的熱量會損害您的大腦和其他器官。

當出汗不足以幫助您降溫時，您就有患熱相關疾病的風險，稱為體溫過高。老年人和生病、肥胖或服用某些藥物的人尤其處於危險之中。體溫過高會導致多種與熱有關的疾病：

- 熱痙攣是腹部、手臂或腿部肌肉疼痛收緊。如果你有熱痙攣，找到一種方法來冷卻你的身體，並確保多喝水。
- 熱水腫是當您變熱時腳踝和足部腫脹。抬高你的腿應該會有所幫助。如果這不能很快奏效，請諮詢健康專家。
- 中暑是身體無法再保持涼爽的警告。您可能會感到頭暈、口渴、虛弱、不協調和噁心。您的皮膚可能會感到寒冷和濕冷，並且您的脈搏可能加快。如果發生這種情況，請多喝水並在陰涼處休息。如果您不小心，中暑可能會發展為中暑。
- 中暑是一種危及生命的體溫過高形式，當您的體溫達到華氏 104 度或更高時就會發生。中暑會導致意識模糊、昏厥、蹣跚、行為異常或皮膚乾燥、潮紅。中暑是一種醫療緊急情況

以下是一些保持涼爽的提示：

- 離開陽光充足的地方，去涼爽的地方。
- 多喝水。避免飲用含有酒精的飲料。
- 如果您沒有空調，請勿使用烤箱。
- 為炎熱的天氣著裝。穿淺色、寬鬆的衣服。
- 淋浴、沐浴或用冷水擦拭。
- 在一天中最熱的時候用窗簾、百葉窗或窗簾蓋住窗戶。
- 如果你怕開空調因為電費太高，可以找社工申請電費。如果以前申請過，還沒完，現在不能申請。要用完。
- 定期檢查您的鄰居和寵物，確保他們在炎熱的天氣中保持水分和涼爽。

如需更多信息，請訪問 NIH News in Health 網站：<https://newsinhealth.nih.gov/>

시원한 여름을 보냅니다.

우리는 따뜻한 여름을 좋아하지만 덥고 습한 날은 위험할 수 있습니다.

더운 곳에 오래 계시는 것이 우리의 몸에 좋지 않습니다.

높은 기온은 우리의 두뇌와 우리 몸의 다른 장기들을 훼손합니다.

만약 땀이 나지 않아서 우리 몸의 열을 내리지 못한다면 온열질환에 걸릴 확률이 높습니다.

연세가 많으신 분들과 몸이 불편하신 분들 비만 또는 특정한 약을 드시고 계신 분들은 특히 위험합니다.

온열질환은 여러가지 열에 관련된 심각한 질환으로 될 수 있습니다.

- 열경련은 위장과 팔다리에 고통스러운 근육통입니다. 즉시 시원한 곳에서 수분 공급을 잘 해 주십시오.
- 열부종은 발목과 발이 붓는 증상입니다.다리를 높이 올려 놓으시면 도움이 되겠지만 곧 가라앉지 않으면 의료종사자의 도움을 받으십시오.
- 열피로는 더 이상 신체가 열을 내리지 못한다고 주의를 주는 증상입니다. 갈증, 무력감, 토할 것같은 느낌, 현기증, 균형감각을 잃거나 피부가 차갑고 축축하게 느껴지고 심장박동이 늘어납니다. 이럴 경우 수분을 충분히 섭취해 주시고 시원한 곳에서 휴식을 취해 주세요.
- 열사병은 체온이 화씨104도(섭씨 40도)까지 올라가면 정신착란, 실신, 믿기 어려울 정도의 충격적인 행동과 건조하고 상기된 피부를 보입니다. 열사병은 응급질환입니다.

시원하게 지내실 수 있는 방법

- 태양을 피하십시오.
- 충분히 물을 드시고 주류는 피하십시오.
- 에어컨이 없으시면 오븐의 사용을 자제하십시오.
- 밝은 색의 옷, 느슨한 옷을 입으십시오.
- 시원한 물로 샤워나 목욕을 하십시오.
- 바깥온도가 올라가면 창문에 커튼을 치십시오.
- 에어컨을 쓰기에 전기요금에 부담스러우시면 소살 서비스 코디네이터와 절약프로그램에 대해서 의논하십시오.
- 이웃분들과 애완동물까지 서로 더운 날씨에 물은 충분히 드는지, 시원하게 잘 지내는지 확인하세요.

더 자세한 내용은 NIH News in Health 웹사이트 <https://newsinhealth.nih.gov/> 에 방문하세요.

Summertime is always the best of what might be. ~ Charles Bowden



7:30 Chinese Folk Dance (P)
9:00 Zumba Gold (P)
10:00 Zumba Gold (P)

8:30 Tai Chi (P)
9:30 Move w/Music (P)
1:30 Computer Class (3CL)
1:30 Technology Help Clinic (3CL)

7:30 Chinese Folk Dance (P)
9:00 Zumba Gold (P)
10:00 Zumba Gold (P)
1:30 Computer Class (3CL)
2:30 Technology Help Clinic (3CL)

9:00 Cardio Workout (P)
10:00 Balance Exercise (P)
1:30 Computer Class (3CL)
2:30 Technology Help Clinic (3CL)

8:30 Tai Chi (P)
9:30 Cardio Workout (P)
10:15 Body Moves for Better Health (P)

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

ACTIVITIES CALENDAR

1 11:00 am LA Hope Church Services (4A)	2  11:30 Art w/Nate (P) 2:00 Movie & Refreshments (3L)	3 9:00 Art Class w/Armando (304)	4  9:00 SELF-DEFENSE CLASS (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 2:00 Korean-American Art (304) 3:00 Line Dance (3A)	5 9:00 Art Class w/Armando (304) 10:30 English Conversations (3C) 11:00 LACFAS Dance (3A) 1:00 Project Hands (3C) 	6	7
8 11:00 am LA Hope Church Services (4A)	9 2:00 Movie & Refreshments (3L)	10 9:00 Art Class w/Armando (304) 11:00 LACFAS Dance (3A) 2:00 Calligraphy (3A Gallery) 3:00 Belly Dance (3A) 	11  1:00 Angelus Plaza Choir (4A)	12 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 2:00 Korean-American Art (304) 3:00 Line Dance (3A)	13 9:00 Art Class w/Armando (304) 10:30 English Conversations (3C) 11:00 LACFAS Dance (3A) 1:00 Project Hands (3C) 	14
15 10:00 am Angel's Church (3L) 11:00 am & 2:00 pm Global Love's Church (5DR) 11:00 am LA Hope Church (4A) 3:00 Guitar Class (4A)	16  11:30 Art w/Nate (P) 2:00 Movie & Refreshments (3L)	17 9:00 Art Class w/Armando (304) 11:00 LACFAS Dance (3A) 2:00 Calligraphy (3A Gallery) 3:00 Belly Dance (3A) 	18 1:00 Angelus Plaza Choir (4A) 2:00 RESIDENT BIRTHDAY PARTY W/YASHA & IRINA 	19 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 2:00 Korean-American Art (304) 3:00 Line Dance (3A)	20 9:00 Art Class w/Armando (304) 10:30 English Conversations (3C) 11:00 LACFAS Dance (3A) 1:00 Project Hands (3C) 	21
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29 10:00 am Angel's Church (3L) 11:00 am & 2:00 pm Global Love's Church (5DR) 11:00 am LA Hope Church (4A) 3:00 Guitar Class (4A)	30 2:00 Movie & Refreshments (3L)	31 9:00 Art Class w/Armando (304) 11:00 LACFAS Dance (3A) 2:00 Calligraphy (3A Gallery) 3:00 Belly Dance (3A)	LOCATION KEY (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (PD) Promenade Deck  Reminder: Please wear FACIAL MASKS and keep 6 ft social distance when you are outdoors.			

BON
APETIT

WITH
CHEF ANDY
BUILDING A
MANAGER

HOW TO COOK
BBQ PORK RIBS!

Select your most popular pork rib cuts whether they be Baby Back Ribs , Spare Ribs, or St Louis Cut Ribs. These three are the most common pork rib cuts and can be obtain at your local markets (although the St. Louis Cut Ribs are harder to find). Look for the meat to be light pink to pale in color with even marbling (fat to meat ratio) throughout the ribs. Stay away from ribs that might be enhanced with solution (check label).

Baby Back Ribs: These are about 1 inch thick with a generous amount of meat to the bones. To remove the membrane or not to remove the membrane, that is the question... it's your choice! Removing the membrane makes no difference in taste, but removing it does change the texture. So really it comes down to personal preferences. If you want to remove the membrane, here is what you do. Using a butter knife, you slide it over and under the membrane. Then using a paper towel for grip, carefully grab the edge of the membrane and pull it away from the rib. It's very simple! Now add your favorite dry rub over the entire rib covering it evenly on both the front and back. If you choose to leave the membrane on, it will be challenging but not impossible to evenly cover the back side with the rub. Now it's ready to cook using your favorite BBQ apparatus.

DIRECTIONS

Cook your Ribs:
the rule is always slow and always low!
Conventional Oven 250° F / Convection Oven 250° F low fan

BBQ grill on low heat and cook until ribs are tender and meat fall off the bones.

Each type of ribs will vary in cooking times.



¡CÓMO COCINAR COSTILLAS DE
PUERCO A LA BARBACOA!

Seleccione sus cortes de costilla de Puerco más populares, ya sean Baby Back Ribs, Spare Ribs o St Louis Cut Ribs. Estos tres son los cortes de costilla de Puerco más comunes y se pueden obtener en los mercados locales (aunque las costillas cortadas de St. Louis son más difíciles de encontrar). Busque que la carne sea de color rosa claro a pálido con un veteado uniforme (proporción de grasa a carne) en todas las costillas. Manténgase alejado de las costillas que podrían mejorarse con la solución (verifique la etiqueta).

Baby Back Ribs: tienen aproximadamente 1 pulgada de grasa y una generosa cantidad de carne hasta los huesos. Quitar la membrana o no quitar la membrana, esa es la cuestión ... ¡es tu elección! Quitar la membrana no hace ninguna diferencia en el sabor, pero quitarla cambia la textura. Así que realmente se trata de preferencias personales. Si desea quitar la membrana, esto es lo que debe hacer. Con un cuchillo de mantequilla, lo desliza por encima y por debajo de la membrana. Luego, usando una toalla de papel para agarrar, agarre con cuidado el borde de la membrana y retírelo de la nervadura. ¡Es muy simple! Ahora agregue su frote seco favorito sobre toda la costilla cubriéndola uniformemente tanto en la parte delantera como en la trasera. Si opta por dejar la membrana puesta, será difícil, pero no imposible, cubrir uniformemente la parte posterior con el roce. Ahora está listo para cocinar con su aparato de barbacoa favorito.

Cocina tus costillas:
la regla es siempre lenta y siempre baja!
Horno convencional 250 ° F / Horno de convección 250 ° F ventilador bajo
Asar a la parrilla a fuego lento y cocinar hasta que las costillas estén tiernas y la carne se desprenda de los huesos.
Cada tipo de costillas variará en tiempos de cocción.



美式燒烤排骨怎麼
做！

選擇任何一塊排骨。肉應該是淺
粉色到淺色，油均勻分佈在肋骨
上。不要使用可能加入鹽水的排
骨（檢查標籤）。

美式排骨有膜。有些美國人不喜歡它，所以他們把它剝掉。是否剝離薄膜是您的選擇。去除膜對味道沒有影響，但去除膜確實會改變質地。如果你想去除膜，這就是你要做的。使用黃油刀，將其滑到膜下。然後用紙巾夾住，小心地抓住膜的邊緣並將其從肋骨上剝離。這很簡單！現在在整個肋骨上添加香料和調味料，均勻地覆蓋它的正面和背面。現在可以開始做飯了。

- 煮排骨：建議在低溫下慢慢煮。
- 將烤箱中的溫度調至 250 華氏度
- 烤到肉變軟，很容易從骨頭上脫落。

每種排骨的烹飪時間都會有所不同。



바베큐 폭립 요리법!

우선 가장 좋아하는 돼지갈비 부위를 선택하세요. 베이비백립(등갈비), 돼지갈비, 세인트 루이스컷 갈비중 어느 것이든 좋습니다. 이 세 가지는 마켓에서 가장 쉽게 구할 수 있습니다. (세인트 루이스컷은 조금 구하기 어렵습니다.) 연한 분홍색이나

밝은 색으로, 지방이 전체적으로 고르게 분포된 갈비를 고르세요. 용액에 담갔던 갈비는 피하세요.(라벨을 보시면 알 수 있습니다.)

베이비 백립(등갈비): 이것은 뼈에 1 인치 정도 상당한 양의 살코기가 붙어있는 갈비입니다.

고기 표면에 얇은 막은 원하시는 대로 제거하셔도 되고 안하셔도 됩니다. 막을 제거하는 것은 맛에는 영향을 미치지 않지만, 식감을 달라지게 만드니 전적으로 개인 취향입니다.

만약 제거하기를 원하시면, 버터 나이프로 막 아래위에 얇게 칼집을 넣습니다. 그런 후에 페이퍼타월을 이용해서서 잘라낸 막 끝을 잡고, 당기면서 갈빗살에서 제거해냅니다.이것은 매우 간단합니다! 그런 후에 좋아하시는 마른 양념 종류를 앞뒷쪽으로 갈비 전체에 얇고 고르게 발라줍니다. 만약 막을 제거하지 않기 원하시면, 갈비 뒤쪽으로 마른 양념을 고르게 바르는 것이 좀 더 어렵기는 하지만 불가능하지는 않습니다. 이제 좋아하시는 바베큐 기구로 요리하시면 됩니다.

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섬김 프로그램

1. 자연밥상: 주일 예배 후

발아 현미밥과 풍성한 야채와 과일, 건강식 반찬

2. 무료한방의료봉사: 매달 첫 주일 1-3PM

경산한의과대학병원 원장과 기독교한의사 협회

3. 기타교실(Guitar Class):

목 10:30-11:30AM, 주일 2-3PM

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4. 앤젤스합창단(Choir): 수, 주일 1:00-2:00PM

5. 나성소망한국학교: 매 주일 오후

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