

# Crystal Coast Country Club

...where friends connect

By John Ferguson

The Crystal Coast Country Club opened its golf course to member-accompanied guests in November, marking yet another step toward a complete opening—which will include public play. We have heard nothing but laudatory comments about the beauty and the quality of the venue, even though the landscaping and finishing touches are continuing. We are very proud of the course at this point, and it is only going to get better. Although we have not opened to the public yet, there is a way that you can play: by becoming a member of the club. Many folks are coming in and getting application packages and joining. If you are interested, please come in and discuss your membership options with our staff. They will be very pleased to answer all of your questions and show you just what a great place this is. It is important, however, that you come in before the end of the year, as on January 1 an initiation fee will be instituted for all membership categories.

The golf course is just one activity that is in full operation for our membership at this point. Our member lounge is open and is a very enjoyable place to have lunch or supper. The final stages of the clubhouse renovations are well underway, and soon after this article is published the new ballroom will be complete. It is our plan that the clubhouse will be completely open for our holiday activities.

The tennis center has been open and is in great shape. As the renovations start on this facility early next year, the courts will remain open. We are very proud of the fact that our sport members who play tennis and pickleball have kept these activities in a steady state since the 2018 storms.

As we draw closer to the end of the year, the Board of Directors is working on budgets and goals for next year and beyond. I would like to share our strategies so that *Shoreline* readers are aware that our continual improvement efforts will not stop when our course and clubhouse are completed this year. Our key strategies are:

- Expansion and retention of our membership
- Fiscal responsibility
- Service excellence
- Facility improvement and equipment maintenance excellence
- Human resource selection and performance.

Within these strategies, there are a couple of specific items that have already been decided upon. First, the tennis center will be renovated and improved to meet our new standards. A decision has also been made to build an exercise facility, thereby adding to the wide range of activities that the club offers. We are in the planning stages for this now. In addition, we are working with the Town of Pine Knoll Shores to jointly improve stormwater runoff, which will assist the town as well as club.

We believe that with these strategies we will create a culture within our club that will lead to a premier organization where the residents of Pine Knoll Shores and surrounding communities will spend their free time and participate in a wide range of activities. We also think that our club will be a destination for non-residents and vacationers throughout the region. We ask that you join us during this exciting time so you can be part of this journey. We look forward to having you become a member of the Crystal Coast Country Club family.



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## Why pH Matters

By Charlotte Bourdeau

Holistic Health Practitioner and Personal Trainer

### Health and wellness training in PKS

The media is constantly telling us to eat right, exercise and get plenty of sleep for better health. All of this is true, but have you heard about pH and why it matters?

Think back to high school biology class. You may remember the pH scale, which ranges from 0 (acid) to 14 (alkaline)—and pH in the body varies from one organ to another. For example, blood pH has a very small range of 7.35-7.45, stomach pH is around 3.5 or lower (very acidic in order to digest food), and pH of the liver is 7.0, which is neutral. The numbers with which you may not be familiar are those of the urine and saliva.

In holistic health, these numbers are important because they are indicators of how well our body is digesting and using nutrients from the foods we eat. When our pH is out of balance, our digestive system cannot properly absorb important vitamins and minerals from food. This can result in nutritional deficiencies, which can lead to chronic health problems.

So, what should your pH for urine and saliva be? In the ideal situation, both numbers should be 6.4, which is slightly acidic. However, the acceptable range for each is 6.2-6.6. These numbers tell us how well the liver is producing enzymes to prepare our food for digestion and how well food is moving through the digestive system. Saliva pH is an indicator of the speed of upper digestion, while urine pH is an indicator of the speed of lower digestion. When the pH is too high (alkaline), you will find that you are suffering from constipation, gas and bloating. When pH is too low (acid), the exact opposite will occur and waste moves through the body too quickly. Either situation is not good for the body. A slow, sluggish digestion causes waste to stay in the body too long, resulting in toxic buildup in the system. When food is being digested and eliminated too quickly, the body is not able to absorb the essential nutrients from the food.

Checking pH is a simple process that can be done at home using pH strips, which can be purchased at most drug stores or online. The test should be performed approximately two hours after a meal. No snacks should be consumed during this period, and no beverages, gum, etc. should be consumed for at least 30 minutes prior to the test. To perform the test, a urine and saliva sample should be collected and tested by dipping a pH strip into each fluid. Each pack of pH strips comes with a color-coded chart which you compare to the pH test strip. If the color is light green or yellow, this indicates acidity and a fast digestive process. If the color is dark green or blue, it indicates alkalinity and a slow digestive process.

Once you have determined your body's pH, simple changes to your diet can move your pH up or down, depending on your needs. Vegetables, fruits, beans, legumes and some nuts will help raise your pH; and meats, dairy, eggs and grains will lower it. Balance is the key to maintaining a healthy pH. Eating more vegetables and fruits than meats and dairy will help to keep the balance.

*Charlotte Bourdeau is a certified personal trainer through the American College of Sports Medicine and is also a certified Holistic Health Practitioner through the Trinity School of Health and Wellness. She is a retired educator and has lived in Pine Knoll Shores for 25 years. She is co-owner of Whole Body Health International, which offers a tailored approach for clients' specific needs, combining holistic modalities, health coaching, and personal training to provide a wellness experience designed to move in the direction of discovering overall balance for a healthier, happier life.*