

May 2025

# LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree



**KISSING TREE®**  
SAN MARCOS ★ TEXAS

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## Dear Community,

It's hard to believe we're already heading into May! Spring has brought renewed energy to the community, and it's been wonderful to see so many of you out and about enjoying the amenities, events, and warm Hill Country days.

From a staffing perspective, we are actively recruiting for two key roles: Director of Operations and a Maintenance Technician. These positions are critical to keeping our community running efficiently, and we appreciate your patience as we work to bring the right team members on board.

In April, the Community Life team was proud to join Brookfield in welcoming new prospects at the KTX event. Sharing what makes Kissing Tree such an incredible place to call home is one of the most rewarding parts of what we do.

We're also continuing to make progress on important operational initiatives. Our team is currently refining our community parking policy and developing updated emergency preparedness resources to support resident safety and readiness. In addition, SPARK Committee members had the opportunity this month to tour with Land & Development and learn more about the exciting plans and growth ahead for Kissing Tree.

As always, thank you for your continued engagement and support. It's your energy, kindness, and pride in this community that make Kissing Tree truly exceptional.

**Rebecca Rounds-Burger, Executive Director**

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# Featured Events

**Thursdays**

## Live Music Series

Join your neighbors for a Live Music Concert Series every Tuesday afternoons this month at the Biergarten starting at 6:30 p.m.

**Fridays**

## Farmers Market

Make sure to head to the Biergarten early to catch various vendors, products. Quantity may vary each week.

**Monday, May. 5**

## Cinco de Mayo

Join us in the celebration of Cinco de Mayo at the Biergarten. DJ Henry will play a variety of salsa, tango, and other Latin-inspired music!

**Wednesday, May. 7**

## Coffee with the ED

This is an informal unstructured time to ask questions at the Independence Hall activity room with Executive Director, Rebecca Rounds.

**Tuesday, May. 20**

## Website Orientation

New to KT or need a refresher? The next website orientation is at 10 a.m. in The Depot. Bring the device you would use to log in.

**Monday, May 26**

## Memorial Day

Community Life offices are closed in observance of the holiday. Independence Hall and other amenities will remain open.

For more information, navigate to the [electronic calendar](#) on our resident website

# The Repair Report

## Preventative Maintenance

- Daily irrigation filter cleaning on CenterPoint and Blushing Aster will continue throughout spring and summer.
- HVAC cleaning
- Roof top HVAC units and mini split filter PM's and cleaning.

## Projects

- **Dog station installation and relocation.** A new dog station has been installed on the Hunter Road trail. Please utilize this while hiking. Additionally, the dog station near the common area grill near Menard has been moved to Stewart Dr. to alleviate smells.
- **Stage light installation.** Andy and Ivan with the help of Austin and Kevin installed new stage lighting which premiered during KTX. We hope this makes a glowing difference!
- **Custodial schedule restricting.** To better manage the cleanliness of our buildings, 2 porters are now scheduled every weekday morning at 5 a.m. This has so far helped with opening procedures greatly and we have high hopes for KT's cleanliness going forward.
- **Wet pond mosquito control restock.** Bluegill have been stocked in our wet ponds this April to assist with pest control. This is more environmentally safe and sustainable than fogging our ponds (which has been linked to an increased risk of cancer) and has historically been helpful for preventing pests. As a reminder, please do not fish the ponds (It has been tempting enough for some of our staff as it is, and we ask that you resist the urge as well).
- **Fitness equipment maintenance.** Recumbent bikes as well as other upstairs equipment are being more adequately repaired and maintained than years prior. The Asset's Director, Jaime, has provided a lot of expertise from his background in this regard.

# The Repair Report

- **In-house landscaping.** Small landscaping projects are being conducted more in-house to better address the many landscaping challenges throughout the community. Please continue to have patience with us as we address and resolve outstanding landscaping issues—we know there is a lot, and we are working diligently to do what we can to keep our residents happy and KT beautiful.
- **Trail refresh for Berclair trail.** Re-applying asphalt and general refresh for the hiking trail.

Ivan Smith, Community Assets Coordinator



## **Selling or Renting your home in a Villa or Cottage?**

If you are selling or renting out your Cottage or Villa, please be advised that your sign needs to be placed in your flower bed and not your lawn!

## **For all KT residents:**

Any Easter related decorations need to be taken down 14 days after the Holiday (May 4th).

Kylee Holte, Community Standards Coordinator

# Micahmendations

## The 3 Most Underrated Habits for Fat Loss (That Aren't Exercise)

Let's be honest—most people think fat loss means working out harder or eating like a monk. But the truth? Some of the most effective fat loss habits aren't found in the gym or your salad bowl. They're found in the 23 hours outside your workouts.

These three underrated habits don't get the spotlight, but they're the glue that makes real, lasting progress stick—especially if you've hit a plateau or feel like you're doing “everything right.”

### 1. Sleep Like It's Your Job

You may or may not be retired, but you still have a job. You can count macros, track steps, and hit the gym religiously—but if you're averaging five hours of broken sleep and calling it “normal,” your body is quietly hitting the brakes on fat loss.

Here's why sleep is a game changer:

- It regulates hunger hormones like leptin and ghrelin—sleep less, crave more.
- Poor sleep increases cortisol, your stress hormone, which tells your body to store fat, especially around the midsection.
- Less sleep = more fatigue = less movement = slower metabolism

### Micah's Tip

Start by setting a hard stop on screens 60 minutes before bed. Keep your bedroom cool, dark, and boring. Add magnesium glycinate or a sleep-specific supplement if needed—but address the root before taking anything.

### 2. Track without Obsessing

No, you don't need to weigh every grape. But if you've never spent a week honestly tracking your food, your “healthy eating” might be sneakier than you think. Calories hide in “healthy” trail mix, wine pours, sauces, and even your go-to protein shake. On the flip side, some people under-eat, tanking their metabolism and slowing down fat loss even more.

# Micahmendations

## **Micah's Tip**

Use a tracker for 5–7 days like it's a nutrition documentary starring you. You're not judging, food is not a moral stance and there is nothing to feel guilty about—it's just data. Bonus points if you also track how you felt after eating. Energy and digestion will tell you more than a label ever will.

## **3. Move More Without Calling It Exercise**

Structured workouts are great, but it's the in-between movement—known as NEAT (Non-Exercise Activity Thermogenesis)—that can make or break fat loss. That means walking, yard work, cleaning, standing while folding laundry, or pacing during phone calls. NEAT can account for hundreds of calories a day—without the joint stress or time commitment of a workout.

## **Micah's Tip**

Park far. Take the stairs. Schedule short “movement snacks” throughout your day. Even 5 minutes every hour adds up. The best habit I've seen work that is actually enjoyable is to take a 5-10 minute walk after every time you eat. Think of your day like a pie chart—every little wedge of movement helps shrink the waistline.

If you're eating clean and working out but the scale won't budge—look at these 3 habits. They don't feel “hardcore,” but they compound. Fat loss isn't about suffering—it's about stacking smart, sustainable habits that work with your biology, not against it. And if all else fails... blame the wine and call it a stress-management tactic. Then walk a lap around the block and try again tomorrow.

**Micah Ross,**  
**Fitness Manager**

# TARBOX & BROWN

## Looking for the Perfect Mother's Day Gift?

Treat Mom to something she'll truly enjoy! Gift cards are available now in the Kissing Tree Golf Shop and are valid for both golf and food & beverage—so she can plan her perfect day, whether it's on the green, at the bar, or both!

Stop by the Golf Shop to pick one up today and make her day extra special.

## Kick Back with Happy Hour at Tarbox & Brown!

Join us daily from 3:00–5:00 p.m. for crave-worthy bites and unbeatable drink deals

Snack on house favorites like T&B Mozzarella Sticks, Cheeseburger Eggrolls, and Loaded Deviled Eggs, or go big with crispy wings, pork potstickers, or our Happy Hour Platter for Two—perfect for sharing (or not!).

Feeling hungry? Build your own House Burger or try it Stagecoach Style with cheddar, candied bacon, avocado & our signature maple bourbon glaze. Plus, take \$2 off all specialty cocktails, draft beers, domestic cans, and wine by the glass.

This is the happiest hour in San Marcos—see you there!

[View the Full Menu →](#)

**Brooke Roseland**  
Director of Food & Beverage

# KT GOLF CLUB

As I write this, it is currently Easter morning and our team is hard at work getting ready for the big brunch. When you read this, Easter will be a thing of the past and we'll be looking forward to Mother's Day. However, I still feel compelled to wish each of you a very happy Easter holiday and hope that you have a wonderful day with your family. For those of you who choose to spend it with us, I'm looking forward to seeing everyone. I love how breaking bread with our families and neighbors brings everyone together and I believe the holiday gatherings around here really highlight some of the best parts of the KT community.

Spring has come on with some wonderful weather and some welcome rains. This has the golf course in incredible shape for this early in the year and sets us up for a successful summer agronomically. We do still have some projects planned in the coming weeks including some sod work on some of the heat-damaged sections of the greens from last summer, the cart path extensions that have been discussed in the past, and at the end of May we'll be doing our first full core aeration of the season. We expect the conditions to continue to stay at a high level and we are excited for a great summer of golf.

On the F&B front, the restaurant is coming off of consecutive record-setting months for traffic. We have hosted events nearly every single Saturday, served dozens of golf tournaments, and had some delicious fish specials that were well received throughout Lent. We are starting work on our new spring/summer menu and anticipate that dropping in the latter part of May.

On this go-round, we're exploring bringing back a few of our fan favorites to go alongside some delicious new items. We're very excited to bring this to you so stay tuned. We'll also be hosting our big Mother's Day Brunch buffet! Lastly, we have purchased a frozen drink machine, so look forward to frozen margaritas and other tasty cool treats to make your day at the pool or your party at Independence Hall a refreshing one!

**Best wishes,**  
**Ryan Andrews, Golf Course General Manager**

# Updates From The Green

## Pre-shot Routine

Today I am going to talk about the pre-shot routine. Everyone should have a pre-shot routine that doesn't change throughout your round. This would be the time we should do all our thinking. When we are standing behind the ball envisioning the shot, we are about to execute, how do I want to hit the shot, or even something as simple as controlling your breathing and calming down? You see, when the pros on TV do a pre-shot routine, what they are really doing is separating their thought from execution.

They try to see in there, "Mind's Eye" so to speak. What they want the shot to look like and how they want to attack or defend their shot-making strategy. Then they may take a deep breath close their eyes see their shot and then turn off their thinking part. They step into the shot and become the athlete that strikes or executes the shot. They are no longer thinking. All they are doing now is focusing on keeping their head stable or balancing themselves. That's it.

Jack Nicklaus once said: "I can only think about 1 or 2 things when I hit a golf ball. If I can do that, I will have played a very good round of golf. It is when a person thinks too much about the golf swing and its technicalities, that is when it gets complicated and difficult."

They go through a 15-point checklist and account for it. Here are the points I think about when I go through my pre-shot routine. Then I turn off my thinking and I become the athlete in me that will be striking the golf ball.

1. The distance (yds to hole)
2. The wind direction and velocity
3. The time of day (This matters because the ball travels differently in the morning than it does in the afternoon based on temperature and cloud cover)
4. The weather.
5. Ball traveling elevation (up a hill down a hill, across a barranca, or across water).
6. Recalculate distance with these factors.
7. What is my current lie status, tee, fairway, rough, or bunker?
8. Uneven lie (Ball above my feet goes left and ball below my feet goes right. A downhill lie launches lower, and travels longer it rolls more, and an uphill lie launches higher and carries shorter).
9. Recalculate the distance with these new factors.
10. Where is the pin location?
11. What is the maximum carry I want the ball to go and what is the minimum distance I want the ball to carry?
12. Where is a safe place to miss the shot?
13. How do I want to shape the flight of the ball/shot?
14. Recalculate the distance and where I want the shot to end up realistically. (Sure, we all want to make the shot

# Pre-shot Routine

go in the hole. That probably isn't going to happen.) Just hit a good shot.

15. Control my breathing, take a deep breath, and clear my mind. Now shut your brain off and step into the shot.

There are a lot of factors golfers think about. We just need to do it all before we stand over the ball. We need to clear our minds and execute the shot to the best of our ability.

Happy Playing

**Gabe Ross, Head Pro**

# 2025 TOWN HALLS

## MASTER

Q2: JUNE 18

Q3: SEPTEMBER 17  
Q4: DECEMBER 10

## COTTAGES

Q2: JUNE 19

Q3: SEPTEMBER 18  
Q4: DECEMBER 11

## VILLAS

Q2: JUNE 19

Q3: SEPTEMBER 18  
Q4: DECEMBER 11

All the reported incidents required [SentrySix Reports](#) to dispatch and intervene in the Kissing Tree Community of March 2025.

# Trade Partners

The Trade Partner Program is an exclusive advertising and marketing agreement between qualified businesses and Kissing Tree Master Community Inc. Based on the agreement terms, Trade Partners will be allowed to interact with, advertise to, and solicit business in the community. Trade Partners will also be allowed to promote their services and products in group or social settings. We are grateful to all of our Trade Partners.

## **Independence Trade Partner**

**CLC Landscaping, LLC**

## **Freedom Trade Partner**

**Thomas Funeral Home**

## **Victory Trade Partner**

**Christus Santa Rosa Hospital**

## **Liberty Trade Partner**

**Inspired Closets**

**Cruise Planners Concierge Journeys, LLC**

**New York Life — Xavier Castillo**

# COMMUNITY LIFE TEAM

**Rebecca Rounds** - Executive Director

**Kevin Wilson** - Director of Community Engagement

**Jaime Godoy** - Director of Community Assets

**Andy Pina** - Manager of Community Assets

**Sandee Miller** - Manager of Community Care

**Austin Rounds** - Manager of Community Engagement

**Micah Ross** - Manager of Fitness

**Anitra Martinez** - Design Review Coordinator

**Linda Mott** - Community Engagement Coordinator

**Ashlyn Wilson** - Communications Coordinator

**Kylee Holte** - Community Standards Coordinator

**Ivan Smith** - Community Assets Coordinator

**Reagan Porter** - Fitness Coordinator

**Jasmine Flores** - Custodial Engineer

**Jeremy Mott** - Custodial Engineer

**Ty Klender** - Custodial Engineer

**Richard Salinas** - Custodial Engineer

**Trent Rodgers** - Lead Fitness Attendant

**Dillon Franklin** - Fitness Attendant

**Cindy Santiesteban** - Front Desk Ambassador