

February 2026

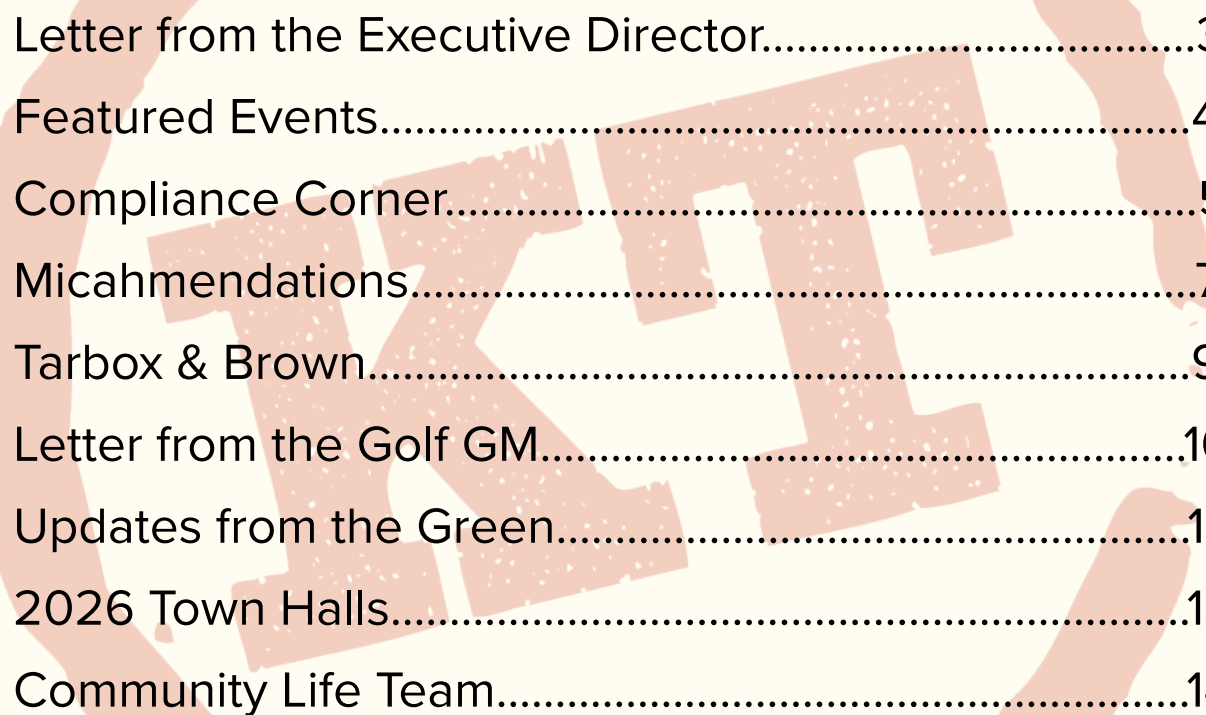
LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree



KISSING TREE®
SAN MARCOS ★ TEXAS

TABLE OF CONTENTS



Letter from the Executive Director.....	3
Featured Events.....	4
Compliance Corner.....	5
Micahmendations.....	7
Tarbox & Brown.....	9
Letter from the Golf GM.....	10
Updates from the Green.....	12
2026 Town Halls.....	13
Community Life Team.....	14

Dear Community,

February has a way of helping us slow down just enough to reconnect — with routines, with neighbors, and with the simple things that make Kissing Tree feel like home. As we settle into the new year, there's a lot of positive energy behind the scenes and a few exciting things ahead that I'm happy to share with you.

We are thrilled to welcome Lisa Westerbeck as our new Community Engagement Manager. You'll begin seeing Lisa around Independence Hall, at events, and connecting with our clubs and volunteers. Please be sure to say hello and help us give her a warm Kissing Tree welcome!

We are also continuing our interview process for both the Director of Assets and Assets Coordinator positions. These roles are vital to the care, maintenance, and long-term planning of our community spaces, and we are taking thoughtful time to ensure we find the right people to serve our community well.

Over in the Fitness Center, we have something new coming your way. Residents will soon have access to body composition measurement, a great tool to better understand and track personal health goals. We're also excited to have Texas State interns with us this semester, working alongside both our Fitness and Engagement teams. Their enthusiasm and fresh perspective are a wonderful addition to the community.

And speaking of celebrating people — very soon, you'll have an opportunity as residents to nominate an Employee of the Quarter and even highlight a neighbor for simply being a great neighbor. We have so many wonderful people here at Kissing Tree, and we're excited to create a way to recognize the kindness, service, and spirit that make this place so special. Stay tuned for more details!

As always, thank you for the care you show one another and for the pride you take in our community. It truly is the people here that make Kissing Tree more than just a neighborhood — it's home.

Wishing you a wonderful February.

Rebecca Rounds-Burger,
Executive Director

February Featured Events

Wednesday, Jan. 7

Trail Hikes

In need of some nature? Join your neighbors on Friday mornings for a refreshing hike and engage in the outdoors.

Wednesday, Feb. 4

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, Feb. 10

CERT Training

Partnering with Hays County and COSM, this course prepares residents to respond confidently to emergencies, covering disaster preparedness, medical aid, fire safety, and search and rescue.

Saturday, Feb. 14

Grandparents Art Class

Are your grandkids visiting? Join them in the Art Studio for a grandparents art class. Details are on the group/club calendar on the resident website.

Monday, Feb. 16

President's Day

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

Tuesday, Feb. 17

Mardi Gras

Join neighbors for a Mardi Gras celebration with live music from Ton of Brass. Enjoy king cake while it lasts, and wear your best Mardi Gras outfit!

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



Trash Can Reminder

All trash bins need to be placed inside your garage or inside an approved trash closure by the HOA. Bins are **not** permitted to stay outside next to your enclosure.

Black Lid Bins

Can be put out earliest Sunday night at 5 p.m. and needs to be hidden from sight by Monday night at 9 p.m.

Beige Lid Bins

Can be put out bi-weekly earliest Sunday night at 5 p.m. and be put up by Monday night at 9 p.m.

Green Lid Bins

Can be put out bi-weekly earliest Tuesday night at 5 p.m. and put back by Wednesday at 9 p.m.

Kylee Holte,
Community Standards Coordinator

Let's find



your rich

Edward Jones[®]

Your financial strategy should support a life you love.
Because the key to being rich is knowing what counts.

Contact me today, and let's find your rich.



Matthew L Zito
Financial Advisor
1290 Wonder World Dr Ste 1210
San Marcos, TX 78666
512-396-5640

Micahmendations

Strength Training 101: How to lift for results and longevity

Walk into almost any gym and you'll see people lifting too much weight, moving too fast and following no clear plan—then wondering why their joints no longer tolerate strength training.

The truth is simple: weight training is not dangerous. Poor technique is.

When done correctly, strength training improves mobility, bone density, metabolic health and confidence as we age. This guide focuses on how to lift weights properly, not just how to move them.

Key Terms

Repetitions (reps): Number of times a movement is performed.

Sets: Groups of repetitions.

Tempo: Speed of movement, often expressed as 3–1–1: three seconds lowering, one-second pause, one second lifting. Tempo builds control and protects joints.

Intensity: How challenging a set feels, often measured by Rate of Perceived Exertion (RPE). Most people should train at an RPE of 7–8.

Technique Comes First

Good technique is about control, not perfection.

Key principles include:

- Moving through a full, pain-free range of motion
- Keeping joints stable and aligned
- Controlling the lowering phase
- Avoiding jerking or rushing repetitions

If form breaks down during a set, the weight is likely too heavy.

Micahmendations

Frequency and Intensity

For most adults, two to four strength sessions per week is ideal. More is not better; consistency and recovery matter. Lingering soreness is feedback, not a goal.

Strength gains occur when the final repetitions feel challenging but technique remains solid. Heavy lifting has a place, but only after a foundation of proper movement and consistency is built.

Progressive Overload

Progress comes from gradual increases in weight, repetitions, sets, control or range of motion. Adding weight and improving form both count as progress.

The Big Picture

Strength training is not about proving toughness. It is about building a body that works now and stays strong over time.

Lift with intention.

Lift with patience.

Lift smart—and lift for the long term.

Micah Ross,
Fitness Manager

TARBOX & BROWN

Love is in the Air... and on Your Plate!

Join us for our Annual Coursed Valentine's Dinner—two nights of romance, indulgence, and unforgettable flavors.

Dates:

- Friday, February 13th
 - Saturday, February 14th
- Seating begins at 6:00 PM

Cost:

\$75 per person | \$95 per person with wine pairing
(Tax & gratuity not included)

Reservations Required:

To reserve your table, please email broseland@troon.com and be sure to include:

- Which date you are booking (13th or 14th)
- Entrée selections for each guest

Both nights typically sell out, and we are opening reservations for both evenings from the start—so we encourage booking early!

To ensure the best experience for all guests, we are strictly enforcing our 24-hour cancellation policy. Due to past no-shows, any cancellations within 24 hours—or failure to arrive—will be charged the full dinner price. Our culinary team prepares each course based on confirmed reservations, and tables are in high demand. Whether you're celebrating with your sweetheart, a group of friends, or treating yourself (because self-love is always in season), this is a Valentine's experience you won't want to miss.

Reserve now—tables fill fast!

Brooke Roseland
Assistant General Manager

KT Golf Club

I hope everyone enjoyed a wonderful holiday season and is looking forward to another great year at KT.

Thus far, the new cart plan appears to be working well, and I would like to thank everyone for their cooperation and support during its implementation. It is important that we all do our part to help maintain the course, and with your continued support, we are confident you will see positive improvements in playing conditions throughout the year.

As part of our ongoing efforts to improve operations across all departments, you will begin to notice some procedural changes. One recent adjustment is the relocation of the cart return to the lower-level parking area. This change was made to keep the Tarbox and Brown entrance clear of carts during the afternoon and evening hours, creating a safer environment for residents and guests entering and exiting the restaurant. While we understand that change can be challenging, these adjustments are sometimes necessary to enhance safety and improve the overall experience for everyone.

Thank you for your continued support. We look forward to an outstanding 2026 at KT.

Dave Carlisle
KT Golf Club General Manager

Trade Partners

Serving the New Braunfels,
San Antonio, Austin and
Hill Country Area



**Luxury Mobile
Concierge
Audiology Services**



830-245-8839 | directcareaudiology@outlook.com

MedPark

HEARING CENTER
Personalized Solutions Healthy Connections

Maintain Independence
& **Prevent Cognitive
Decline** with Hearing
and Tinnitus Treatment.

• • •
Kissing Tree Trade Partner!

- ✓ Diagnostic Hearing Evaluations
- ✓ Cognitive Screenings
- ✓ Complete Treatment Plans
- ✓ Prescriptive Hearing Technology
- ✓ Family Owned Since 1995

(830) 243-6833 | www.medparkhearingcenter.com



16150 S-135 Frontage Rd. Buda Tx, 78610
Jason Brown | 512-312-4115.

Lisa McIlhane
Franchise Owner/
Travel Advisor

lisam@cruiseplanners.com

Mashelle Zeolla

Associate/
Travel Advisor

mashellez@cruiseplanners.com



The Neighborhood Team

936-232-9952

- ♦ Exclusive Offers & Perks
- ♦ Expert Travel Guidance
- ♦ Personalized Service
- ♦ All travel types & styles

www.conciergejourneys.com/Local

As fellow residents and KT Recommended Travel Advisors, we plan your exceptional travel experiences with extra care because we know you.

AUSTIN SKIN

medical + surgical + cosmetic dermatology

SAN MARCOS

📞 512-549-7546

📍 1920 Corporate Dr, Ste B-208
San Marcos, TX 78666



Matthew Arffa
MD FAAD



Larissa Rodriguez Homs
MD FAAD

Spanish speaking
Hablo Español

AUSTIN 512-886-7546 | SMITHVILLE 737-727-7546 | LOCKHART 512-718-6905

austinskinphysicians.com



*Full service
exterior remodeling*

**OUTDOOR REMODELS
DECKS & PATIOS
LANDSCAPING
HARDSCAPING
& MORE**



*Licensed general
contractors*

DEBBIE JACKSON 512.748.6150
JOSHUA PASELK 512.940.4555

Updates From The Green

The weather, as of late, has been a roller coaster ride, and I hope you have found a few good days to get out there and enjoy the golf course!

We are continuing with winter projects such as tree trimming, touching up bunkers, cleaning up tee sign beds and other detail work.

Our fall preemergent application seems to be working well, we are seeing very little weed pressure. Our first spring preemergent application will be February 24th, and that will mainly target crabgrass. This product will be applied to all turf areas except greens.

Looking forward to seeing everyone out on the course!

John Mckay
Kissing Tree Golf Club Superintendent

One thing that's great about Texas this time of year is the full capability of still enjoying the game we all love. Golf is one of the best ways to get to know a variety of new people as well as those around us. As Valentines Day is creeping around the corner, I absolutely cannot think of a better way to get closer to those you love. I might be biased as a Golf Pro, but I would like to remind everyone of the practice sessions that I will be continuing to do through March (as mentioned in last month's newsletter). The day before Valentines Day, I will be holding one of these practice sessions and would like to encourage couples who have never played before to come and see what it is all about!

Fresh air and sunshine can put a smile on anyone's face in the middle of winter as many people struggle mentally during this time of the year. I understand golf can be a time commitment, but it is also an experience outside that many across the country don't get to enjoy in the middle of February. So why not take advantage of what you've got and enjoy a game together in a beautiful outdoor setting?

Also, to stick with our New Year's goal of committing to golf this year, let's all take the time to acknowledge and appreciate how beautiful our Audubon certified course is. Whether you play by yourself or with others, every single person is always playing the golf course and not another. So come on out with your significant other or by yourself to meet another, because this is the best but meant to be shared. Sharing something you love, are passion about, or even a hobby you have is always a great place to start sharing something together!

All the best,
Gabe Ross
Kissing Tree Gold Club Pro

2026 TOWN HALLS

MASTER

QUARTER 1: MARCH 25TH

QUARTER 3: SEPT. 23RD

QUARTER 2: JUNE 24TH

QUARTER 4: DEC. 9TH

COTTAGES

QUARTER 1: MARCH 26TH

QUARTER 3: SEPT. 24TH

QUARTER 2: JUNE 25TH

QUARTER 4: DEC. 10TH

VILLAS

QUARTER 1: MARCH 26TH

QUARTER 3: SEPT. 24TH

QUARTER 2: JUNE 25TH

QUARTER 4: DEC. 10TH

COMMUNITY LIFE TEAM

Rebecca Rounds - Executive Director

Kevin Wilson - Director of Community Engagement

Martha Perkins - Director of Community Operations

Andy Pina - Manager of Community Assets

Sandee Miller - Manager of Community Care

Micah Ross - Manager of Fitness

Lisa Westerbeck - Community Engagement Manager

Anitra Martinez - Design Review Coordinator

Linda Mott - Community Engagement Coordinator

Ashlyn Wilson - Communications Coordinator

Kylee Holte - Community Standards Coordinator

Reagan Porter - Fitness Coordinator

Johnny Rogerio - Custodial Engineer

Jeremy Mott - Custodial Engineer

Ty Klender - Custodial Engineer

Richard Salinas - Custodial Engineer

Cesar Bernal - Custodial Engineer

Trent Rodgers - Lead Fitness Attendant

Cindy Santiesteban - Front Desk Ambassador