

March 2026


# LEGENDARY TIMES

A MONTHLY NEWSLETTER FOR THE RESIDENTS OF KISSING TREE



**KISSING TREE**<sup>®</sup>  
SAN MARCOS ★ TEXAS

# TABLE OF CONTENTS



<b>Letter from the Executive Director.....</b>	<b>3</b>
<b>Featured Events.....</b>	<b>4</b>
<b>Compliance Corner.....</b>	<b>5</b>
<b>Micahmendations.....</b>	<b>7</b>
<b>Tarbox &amp; Brown.....</b>	<b>9</b>
<b>Letter from the Golf GM.....</b>	<b>11</b>
<b>Updates from the Green.....</b>	<b>12</b>
<b>2026 Town Halls.....</b>	<b>13</b>
<b>Community Life Team.....</b>	<b>16</b>

## Dear Community,

As we step into March, there's a renewed energy across Kissing Tree — spring is in the air, and with it comes growth, progress, and exciting momentum throughout our community.

I'd like to begin by extending a very warm welcome to the newest members of our Kissing Tree team. Each new team member brings fresh perspective, talent, and enthusiasm, and we are excited to see the impact they will have as we continue enhancing the resident experience together.

We are also proud of the strong start we've had partnering with our new landscape team. You may already be noticing improvements taking shape across the community as we work collaboratively to elevate the beauty and care of our shared spaces. Maintaining the character and appearance of Kissing Tree remains a top priority, and this partnership represents an important investment in our future.

As our community continues to grow, it is a wonderful time to reflect on what makes Kissing Tree so special. Our culture has always been rooted in connection, respect, inclusivity, and neighborly spirit. Kissing Tree thrives because residents look out for one another, welcome newcomers, and contribute to the positive and vibrant environment we all enjoy. Growth brings change, but it also brings opportunity — an opportunity to strengthen the welcoming culture that defines us.

To our new neighbors joining us: welcome home. We are truly glad you are here and encourage you to get involved, meet your neighbors, and become part of the many traditions and friendships that make this community unique.

Looking ahead, we are excited for the opening of the new Model Park this April — another milestone that reflects the continued evolution of Kissing Tree and the bright future ahead.

Thank you, as always, for your partnership, your pride in the community, and your commitment to making Kissing Tree such an exceptional place to live. I look forward to all that we will accomplish together this spring and beyond.

Warmly,  
**Rebecca Rounds-Burger,**  
**Executive Director**

# March Featured Events

**Fridays**

## **Trail Hikes**

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

**Saturday, Mar. 7**

## **Chili Cook Off**

The competition is open to all KT residents. Compete against your neighbors – or just stop by to sample and help crown the next chili champion.

**Tuesday, Mar. 17**

## **St. Patrick's Day**

Enjoy drinks, tasty treats, and compete for the best costume and jig dance with some live music at the Biergarten.

**Tuesday, Mar. 24**

## **Alex Meixner**

Join us for an evening with a Wurstfest favorite and nationally recognized musician, performer, bandleader, educator, and polka music advocate.

**Wednesday, Mar. 25**

## **KTMC Town Hall**

Join the Community Life team and board of directors for a Kissing Tree Master Community Town Hall in Independence Hall.

**Tuesday, Mar. 31**

## **Health & Wellness Fair**

Discover health and wellness practices that work best for you at Independence Hall.

**For more information, navigate to the electronic calendar on our resident website**

# Compliance Corner

Has the city instructed you to leave out your trash bins?

If so, please send an email to Kylee Holte so she does not accidentally cite you.

For trash service updates from the City of San Marcos or information about recycling efforts, [select this link to view the service calendar and recycling sorting guide.](#)

**Kylee Holte, Community Standards Coordinator**

# Trade Partners



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**



**Lisa McIlhaney**  
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.*




**MISSION**  
★  
**GOLF CARS**  
EST. 1983

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

**AUSTIN SKIN**  
medical + surgical + cosmetic dermatology

**SAN MARCOS**

**512-549-7546**

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



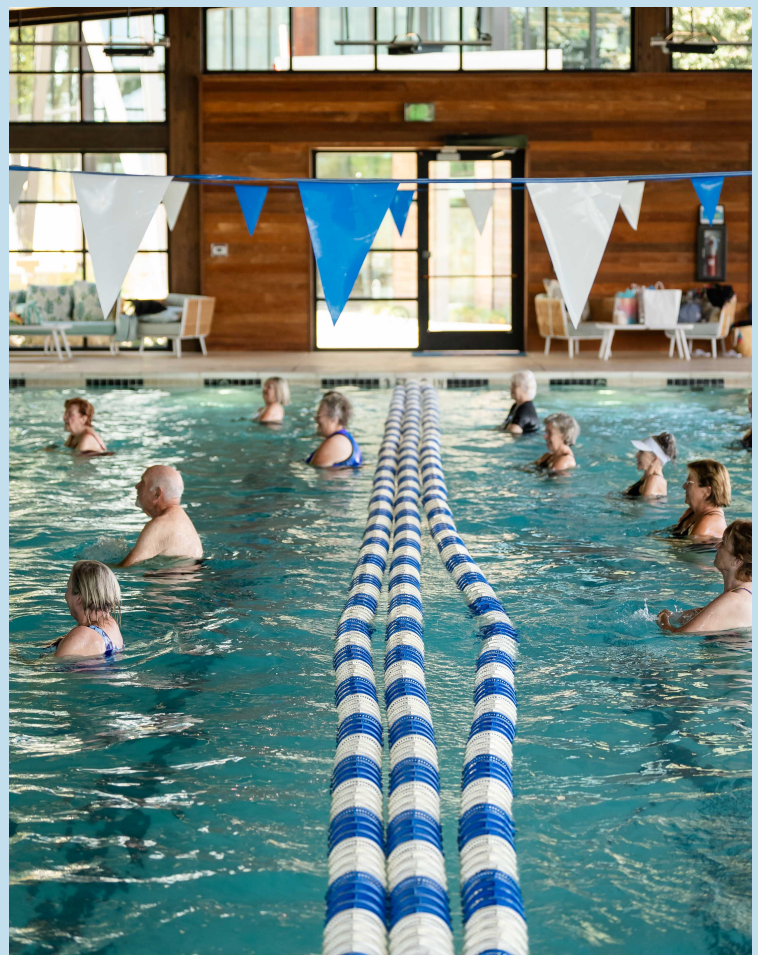
**Matthew Arifa**  
MD FAAD



**Larissa Rodriguez**  
Homs MD FAAD

Spanish speaking  
Hablo Español

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



# Micahmendations

## THE POWER OF EXERCISE "SNACKS"

We've all heard the 150-minutes-per-week rule. But what if I told you that meaningful health benefits can come from movement measured in minutes?

Emerging research shows that short bursts of activity throughout the day, sometimes called "exercise snacks" or "micro-workouts", can improve cardiovascular health, metabolic function, and long-term disease risk (Brown Health, 2025; Society of Behavioral Medicine, 2025).

### What Counts as an Exercise Snack?

An exercise snack is a brief bout of intentional movement, typically 20 seconds to 5 minutes, performed multiple times per day. Some examples are climbing a flight of stairs, brisk walking for two minutes, bodyweight squats at your desk, quick set-ups or wall push-ups. These aren't workouts in the traditional sense. They're strategic interruptions to sitting.

### Why They Work

- They break up sedentary time. Prolonged sitting is independently associated with poorer health outcomes. Short bursts counteract that effect.
- They stimulate the heart repeatedly. Short, vigorous bouts increase heart rate and blood flow multiple times per day, improving cardiovascular efficiency.
- They improve metabolic signaling. Even brief activity improves insulin sensitivity and glucose regulation.
- They are sustainable. Adherence is the real superpower. People are far more likely to stick to 2-minute efforts than 45-minute workouts.

Research tracking tens of thousands of adults has shown that even small weekly totals of vigorous activity, accumulated in short burst, are associated with lower risk of cardiovascular disease and mortality (Stamatakis et al., 22-23). Translation: "It doesn't have to be long to matter."

# THE POWER OF EXERCISE "SNACKS"

## A Simple Daily "Movement Snack" Plan

Here's a practical way to apply this:

### Morning (5 minutes)

- 1 minute brisk walk
- 10 squats
- 10 wall push-ups
- Repeat twice

### Midday (2-3 times)

- Pick one:
- Climb stairs for 1–2 minutes
  - 30 seconds of step-ups x 2
  - 1 minute fast walk

### Evening Reset (5 minutes)

- 1 minute lunges
- 1 minute plank (break as needed)
- 1 minute brisk walk
- 2 minutes mobility/stretching

Total daily movement: 10–15 minutes

Spread out. Manageable. Effective.

If you already exercise, these amplify your results.

If you don't, this is your starting line.

### Bottom Line

You do not need perfect conditions to improve your health.

Small, consistent bursts of movement can:

- Improve heart health
- Improve metabolic health
- Reduce disease risk
- Improve energy and mood

The key isn't duration. It's frequency and consistency. Start small. Stay consistent. Let momentum build.

### References

Brown University Health. (2025). Snacking on exercise: How small bursts of energy help your heart.

Society of Behavioral Medicine. (2025). A little movement is better than none: How small micro-workouts can have a big impact.

Stamatakis, E., et al. (2022–2023). Vigorous intermittent lifestyle physical activity and mortality risk. *Nature Medicine*.

Gill, J. M. R., et al. (2022). Intermittent brief activity and cardiometabolic health. *European Heart Journal*.

American College of Sports Medicine. (2023). *Physical Activity Guidelines*.

# TARBOX & BROWN

A Simpler, Seamless Dining Experience

A Tarbox & Brown is pleased to announce that with our upcoming seasonal menu launch, we have begun transitioning to a singular, beautifully designed menu booklet.

Instead of multiple loose menus for breakfast, lunch, dinner, and specialty offerings, everything will now live together in one thoughtfully organized place.

Breakfast. Lunch. Dinner. And everything in between.

This streamlined format allows for:

- Easier navigation
- Fewer interruptions at the table
- A more polished dining presentation
- Seasonal updates in one cohesive space.

We are excited for you to experience this next step in our evolution.

Evenings Are Getting Longer

As the sun lingers a little later each week, we look forward to welcoming you for golden-hour cocktails and relaxed patio dinners.

Spring is nearly here and Tarbox & Brown is ready.

**Brooke Roseland**  
**Assistant General Manager**

# Trade Partners



## Post-Surgery Help at Home

For Kissing Tree Residents

Stay independent while you recover.

- Surgery Recovery
- Bathing & Dressing
- Meals & Rides
- Light Housekeeping

Call Christopher Today

**512-631-8955**

Free In-Home Consultation

Local & Veteran Owned

Short-Term Care Available

License #023392

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



**Direct  
Care  
Audiology**

**Luxury Mobile**

**Concierge**

**Audiology Services**



830-245-8839 | [directcareaudiology@outlook.com](mailto:directcareaudiology@outlook.com)



*Full service  
exterior remodeling*

**OUTDOOR REMODELS**

**DECKS & PATIOS**

**LANDSCAPING**

**HARDSCAPING**

**& MORE**

*Licensed general  
contractors*

**DEBBIE JACKSON  
JOSHUA PASELK**

**512.748.6150  
512.940.4555**

# KT Golf Club

We are excited to get into our growing season at Kissing Tree Golf Club! With the abnormally warm weather we had this winter it feels like the course should be green already! Well, we will soon start to see everything turning green! John McKay and his staff are ready to provide you the best playing conditions possible, we appreciate everyone abiding by the new cart rules and we look forward to an amazing year.

I would like to take this opportunity to introduce everyone to Brett Freeman, Brett is the Director of Instruction at The Club at Forest Ridge and is one of the best golf instructors I have ever been associated with. His teaching philosophy is the best way to improve and understand what happens when you mishit a shot. He makes the golf swing very easy to understand, and you will be amazed at how quickly you can improve your game.

Brett is going to visit Kissing Tree a few times a year to teach our staff his philosophy and how to best help all golfers improve their game. He will also be here to give individual lessons, I would recommend reserving your spot with Brett as soon as we post his schedule. Once you spend some time with him, you might find yourself itching to make your way to Oklahoma to continue to improve your game or anxiously waiting on his return!

Once our staff is comfortable with the proper way to teach his philosophy, they will be able to assist you just as if Brett was here himself.

We will send out the dates that he will be here in March soon, I am very excited for the future of instruction at Kissing Tree!

**Dave Carlisle**  
**KT Golf Club General Manager**



# Updates From The Green

It is March, and everything is starting to green up! We always breathe a sigh of relief when the golf course wakes up after dormancy, and we see grass clippings after mowing fairways and greens.

This month, we are doing our annual wetject greens aerification process. In one action, this machine uses a high-pressure blast of water to make the hole and then fill it in with sand to the top of the green surface.

During the two closed days, we will also be spot aerifying and spiking compacted areas on fairways and rough.

The two carts on/off rule seems to be working well, and we appreciate everyone's understanding and cooperation. In the long run, this will be very beneficial to overall turf conditions due to less stress from cart traffic.

**John Mckay**  
**Kissing Tree Golf Club Superintendent**

# 2026 TOWN HALLS

## MASTER

**Quarter 1: March 25th**

**Quarter 3: Sep. 23rd**

**Quarter 2: June 24th**

**Quarter 4: Dec. 9th**

## COTTAGES

**Quarter 1: March 26th**

**Quarter 3: Sep. 24th**

**Quarter 2: June 25th**

**Quarter 4: Dec. 10th**

## VILLAS

**Quarter 1: March 26th**

**Quarter 3: Sep. 24th**

**Quarter 2: June 25th**

**Quarter 4: Dec. 10th**

# Let's find



# your rich

**Edward Jones**<sup>®</sup>

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

# Please Welcome

Lisa brings a global perspective shaped by a military upbringing and Peace Corps service in Poland. She has traveled to 43 countries and chose New Braunfels as her hometown to be closer to family. She earned a bachelor's degree from Texas State University and a master's degree from the University of Arizona.

Her background includes fundraising, grant writing, real estate, and urban and regional planning, with experience in government and higher education, including eight years at Texas State University.

Locally, she has organized neighborhood events and holiday activities. In her free time, she enjoys hiking with her dogs and paddleboarding on nearby rivers. Please welcome her as the Community Engagement Manager!

## Meet Lisa Westerbeck



## Meet Mark Liggett



Mark oversees the management and long-term care of Kissing Tree Community Association as Director of Assets.

He earned a Bachelor of Science in building construction management from the School of Technology at Purdue University. His 30-year career in project management spans residential, commercial, utility, higher education, K-12 and municipal construction. He has managed projects ranging from \$1,000 to more than \$250 million and supervised large teams of skilled trades.

His experience includes leading post-hurricane infrastructure reconstruction in the Gulf Coast region, directing major school construction projects and launching operational departments for private industry. He has held leadership roles with multiple public and private organizations, including Texas State University and New Braunfels ISD. A retired high school and college football official, he has served as a Division I replay official since 2018. He lives in Central Texas and has three sons and two grandsons.

# COMMUNITY LIFE TEAM

**Rebecca Rounds** - Executive Director

**Kevin Wilson** - Director of Community Engagement

**Martha Perkins** - Director of Community Operations

**Mark Liggett** - Director of Community Assets

**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