

April 2026

LEGENDARY TIMES

A MONTHLY NEWSLETTER FOR THE RESIDENTS OF KISSING TREE



KISSING TREE[®]

SAN MARCOS ★ TEXAS

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Dear Community,

Spring has arrived at Kissing Tree, and with it comes a renewed energy across the community. It's been great to see neighbors out walking, attending events, and enjoying our shared spaces as we head into one of the most active seasons of the year! As activity increases, so does our focus on ensuring a safe, organized, and welcoming environment for everyone.

One of our key priorities continues to be traffic safety. We've expanded the use of our rotating radar speed signs to better understand patterns and bring awareness to high-concern areas. In addition, we are working closely with our legal and security partners to thoughtfully evaluate next steps and tools that support safer driving throughout the community. As a reminder, our roads are private, so any enhancements must be approached carefully and intentionally.

Alongside this, we are making steady progress on parking improvements. With a tow contract now in place and additional golf cart parking areas being clearly designated, our goal is to create consistency and clarity in how parking expectations are applied. This helps ensure fairness across the community and supports access to our amenities for all residents.

You may also begin to notice updates to community signage. We are working toward a more cohesive and polished approach—replacing temporary or inconsistent signage with solutions that are both functional and reflective of the Kissing Tree brand. These updates will continue to roll out over time.

Another exciting milestone ahead is the transition of the Welcome Center into a new multi-use amenity space. This is a meaningful step as the Association continues to take on additional assets that serve our residents. Planning is underway to thoughtfully reimagine how this space can best support community programming, gatherings, and overall resident experience. We look forward to sharing more details soon—including an opportunity for residents to help name the space.

Before I close, I also want to say thank you to everyone who participated in our first round of Cornerstone Award nominations—what a fantastic response. It's been so much fun seeing the recognition and appreciation shared across the community. If you haven't had a chance to submit a nomination yet, the form is available on the website—keep them coming! Our next award will be presented in June, and we can't wait to celebrate more of the incredible people who make Kissing Tree such a special place.

Behind the scenes, our team remains focused on strengthening operations, maintaining our amenities, and planning for the future of Kissing Tree. Many of these efforts take time and coordination, but they are all rooted in delivering a high-quality, sustainable community experience.

As always, thank you for your engagement, your feedback, and the pride you take in this community. It does not go unnoticed, and it makes a difference every day.

Warm regards,

Rebecca Rounds-Burger,
Executive Director

April Featured Events

Tuesdays

Live Music Series

Join your neighbors for a Live Music Concert kicking off every Tuesday afternoon this month at The Biergarten.

Thursdays

Happy Hour

Join your neighbors for a Live Music Happy Hour every Thursday afternoon this month at The Biergarten..

Fridays

Trail Hikes

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

1st & 3rd Fridays

Farmers Market

Make sure to head over to the Biergarten early to catch various produce and products from local vendors.

Wednesday, Apr. 1

Coffee with the ED

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

Tuesday, Apr. 14

CERT Training

Hays County Community Emergency Response Team are hosting monthly emergency preparedness training that varies over several topics.

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

Compliance Corner

Authorized Signage

- (b) Sales and Marketing.**
- (c) School Spirit**
- (d) For Sale**
- (e) Elections**
- (f) Religious Items**
- (g) Permits**
- (h) No Solicitation**

For more details, please reference **page 187** of the Master guidelines. Signage outside of the ones listed are prohibited.

As of April 1st, I will no longer be working with Kissing Tree, I will miss you all! Thank you for everything. For any future compliance inquiries, please email ktmc@coherelife.com.

Kylee Holte, Community Standards Coordinator

Micahmendations

What New Dietary Guidelines Actually Mean

New dietary guidelines are making headlines, and at first glance, it may seem like everything about nutrition has changed. In reality, it hasn't—though a few updates are worth noting, especially for those focused on maintaining strength, body composition, and long-term health.

These guidelines are more than general advice; they influence school meals, hospital menus, and federal nutrition programs. Even if you don't follow them directly, they help shape the broader food environment.

At their core, the recommendations remain familiar: maintain a healthy weight, stay hydrated, eat fruits and vegetables, and limit added sugars. The fundamentals are unchanged. The updates come in the details.

One notable shift is an increased emphasis on protein, with recommendations now ranging from 1.2 to 1.6 grams per kilogram of body weight. This is a meaningful improvement. Higher protein intake supports muscle maintenance, promotes satiety, and benefits overall body composition—particularly for active adults and those over 40.

Fat intake, however, is less clear. Foods like red meat, butter, and full-fat dairy are now included under "healthy fats," yet the guidelines still advise limiting saturated fat to less than 10% of daily calories. While both can technically coexist, the messaging may be difficult for many people to apply in practice.

The recommendation to reduce "highly processed foods" also lacks clarity. Without a consistent definition, this category can include both nutrient-dense options like Greek yogurt and protein powder, as well as less nutritious convenience foods. In reality, some processed items can be practical and effective tools for meeting nutrition goals.

Alcohol guidance has also softened, shifting from defined daily limits to a broader recommendation to "limit intake." The underlying message remains the same: less is better, and moderation is key.

What New Dietary Guidelines Actually Mean

The larger challenge lies in execution. While the guidance encourages more whole, minimally processed foods, these options are often more expensive and less convenient. For many individuals—especially those with limited time or fixed budgets—consistency becomes the biggest barrier.

Stepping back, it's clear that nutritional advice has remained largely consistent across the U.S. and global health organizations. The core principles still apply: prioritize fruits and vegetables, include adequate protein, moderate calorie intake, and limit excess sugar and highly processed foods. These habits may not be new, but they are effective.

Rather than overanalyzing every update, focus on what drives results. Prioritize protein intake, especially with age. Include fats in moderation without overemphasizing saturated sources. Use processed foods strategically when they add convenience and support consistency.

Most importantly, build a routine you can sustain. The most effective nutrition plan is not the one that looks perfect on paper, but the one you can follow consistently over time.

What this looks like in practice. A realistic daily approach might include:

Breakfast: Eggs with fruit and whole grain toast, or Greek yogurt with berries and granola

Lunch: A grilled chicken salad or a rice bowl with lean protein, vegetables, and healthy fats

Snack: A protein shake, cottage cheese, or a handful of nuts

Dinner: Steak, chicken, or fish with vegetables and a carbohydrate such as rice, potatoes, or quinoa

Evening (if needed): Fruit, yogurt, or a light protein-based snack

The pattern is simple: include protein at each meal, build around whole foods, and avoid extremes. In the end, the new guidelines refine rather than redefine nutrition. By focusing on consistency, balanced meals, and sustainable habits, you can achieve better results than relying on shifting recommendations alone.

TARBOX & BROWN

We're excited to welcome April with a brand new menu we can't wait for you to experience! This update also introduces our new single-book format, bringing everything – from breakfast to dessert – into one place. This change was thoughtfully implemented based on feedback from the Food & Beverage Committee, and we hope it makes your dining experience more seamless and enjoyable.

As the spring season continues, we've been busier than ever and are truly grateful for the continued support. It's been a joy serving so many of you, and we look forward to welcoming even more familiar faces and new favorites.

To ensure the best experience, especially during peak dining times, we highly recommend making a reservation in advance.

We look forward to having you in soon!

Brooke Roseland
Assistant General Manager

KT Golf Club

We completed our annual DryJect aeration on March 10th and the greens are healing quickly. Below is a description of how DryJect works.

Dryject uses a high-pressure, water-based injection system to create aeration holes through the root zone, fracturing compacted soil and opening channels for air, water, and nutrients. Simultaneously, patented vacuum technology fills the holes with sand or other soil amendments, leaving the surface smooth and playable immediately. Unlike traditional core aeration, there are no plugs to remove, and downtime for turf recovery is minimal.

Key Benefits

Relives Soil Compaction: Deep, three-dimensional penetration fractures compacted soil, enhancing root growth and turf resilience.

Improves Water and Oxygen Filtration: The injection system increases water infiltration and oxygen availability in the root zone.

Encourages Root Development: By delivering amendments directly to the root zone, DryJect promotes healthier, deeper roots.

Instant Playability: Turf surfaces are ready for play within hours, reducing revenue loss for golf courses and sports facilities.

Versatile Application: Adjustable depths from 2 to 12 inches and hole spacing from 1.5 to 6 inches allow customization for greens, tees, fairways and high-traffic sports areas.

I would like to thank the residents that came out that day and helped us pick the right side of the driving range, it was a huge success and I am very thankful for the assistance. I would also like to thank Brooke, Chef David, and the entire F&B staff for their work on the new menu. It is now available and you will start to see items from it on our social media posts moving forward. I hope everyone will come out and try some of the new items!

Dave Carlisle

KT Golf Club General Manager



Updates From The Green

Last month's Dryject went well, and the greens have recovered. There are still a few thin areas from the winter, and we will spot fertilize and push those areas until fully grown in.

We are planning to get a few pallets of sod to fill in some high traffic areas around the course, they will be roped off and protected until ready for play. We will also begin verticutting and topdressing this month to reduce grain and smooth the greens putting surface. This will be done on Tuesday mornings during our delayed start time.

Enjoy the great April weather, pray for rain, and I will see y'all out on the course!

John Mckay
Kissing Tree Golf Club Superintendent

2026 TOWN HALLS

MASTER

Quarter 2: June 24th

Quarter 3: Sep. 23rd

Quarter 4: Dec. 9th

COTTAGES

Quarter 2: June 25th

Quarter 3: Sep. 24th

Quarter 4: Dec. 10th

VILLAS

Quarter 2: June 25th

Quarter 3: Sep. 24th

Quarter 4: Dec. 10th

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

April 2026

BRANCHING OUT

An action-packed, fun-filled monthly update featuring Lifestyle event photos, resident spotlights, club and group highlights, special interest stories, and advertising from our valued Trade Partners.



Spring is Blooming with KT Friends of Wildflowers

If you have noticed little bursts of color popping up around our community... you have KT Friends of Wildflowers to thank!

Led by Suzanne Amberg, with guidance from technical advisor Christine Middleton, this passionate group – along with members Carol Walton, Jody Millstone, and Mabel Hockaday – has been quietly (and beautifully) transforming our shared spaces.

For several years now, the group has been planting wildflower seeds each fall, helping nature do what it does best – bloom, surprise, and delight us come springtime. And thanks to incredible support from our community, last year marked a big milestone: nine areas were selected for wildflower seeding!

Working closely with the KT staff, five of these spaces have now been officially designated as Wildflower Restoration Area which is a wonderful step toward preserving and enhancing the natural beauty we all enjoy. Even better, the team collaborated on charming signage so you can spot these special places as you walk the trails. Four signs are already up, with one more on the way!

Where can you find these blooming beauties?

- Drawing Maple Trail head
- Blooming Yucca Trail head
- Singing Sumac Trail head
- The natural area along Singing Sumac
- The unmown drainage area behind the cottages near Pelican and Stewart



But the work doesn't stop there, this winter, a dedicated group of volunteers rolled up their sleeves and planted three species of flowering shrubs at the Blooming Yucca and Drawing Maple trail heads giving those areas a little extra boost. And coming soon? A cheerful addition of Maximilian Sunflowers at all three trail heads.

Looking ahead, the group is excited to continue seeding these five locations and even expand into two new areas next fall. To keep everyone thriving, they are also forming small sub-communities to help care for and maintain each site.

Want to get involved?

Whether you have a green thumb or just love a good walk among the wildflowers, there is a place for you. Every seed planted is a gift to the whole community and a reminder that something beautiful grows when we work together.

Credits to Resident Writer: Lisa Breaux

Trade Partners



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- 6/24** Safe Withdrawal Rate Planning
Re-examining the 4% Rule to determine spending capacity in retirement
- 7/29** All Things Long-Term Care
LTC cost, insurance, settings, Medicare, Medicaid, and future funding
- 8/26** Planning for the Loss of a Spouse
Navigating financial transitions that come with planning to and through loss
- 9/23** Legacy & Estate Planning
Gifting to family and charities; maximizing transfer of assets at death

Event Details:

- Monthly Workshops
- 11:30 AM - 1:00 PM
- The MIX, KT

Q&A TO FOLLOW

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St. Patrick's Day & Mardi Gras



SCS Cornhole & Bocce Ball



SCS Swim Meet



Swing Dance Lessons



2026 Chili Cook Off Winner



KT Softball Team



Tom Jackson, History Lectures



See something you'd like to join or want to learn more about?

The Community Life team is happy to help with any event questions!