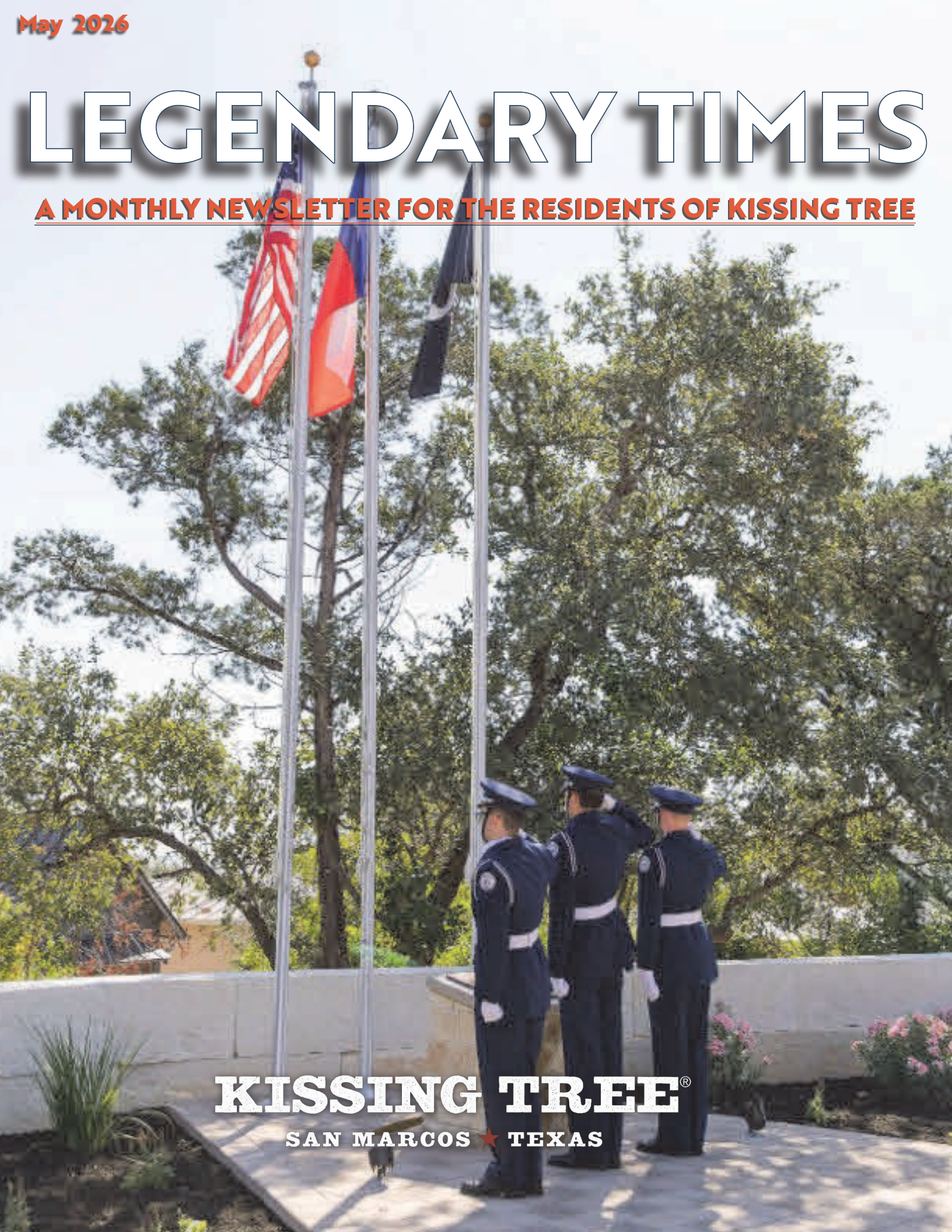


May 2026

LEGENDARY TIMES

A MONTHLY NEWSLETTER FOR THE RESIDENTS OF KISSING TREE



KISSING TREE®

SAN MARCOS ★ TEXAS

TABLE OF CONTENTS

Letter from the Executive Director	1
Community Shout Out	3
Events	4
Compliance Corner	8
Micahmendations	9
Facilities Update	11
Tarbox & Brown	13
Letter from the Golf GM	15
Updates from the Green	16
Rooted Living	17
Community Life Team	19
KT Trade Partners	20



Dear Community,

Happy Spring!

As we move further into the season, there's a lot of meaningful work happening across the community, and I wanted to take a moment to share a few highlights and priorities with you.

First and foremost, we continue to stay focused on community safety. Over the past several weeks, we've taken additional steps to enhance awareness and deterrence, including the rotation of speed radar signs in high-concern areas and ongoing coordination with security and local law enforcement. We know this remains top of mind for many of you, and we are committed to continuing to evaluate solutions that support a safe and comfortable environment for all.

You may also notice continued progress—and a bit of temporary inconsistency—when it comes to landscape and irrigation. Our teams are actively working through system adjustments, pressure issues, and testing as we move toward a more efficient and reliable irrigation program. We truly appreciate your patience as we fine-tune these efforts.

Behind the scenes, we are also actively interviewing and bringing on new team members (to replace others that have moved on in their careers) to strengthen our operations and better support the community. As these individuals come on board, you'll begin to see some new faces around the property. We're excited about the energy and support they will bring to our team and to your experience here!

Looking ahead, we're excited about the continued evolution of our spaces, including plans to transition the Welcome Center - The Junction - into a more multi-use amenity that will support programming, connection, and community engagement in new ways!

As always, thank you for your engagement, your feedback, and your partnership. This is a special community, and it's the collective care and involvement of residents like you that make it so.

Lastly, I would like to give a shout out and congratulate Sandee Miller for winning the Cornerstone Employee Award.

**Rebecca Rounds-Burger,
Executive Director**

Community Shout Out

CORNERSTONE EMPLOYEE AWARD WINNER

Congratulations to Sandee Miller, this year's Cornerstone Employee Award recipient!

Congratulations to Sandee Miller, this year's Cornerstone Employee Award recipient!

The Cornerstone Employee Award recognizes Kissing Tree team members who go above and beyond to build authentic relationships and create meaningful impact within our community.

Chosen by both residents and employees, Sandee is known for her exceptional customer service, attention to detail, and willingness to always help—whether it's assisting with an app, registering for an event, or simply offering a fresh cup of coffee.

Her attentiveness, kindness, and dedication help make life at Kissing Tree a little less stressful and a lot more special. We are grateful for all she does and proud to recognize her with this well-deserved award.





Events

Live music concert series

Tuesdays
6:30-9 p.m.
Biergarten



Live music happy hour

Thursdays
5-7 p.m.
Independence Hall & Biergarten

Farmer's Market

First and Third Fridays
9-11 a.m.
Biergarten

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

May events

May 1 & May 2

Tuesday, May 5

Wednesday, May 6

Remote Control: Rewinding Through the Decades

KT KaracTers presents two fun-filled performances.

**6 p.m.
Biergarten**

Cinco de Mayo

Join the party and get ready to dance with live music by Los Gatos 512.

**6:30-9 p.m.
Biergarten**

Movie Trivia

Test your cinematic knowledge in this first-ever Movie Trivia night at KT!

**6-8 p.m.
Independence Hall
[Register](#)**

Saturday, May 16

Monday, May 25

Saturday, May 30

Battle of the Hoods

Big laughs, bigger bragging rights —fun games to win Champion Neighborhood, organized by the Golf Cart Social Group!

**9:30 a.m. - 1 p.m.
The MIX
[More Info](#)**

Memorial Day Ceremony

KT Veterans Group hosts ceremony with colors, speaker, honors, refreshments.

**10-11:30 a.m.
Biergarten
[More Info](#)**

Zito Family Feud

Hosted by KT Trade Partner, Matthew Zito with Edward Jones.

**6-8 p.m.
Independence Hall**

Recurring events

First Wednesdays

Coffee with the Executive Director

May 6
8:30-9:30 a.m.

Independence Hall
Activity Room

[More Info](#)

First Thursdays

Design review & compliance orientation

May 7
10:30-11:30 a.m.

Independence Hall
Activity Room

[More Info](#)

Second Tuesdays

CERT Training

Real-world readiness with Hays County Community Emergency Response Team (CERT)

May 12
Part 2, Medical Training

Independence Hall
Activity Room

[Sign Up](#)

Third Tuesdays

KT Website orientation

May 19
10-11 a.m.

The Depot at
Grand Central

[More Info](#)

Forth Thursdays

KT Operations orientation

May 28
10:30-11:30 a.m.

Independence Hall
Activity Room

[More Info](#)

Last Thursdays

CPR/AED certification class

May 30
1-3 p.m.

Independence Hall
Activity Room

[Sign Up](#)

Happy Mother's Day

SUNDAY, MAY 10

Tarbox
& BROWN

Brunch
10 a.m. – 1 p.m.

Celebrate Mom with a beautiful brunch experience. Enjoy live music from Kissing Tree's own Cactus Flats Band.

Reservations required

Peach's Party

SPECIAL NIGHT MUSIC CONCERT

Live music. Dancing. Food. Silent auction.

Everyone's Invited | 2–7 p.m.

Free Event | The MIX & Biergarten

Texas Jamm Band | A.Wright | Pizza | Burgers

Compliance corner

Kylee Holte has transitioned to another Cohere property following a well-earned promotion. We will miss her, but are excited for her continued success.

With recent rain and warmer weather, lawns are growing quickly. Residents are encouraged to check their yards and schedule mowing, mulching or light weeding as needed.

As homes age, some may benefit from an exterior paint refresh. A new coat can improve curb appeal and help protect the home. For questions, contact **Anitra Martinez** at amartinez@coherelife.com.

Micahmendations

The 1-2 Combo That Can Take You Out

I was a pretty avid boxer as a kid, and like every other kid in the 90s, I was obsessed with “Iron” Mike Tyson. The guy was terrifying - fast, explosive, and if he hit you with that one-two, it was light’s out.

Well... technically it was more like a 6-4 combo (right hook, right uppercut) but that’s beside the point.

Because there’s a combo out there right now that’s just as dangerous and way more common. The scary part? Most people don’t even know they’re getting hit by it.

It’s called *sarcopenic obesity*, a condition where you are gaining adiposity (body fat) and losing muscle at the same time. You can look totally normal, your weight can even be within “healthy” parameters, but under the hood, you are losing muscle and gaining body fat (especially visceral body fat).

There are two types of body fat. Subcutaneous fat, which is the fat that lies directly under the skin. Think of it as the fat you can pinch with your fingers. The second type of body fat is visceral. This is fat that is stored in your midsection, particularly around the organs, and this is the most metabolically unhealthy and, consequently, the most dangerous type of fat. Maintaining an excess amount of visceral fat increases the risks of cardiovascular disease, type 2 diabetes, insulin resistance, Alzheimer’s, stroke, and even cancer. It impacts the function of your organs, increasing pressure, releasing toxins inappropriately, and causing hormone imbalances.

Now layer that on top of sarcopenia—the gradual loss of muscle over time—and you get a combination that feeds on itself. Less muscle means slower metabolism and worse blood sugar control. More fat increases inflammation and further accelerates muscle loss.

That’s the one-two. And it hits hard.



According to researchers from the Federal University of São Carlos and University College London, **this combination is associated with an 83% higher risk of all-cause mortality.**

Previously, detecting this was costly, impractical, and not widely available. The main options were a magnetic resonance imaging (MRI) scanner or a densitometry scanner, also called dual-energy x-ray absorptiometry (DEXA). At Kissing Tree, we have a medical-grade bioelectrical impedance analysis machine that is inexpensive, fast, and will tell you both your lean mass and the amount of visceral body fat you are carrying. The important thing with any scan is finding your starting point and then directionality. Just like planning a trip, you have to know where you are and then create and follow a plan to get where you need to be.

Which finally brings us to the good news. In that same study, researchers found that if you fix either side of the problem, your risk drops significantly.

People with low muscle but without excess abdominal fat had a much lower risk compared to those with both issues. And on the flip side, individuals carrying more fat but maintaining adequate muscle didn't show the same increased mortality risk at all.

In other words, while the combination is dangerous, improving either muscle mass or reducing visceral fat can dramatically shift things back in your favor.

This means that you don't have to be perfect, but if you really want to knock out your health risks, then you'll attack it from both sides. Set up a combination of fat loss and resistance training together to drastically improve your health. **The best way to win a fight is to fight back. You got this.**

Micah Ross
Fitness Manager

Facilities Update

Notable current events

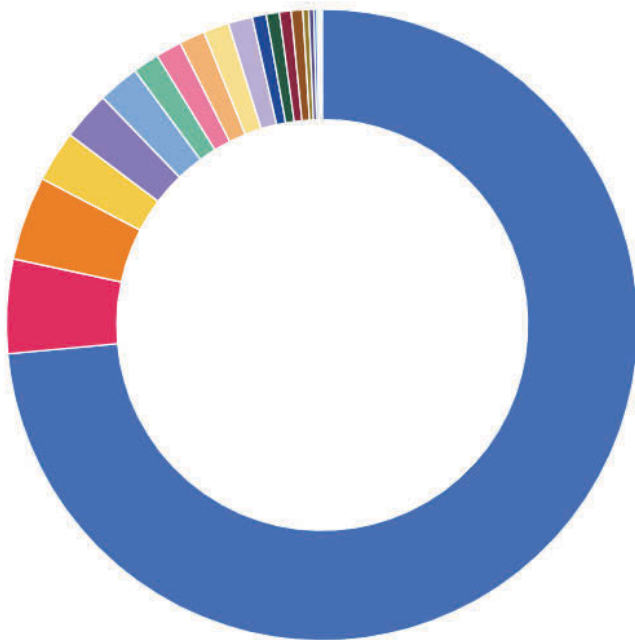
- Community concerns tracked under Assets have been reduced by 40%.
- Rainfall: The community received 8 inches of rain in April, nearly 400% more than the total received in the first quarter of the year. The rain is helping struggling lawns following recent irrigation system repairs and reprogramming.
- Irrigation system work is approximately 95% complete. Sprinklers are returning to scheduled operation, with a small number of areas still under troubleshooting. Irrigation schedules are being refined as needed to balance system pressure and zone-specific needs. With 37 controllers, hundreds of zones and thousands of sprinkler heads, ongoing adjustments are required to ensure consistent coverage.
- Facility updates: An HVAC unit serving the soon-to-be "Junction" and the water heater serving the spa have been replaced.
- Landscaping: All properties in the Villas and Cottages, as well as common areas throughout Kissing Tree, have received pre-emergent and post-emergent weed treatments and lawn fertilization. Another treatment is scheduled for May.
- A new dog waste station has been installed at Eagle Drive and Ace Lane.
- Court lighting repairs at the sports courts have been completed.
- Bench refinishing has begun throughout the Mix and surrounding areas.

Coming soon

- More accurate irrigation schedules.
- Faster, smoother response times to community asset concerns.
- Asset database overhaul focused on more specific preventive maintenance tasks to reduce reactive maintenance.

Community concerns

Grouped by category



▲ 1/2 ▼

Mark Liggett
Director of Community Assets

Tarbox & BROWN

As we step into May, things are picking up speed across the club, and it's been energizing to see so many of you out enjoying everything Kissing Tree has to offer.

Beer Offerings at Independence Hall

We're pleased to share that, based on resident feedback, we've returned to our original beer lineup at Independence Hall. You'll now find Shiner Blonde, Yuengling, Native Texan Pilsner, and Electric Jellyfish back on tap. We always value your input and plan to revisit another community vote later this year if there's interest in mixing things up again.

A Busy Season at Tarbox & Brown

Tarbox & Brown is heading into one of our busiest and most exciting seasons. With events like our Mother's Day Buffet, an increase in private event rentals, and a full calendar of golf tournaments, the team is in full swing. It's a fun pace, and we're grateful to be part of so many of your celebrations and gatherings.

A Note of Thanks – Fashion Show

We'd also like to extend a sincere thank you to everyone who came out to support our first annual Fashion Show on March 30th. It was such a fun and memorable event for our team to put together, and your enthusiasm made it truly special. We're already looking forward to bringing it back next year.

Brooke Roseland
Assistant General Manager

Tarbox & BROWN

What's ahead this May

May is shaping up to be a lively month across the property. In addition to our signature events, you can expect:

- **Continued events and special dining experiences at Tarbox & Brown**
- **A full calendar of golf tournaments and group outings**
- **Increased private events and celebrations, especially as we move deeper into spring**

With the club busier than ever, we highly recommend making reservations in advance—especially for weekends and special events—to ensure the best experience.

[Reserve your table today.](#)

Tarbox
& BROWN
RESTAURANT & BAR

KT Golf Club

Greens aerification scheduled for May 26-27

To keep our golf course healthy and playing its best, we will be performing **greens aerification on Monday, May 26 and Tuesday, May 27**. During this essential maintenance process, **the golf course will be closed** to allow our team to complete the work efficiently and safely.

Aerification is a key part of long-term turf health. It helps reduce soil compaction, improves water and nutrient movement, and promotes stronger, healthier greens throughout the season. While it may cause a brief interruption in play, it ensures better course conditions for everyone ahead.

While the course is closed, we'd love to invite **residents who are willing and able to lend a hand** to join us for a course clean-up effort. Tasks will include **cleaning along the sides of the driving range, filling divots, and picking up trash around the course**. This is a great opportunity to contribute to the care of our shared space and help keep the course looking its best.

Your support and understanding during this maintenance period are greatly appreciated. Together, we can ensure a healthier course and a better playing experience for the season ahead.

If you're interested in helping out or would like more details, please keep an eye out for additional information or reach out to the golf staff.

Thank you for being part of our golf community!

Dave Carlisle
KT Golf Club General Manager

Updates from the green

May will be a very busy month for your Agronomy team!

We will be sodding areas around the golf course, applying growth regulator to greens, fairways and tees, spring fertilizer and preemergent application, and our final greens aerification before fall.

Vertical mowing and topdressing of greens will be done, weather permitting, every Tuesday morning throughout the growing season. This process reduces grain, increases ball roll and promotes lateral growth.

Please help us as well as fellow golfers out by repairing ball marks, filling divots and tossing broken tees into native areas or nearby trash receptacles.

John Mckay
Kissing Tree Golf Club Superintendent

Rooted living

Seasonal guidance from Agave LD

Helping container plants thrive through the Central Texas summer

Container plants can add color, texture, and seasonal interest to patios, entries, and porches, but they usually need more attention in summer than plants growing in the ground. In Central Texas, heat, wind, and reflected sunlight can dry containers quickly, so success often comes down to choosing the right plant for the right location and watching closely for early signs of stress. Texas A&M AgriLife and the Lady Bird Johnson Wildflower Center both emphasize matching plants to site conditions such as sun exposure and drainage, especially in Texas heat.

One of the most important things to watch for is water stress. Common signs include wilting, curling leaves, brown or crispy leaf edges, flower drop, and soil pulling away from the sides of the pot. Keep in mind that a wilted plant is not always simply “thirsty”; if the soil is already wet, the problem may be poor drainage or root stress instead. Containers should be checked regularly during hot weather because they can swing from too dry to too wet much faster than in-ground beds.

When watering container plants, the goal is to water thoroughly and evenly. Instead of giving a quick splash, apply enough water so the entire root ball is moistened and excess water can move through the drainage hole. Then allow the top layer of soil to begin drying before watering again, based on the plant’s needs and the container’s size,

material, and sun exposure. Good drainage is essential; containers should always have drainage holes, because roots stressed by standing water can decline just as quickly as roots that stay too dry.

Plant selection also matters, especially in Central Texas. For full sun containers, dependable choices often include lantana, angelonia, pentas, trailing rosemary, and other heat-tolerant selections. Native and Texas-adapted plants can be especially useful because they are better suited to local heat and drying conditions. The Wildflower Center's Central Texas plant collections and Texas A&M AgriLife's Texas Superstar program are both strong references for high-performing plants in tough Texas conditions.

For part shade or shaded areas, it is important to select plants that will not scorch in afternoon sun. Begonias, coleus, inland sea oats, Turks cap, and other shade-tolerant or filtered-light plants are often better choices for covered patios, north- or east-facing entries, and areas protected from the harshest late-day heat. In Central Texas, choosing plants based on the actual light available, not just what looks good at the nursery, can make the difference between containers that struggle and containers that perform well all season.

As summer begins, you may find it helpful to take a fresh look at their containers and ask a few simple questions: Is this pot drying out too fast? Is this plant getting more afternoon sun than it prefers? Does the container drain well? Is the plant variety a good match for Central Texas conditions? A little observation and timely care can go a long way toward keeping potted plants healthy, colorful, and attractive through the hottest part of the year.



Community Life team

Rebecca Rounds - Executive Director

Kevin Wilson - Community Engagement Director

Martha Perkins - Community Operations Director

Mark Liggett - Community Assets Director

Andy Pina - Community Assets Manager

Sandee Miller - Community Care Manager

Micah Ross - Fitness Manager

Lisa Westerbeck - Community Engagement Manager

Anitra Martinez - Design Review Coordinator

Linda Mott - Community Engagement Coordinator

Reagan Porter - Fitness Coordinator

Johnny Rogerio - Custodial Engineer

Jeremy Mott - Custodial Engineer

Richard Salinas - Custodial Engineer

Cesar Bernal - Custodial Engineer

Trent Rodgers - Lead Fitness Attendant

Cindy Santiesteban - Front Desk Ambassador

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Article of the Month:

[4 Estate planning myths that could cost your family](#)



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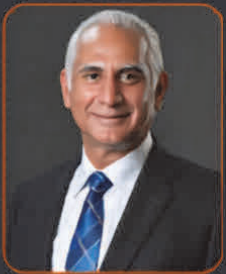
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Clinical Assistant Professor at the University of Texas Health Science Center, San Antonio.



National lecturer, consultant, and published researcher.



Outside of work, he enjoys guitar, sports, athletics, and spending time with his family.



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- 5/27** **Retirement Portfolio Management**
Utilizing asset classes to match income needs with risk capacity and tolerance
- 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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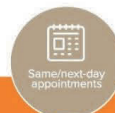


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