

August 2024

LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree

Tarbox
& BROWN
RESTAURANT & BAR

KISSING TREE®

SAN MARCOS ★ TEXAS

TABLE OF CONTENTS

Letter from the Executive Director.....	3
Featured Events.....	4
Compliance Corner.....	5
Micahmendations.....	6
Employee Spotlight.....	7
Tarbox & Brown.....	9
Letter from the Golf General Manager.....	10
Updates from the Green.....	11
TXST Athletics.....	13
2024 Town Halls.....	14
Community Life Team.....	15

Dear Community,

The Community Life Team recently lost one of its staff members to cancer. Liz Enriquez, Director of Community Operations, was a larger-than-life personality on our team. Her commitment to Kissing Tree, her co-workers, and residents was second to none. Besides Kevin Wilson, an icon in our community and Director of Community Engagement, no one on our staff had been at Kissing Tree longer or represented the best of Kissing, more than Liz.

Friendship with Liz taught me a lot about acceptance and true Texas hospitality. Liz never met a stranger and made everyone she met feel like they were the most important person in the room. Liz's presence on our team will be missed, but she leaves a tremendous legacy of integrity, love for her family, and Kissing Tree behind.

Trying to rebuild our leadership team after such a significant loss has been a difficult process, but one where I have seen so many people who serve this community rise to the occasion and support each other every day. In truth, what I have found is that our culture and relationships have proven to be very resilient and genuine. Knowing that many of our residents have gone through or are going through similar loss and life changes is a reminder to me and our staff that every day we live matters and that living our life well, doing good work, and having our health are great gifts to be thankful for in and of themselves.

I have also found that the spirit of what makes Kissing Tree special, the friendships, sense of community, and lifestyle, benefit those who serve the community as much as those who live here. So many people have been supportive and gracious in their interactions with the Community Life staff and with me personally over the three years I have been the Executive Director. Our friendships with you and your families are a treasure to us and we have that pearl in mind in everything we do to make your day a little better.

With Liz's passing, I thought about the times she made a positive difference in a resident's experience and how she set the example in her conduct and speech to uplift the people around her. On behalf of all the staff, thank you for the privilege of serving you and your family. Kissing Tree has a bright future ahead of it and we are building a strong foundation together to ensure the residents of the community enjoy an incredible life, in a place they call their home, and in a community, they can find people to call their friends. The best is yet to come.

Sincerely,

Matthew Dozier CMCA, AMS, PCAM, LSM

Featured Events

Mondays, 9 a.m. - 2 p.m.

River Adventure

Start your week off at the river. From kayaking to tubing, join your neighbors to an endless amount of fun!

Fridays, 9 - 11 a.m.

Farmers Markets

The KT Farmers Market provides various local vendors every Friday of this month in the Biergarten.

Wednesday, Aug. 7

Coffee with the ED

This is an informal, unstructured time for you to ask questions, listen to community updates, and tsay in the know.

Sunday, Aug. 18

Classic Bingo Night

Get ready to shout "bingo" during an unforgettable night of luck, laughter, music, and fantastic prizes.

Tuesday, Aug. 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.

Friday, Aug. 30

DJ Karaoke

Party with DJ Henry spinning all your favorite tunes, plus the chance to try your shot at a little karaoke fun!

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



Did you receive a friendly email reminder from the Community Standards Coordinator?

If **yes**, what happens next?

Two Options:

1. You may reach out by phone or email to let the Community Standards Coordinator know that you are fixing the issue or if you have concerns or questions. (737-215-8499) (ktmc@coherelife.com)
2. Take care of the issue and wait for me to close it after doing a follow-up inspection.

Information:

- Compliance Corner will continue to be released in the weekly highlights.
- Sometimes the content will change slightly but sometimes it will not if the same trends continue.
- Please utilize the compliance corner as a way to be proactive about potential violations.
- Please know that I am flexible and always willing to talk or meet with you. I am in the office Monday-Friday during regular business hours!

Kylee Holte, Community Standards Coordinator

Micahmentations

Trendy Fitness, Diet Fads, & Other Bad Words

In fitness and nutrition, trends constantly emerge, promising quick and transformative results. While some can be motivating and introduce fresh ideas, many are unsustainable or unsafe. Ensure any regimen is safe, effective, and supported by solid evidence, and always prioritize your overall well-being. Here's a brief overview:

Pros of Trends:

- **Motivation Boost:** New trends can refresh your routine and keep you engaged.
- **Community:** Many trends come with built-in communities, offering support and camaraderie.
- **Variety:** Innovative ideas can prevent boredom and broaden your fitness knowledge.

Cons of Trends:

- **Lack of Research:** Many fads lack rigorous scientific backing, which can lead to ineffective or unsafe practices.
- **Sustainability:** Quick-fix solutions often result in long-term issues such as injury or nutritional imbalances.
- **Commercial Interests:** Trend promoters may prioritize sales over your well-being.

Advice for Trying New Trends:

- **Start Slowly:** Introduce new routines gradually.
- **Research:** Look at both positive and negative perspectives before committing.
- **Consult Professionals:** Seek advice from qualified experts rather than relying solely on online content.

Historical Examples of Extreme Fads:

- **Vinegar and Water Diet (1820s):** Promoted by Lord Byron, involved consuming vinegar and minimal food—damaging to health.
- **Tapeworm Diet (Early 1900s):** Consumed tapeworms to lose weight—highly unsafe.
- **Cigarette Diet (1920s):** Used cigarettes to suppress appetite—extremely harmful.
- **Grapefruit Diet (1930s-present):** Claimed grapefruit burned fat—very low in calories and potentially dangerous with some medications.
- **Vibrating Belts (1950s-60s):** Promised fat loss through vibration—ineffective.
- **ThighMaster (1990s):** Marketed for toning thighs—largely ineffective.
- **Shake Weight (2010s):** Promised toned arms through shaking—more of a novelty than a serious tool.

Meet Trent Rodgers

Fitness Attendant



As a proud Texan, I have dedicated my life to service and leadership. After serving as a firefighter for 15 years, I retired to focus on my passion for fitness and wellness. I am honored to have been the President of multiple fitness committees, where I advocated for healthier lifestyles and created programs to inspire and motivate others.

My family is my greatest joy. I am blessed with a loving wife and two wonderful children, and we cherish our time together. Whether we're exploring new destinations or simply enjoying a cozy family night at home, our bond grows stronger with each moment. Beyond my professional and family life, I find solace

and happiness on our hobby farm. Our farm is home to a variety of animals, including horses, donkeys, and dogs, with a special place in our hearts for Maui, our delightful pot-belly pig. The farm is not just a place of work, but a sanctuary where we connect with nature and create lasting memories.

Traveling is another passion that enriches our lives. We love discovering new places, cultures, and experiences, which broaden our perspectives and deepen our appreciation for the world around us. In every aspect of my life, from my career and fitness advocacy to my family and hobbies, I strive to live with purpose, integrity, and joy.



How would you describe your role at KT?

In my current role at Kissing Tree, I am dedicated to fostering a vibrant and healthy community. I oversee the maintenance of our gym, ensuring a clean and welcoming environment for all members. I assist with coordinating fitness classes, providing training on equipment as needed, and offering personalized customer service. My goal is to build strong relationships with our members, addressing their fitness-related questions, offering personal training, and leading classes to inspire and support their wellness journeys.

What makes you most excited about working for KT?

What excites me most about working at Kissing Tree is the opportunity to get to know the residents and build meaningful relationships. Helping clients reach their fitness goals is incredibly rewarding, and the professional opportunities here allow me to use my skills and knowledge to make a positive impact. I enjoy working alongside my dedicated co-workers and embrace the challenges that help me grow both professionally and personally.

What is one interesting fact about you?

One interesting fact about me is that I have a wide range of knowledge on music, movies, and history. I'm a tough opponent in trivia challenges!



TARBOX & BROWN

Attention KT Residents!

We'd love to hear from you! Please take a moment to complete our survey about Tarbox & Brown [using this link](#). Your feedback is incredibly important to us, and we're eager to learn how we can improve and continue building on our successes. Thank you!

Chef David's Culinary Corner

The new menu is going very well summer dinner reservations are up. This time of year is normally slower for restaurants. We are putting together some events and some fun this summer. The country food buffet was on July 27th. The Chef's tables are still going strong. We have the new dates getting posted soon keep an eye out for these.

David Rhoads, Tarbox & Brown Executive Chef

Breakfast

Sunday, 7 a.m. - 10 a.m.
Monday - Saturday, 7 - 11 a.m.

Lunch

Sunday, 1 - 6 p.m.
Mon., Tues., Sat., 11 a.m. - 6 p.m.
Wed.- Fri., 11 a.m. - 4 p.m.

Diner

Wed., - Fri., 5 - 8 p.m.

Hours

Happy Hour

Daily, 3 - 5 p.m.

Bar Window Service

Sat. - Sun, 6 - 8 p.m.

KT GOLF CLUB

At the time of writing this, it's nearly the end of July and we still have green grass. After the drought of the last two summer seasons, this has been a welcome reprieve, although it finally seems to be coming to an end as our normal summer temperatures and sunshine seem to be setting in.

With the onset of normal summer weather, we've had a big uptick in our water usage on the course and subsequently, a handful of new irrigation issues have popped up. Some of these have been minor fixes related to big projects this winter, while others have been major undertakings that are an entirely new issue. We are working diligently to get everything repaired and back up and running and appreciate your patience as we work through those issues. For the most part, we have been able to navigate this successfully with only some minor issues caused by golf course conditions.

We have also rolled out our summer changes to the Tarbox & Brown menu and they have been well received. We have some delicious new items to try and some refreshing new cocktails. Saturday-themed dinners have also been a huge hit and we intend to keep doing those every couple of weeks to provide some fun menus and a different dining experience from our normal Wednesday-Friday dinners. Please keep your eye out for more of those!

As we continue to push our way through the summer, we're starting to look ahead to an exciting fall. We have lots of fun events lined up in both dining and golf. We'll once again be hosting the Jim West Challenge, partnering with several local charities for some great fundraising events, and also hosting the first Member/Guest event since moving into our new facility. We look forward to taking advantage of the great weather to have a lot of fun this fall season.

I hope that everyone has been enjoying their summer here at Kissing Tree and we'll see you all here at the club for some great golf and delicious dining!

Ryan Andrews, Kissing Tree Golf Club General Manager

Updates From The Green

A note from the SPI

July was an interesting month! We had a 14-inch irrigation valve replaced, dropped the rough back to 1.5 inches, and it rained in San Marcos. We have recovered from the lack of irrigation from having to shut the pump station down to repair the valve, and the rough is starting to green up again.

As for the rain? We will take any rainfall in July that we can get! With all the manpower used for mowing the rough and blowing all the clippings, we fell behind in detail jobs on the golf course such as edging bunkers, weeding, edging cart paths, etc. This does not go unnoticed, and we are working hard to get everything back under control. Verticutting and topdressing will continue biweekly throughout the summer, as will spraying fairways with a growth regulator.

Pro Tips with Gabe Ross

How to make a putting stroke: The Basics

- Weight balanced on both feet
- Place ball position forward
- Check posture at setup
- Match tempo back and through
- Keep your head down

Putting Stroke Basics #1: Balance

Getting balanced on your feet gets you into something called skeletal alignment. But without getting too deep into the jargon, it helps keep you stable, and it eliminates pressure throughout your body to relieve tension. When you start your putting stroke in a tense, imbalanced, rigid position, your ability to hit delicate putts will suffer.

Putting Stroke Basics #2: Ball Position

All good putters hit up on the ball. Anywhere between two degrees, and four degrees. With your sternum located in the middle of your balanced stance, placing the ball slightly forward will ensure the ball is past the bottom of the arc, and ensure a slight rise.

Putting Stroke Basics #3: Check Posture

No two postures will be the same in putting, but again, it's all about stability, and comfort. With your knees slightly bent, tilt your hips down until your fingertips touch the top of your kneecaps, then grip your putter. As you can see, my posture has allowed my arms not to be excessively bent, but they're not arrow straight either.

Putting Stroke Basics #4: Match Stroke Tempo

The feeling of the putterhead during the stroke should be one of letting the putterhead fall. All acceleration is due to gravity. When I see players trying to jam the putter through, it twists the clubhead open or closed. It's not just their distance control that suffers, it's their direction, too.

Putting Stroke Basics #5: Keep Head Down

It's bad advice for your full swing, but good on the putting green. I see a lot of players jump out of their posture as soon as they hit the putt. You should still be comfortable in your posture long after the ball has gone, and the putterhead has stopped moving completely.

Reading Grain on Greens

- Find the grassy side of the hole.
- Find the dead side of the hole.
- Look for slopes and shading

Find Grassy Side

The direction of grass tips affects the ball's roll: toward you slows it down, away speeds it up. Check the golf hole for clues; grassy vs. dead sides indicate grain influence. Look at the smooth, grassier side for guidance.

Find Dead Side

The dead side of the hole will always be opposite the grassy side. The dead side is caused by the grass being chopped off at the roots. The grain points from the smooth side, towards the dead side.

Find Slope Shading

Grain grows down slopes, affecting green appearance. Pouring water shows downhill, down-grain putt speed. Greens with less grain make putts slower

We'd love to hear from you! Please take a moment to complete our survey about Kissing Tree's Golf Club [using this link](#).



With 30 days left before the Texas State football season opener, Texas State Athletics announced the full slate of home game promotions for the upcoming season.

Season tickets for the 2024 season are on sale now at TXST.com/tickets or by calling the Texas State Athletics Ticket Office at 512-245-2272.

Full Season:

- Priority \$165 + Donation
- West Side Reserved: \$160
- Lower Reserved: \$140
- General Admission: \$100

Half Season (3/7 games)

- West Side Reserved: \$100
- Lower Reserved: \$85
- General Admission: \$70

Sun Belt Conference & Lamar

- Priority: \$55 + Donation
- West Side Reserved: \$40
- Lower Reserved: \$30
- General Admission: \$20

Arizona State (Sep.12)

- Priority \$65
- West Side Reserved: \$50
- Lower Reserved: \$40
- General Admission: \$30



2024 TOWN HALLS

KTMC

QUARTER 3: SEPTEMBER 25TH

QUARTER 4: DECEMBER 11TH

COTTAGES

QUARTER 3: SEPTEMBER 26TH

QUARTER 4: DECEMBER 12TH

VILLAS

QUARTER 3: SEPTEMBER 26TH

QUARTER 4: DECEMBER 12TH

COMMUNITY LIFE TEAM

Matthew Dozier - Executive Director

Rebecca Rounds - Director of Community Operations

Kevin Wilson - Director of Community Engagement

Stephanie Gregorie - Director of Community Assets

Andy Pina - Manager of Community Assets

Sandee Miller - Community Care Manager

Anitra Martinez - Design Review Coordinator

Austin Rounds - Fitness Coordinator

Linda Mott - Community Engagement Coordinator

Ashlyn Wilson - Communications Coordinator

Kylee Holte - Community Standards Coordinator

Ivan Smith - Maintenance Technician

Hayden Gregorie - Maintenance Technician

Jeremy Mott - Custodial Engineer

Gerald Hayward - Custodial Engineer

Richard Salinas - Custodial Engineer

Reagan Porter - Fitness Attendant

Trent Rodgers - Fitness Attendant

Michael Martin - Fitness Attendant

Elise Salinas - Front Desk Ambassador