

December 2024

LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree



KISSING TREE®
SAN MARCOS ★ TEXAS

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Dear Community,

On behalf of the Kissing Tree Master Community, Kissing Tree Villas Condominium Association, and Kissing Tree Cottages Condominium Association, I am pleased to share the 2025 Annual Assessment rates with the community. These rates reflect the continued efforts of the Board and the Community Life Team to responsibly manage Kissing Tree's assets, maintain our amenities, care for our distinctive landscapes, and provide social and wellness programming that enhances the quality of life for all residents.

2025 Annual Assessment Rates

- Kissing Tree Master Community: Monthly assessment will increase by 2%, to \$255.00 (\$3,060.00 annually).
- Kissing Tree Villas Condominium Association: Monthly assessment will increase by 5%, to \$183.00 (\$2,196.00 annually).
- Kissing Tree Cottages Condominium Association – Service Area 1: Monthly assessment will increase by 5%, to \$182.00 (\$2,196.00 annually).
- Kissing Tree Cottages Condominium Association – Service Area 2: Monthly assessment will increase by 5%, to \$187.00 (\$2,244.00 annually).

Assessments are due on the 1st of each month, with late charges applied after the 15th. If you use an Online Bill Pay service, please verify the correct monthly assessment amount for withdrawal starting January 1, 2025, and confirm your account details for accurate processing.

We encourage residents to enroll in the Automated Clearing House (ACH) Direct Debit program for easy, automatic monthly payments. For more information on ACH enrollment or to receive your monthly statements by email, please contact us at connect@coherelife.com or 480-367-2626.

For questions about the annual governance package, please reach out to the Front Desk Ambassadors at ktmc@coherelife.com or 512-749-1250. We also invite you to attend the Kissing Tree Master Community 4th Quarter Town Hall on December 11, 2024, at 6:00 PM in Independence Hall.

Office Hours and Communication

Starting in 2025, my office hours will change to Tuesdays and Thursdays from 9:00 AM - 10:00 AM and 1:00 PM - 2:00 PM in 15-minute increments. You can schedule an appointment online via a link that will be provided early next year or call the Independence Hall front desk to book an appointment.

While I have enjoyed maintaining an open-door policy, as our community grows, so do my responsibilities. I've empowered a talented staff to assist with supporting the community, and I am confident that this new structure will allow us to serve you even better. I will continue hosting Coffee with the Manager sessions on the first Wednesday of each month which is a great opportunity for informal discussions on community matters.

A Special Thank You

A heartfelt thank you to our volunteer committees: Communications Advisory, Ad Hoc Design Guidelines Review, Social Advisory, Design Review Committees, and the SPARK Class of 2024 residents. Your contributions are invaluable and help make Kissing Tree a better place to live.

As we approach the holiday season, I wish you all good health, peace, and happiness. May the new year bring many blessings to you and your loved ones.

Thank you for your continued support, and I look forward to another wonderful year in Kissing Tree!

Warm regards,

Matthew Dozier, Executive Director, CMCA, AMS, PCAM, LSM

Featured Events

Wednesday, Dec. 4

Coffee with the ED

This is an informal, unstructured time for you to ask questions, listen to community updates, and stay in the know with Executive Director, Matthew Dozier.

Thu - Fri, Dec. 6 - 7

Xmas Bazaar

Check out the talent and creativity of fellow resident artists, crafters and those with unique and homemade items during the two-day annual shopping event.

Wednesday, Dec. 11

KTMC Town Hall

Join the Community Life team and board of directors for a Kissing Tree Master Community Town Hall in Independence Hall at 6 p.m.

Mon - Thu, Dec. 16-19

Xmas Performances

To get into the joyous spirit, join us for a week of Christmas performances from Au Cappella Chorus, Heart of Texas Choir, and Aquarena Springs Symphony.

Tue - Wed., Dec. 24-25

Christmas

Community Life Team offices are closed in observance of the holiday. Stay tuned for more information in the weekly highlights.

Tuesday, Dec. 31

NYE

Community Life Team offices are closed in observance of the holiday. Stay tuned for more information in the weekly highlights.

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



The holidays are fastly approaching which means it's time for traveling! Are you a owner of a camper or RV?

If you are, here are some things to remember:

- RV's and campers are only allowed at your home for two consecutive days.
- If you need more than two days to temporarily store a vehicle, please contact the front desk for an extended parking permit.

General Information:

- Compliance Corner will continue to be released every Monday or Thursday in the weekly highlights.
- Compliance Corner for the time being, will highlight one trend every week to keep things new and fresh.
- 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 buisness hours!

Kylee Holte, Community Standards Coordinator

Micahmendations

Back Health, Injury Recovery, and Resilience

Before diving into this guide, it's important to start with a crucial reminder: always consult with your doctor before beginning any new exercise program, especially if you have a history of injuries or medical conditions. A healthcare professional can help you determine what's safe and effective for your individual needs. Working with a qualified trainer can also ensure that your exercise technique is on point, further reducing the risk of injury.

Back injuries can be humbling. As someone who recently experienced a serious lumbar injury, I've learned how crucial it is to build a resilient foundation—not just to prevent injuries but to handle them when they happen. While injury is often unpredictable and unavoidable, there are ways to reduce the risk of catastrophic outcomes and make rehabilitation smoother. This guide dives into the essentials of back health, from injury prevention strategies to recovery tips and long-term care.

Injury Happens

Let's face it: Injuries often strike at the most random moments. By their very nature, they can't always be prevented. However, you can fortify your body to lessen the severity of an injury and make recovery much easier. Strengthening key muscle groups like the erector spinae, glutes, and core acts like insurance for your body—providing a buffer against serious damage. While you can't predict when an injury might occur, you can control how prepared you are to face it.

Pro Tip: A skilled personal trainer can design a program tailored to your goals and help ensure your movements are biomechanically sound—an invaluable step for injury prevention.

Building Resilience: Injury Prevention Basics

Strengthen the Foundation: Focus on strengthening the muscles that support your spine, including the erectors, transverse abdominis, and glutes. Key exercises: Deadlifts (with perfect form), back extensions, planks and side planks

Prioritize Mobility: Tight hips, hamstrings, and upper back muscles can strain the lower back. Regular dynamic stretches and foam rolling can help you stay mobile.

Master the Basics of Lifting: Always lift with a neutral spine (you're trainer may have you do otherwise, and this can be crucial in a controlled environment!). Whether you're picking up a dumbbell or a child, let your legs and hips do the heavy work, not your back.

When Injury Strikes: Pain Management and Recovery

Even with the best preparation, injuries can happen. When they do, smart recovery is key:

- **Immediate Steps:** Rest, but don't immobilize—gentle movement like walking can aid healing.
- **Alternate ice and heat therapy:** Ice for inflammation, heat to relax muscles.
- Use over-the-counter NSAIDs sparingly to manage pain and swelling. Some pain is normal with injury and some inflammation is important to promote blood flow for healing, but pain should not be sharp and inflammation should not be excessive.
- **Rehabilitation Over Rest:** Long-term rest can weaken muscles. Gradually reintroduce movement with the guidance of a physical therapist or coach.
- **Targeted Recovery Exercises:** Once the initial pain subsides, focus on rebuilding strength and mobility. Exercises like bird dogs, McGill Big 3 (curl-ups, side planks, bird dogs), and glute bridges are great starting points.

Lifestyle Tips for Back Health

- **Posture Matters:** Whether you're sitting at a desk, driving, or lying in bed, maintaining proper alignment prevents unnecessary strain on your spine.
- **Daily Movement:** Prolonged sitting is a silent killer for your back. Set a timer to stand, stretch, or move every 30 minutes.
- **Nutrition for Healing:** Fuel your recovery with foods that reduce inflammation and support tissue repair, like omega-3-rich fish, leafy greens, and collagen-rich bone broth.

Embracing the Process

Rehabilitation is as much a mental game as a physical one. It's natural to feel frustrated when an injury disrupts your goals, but use the experience as a chance to come back smarter and stronger. Remember, every step you take—whether it's proper lifting technique, core strengthening, or a daily stretch—is an investment in your long-term resilience.

Injuries may be inevitable, but how you respond to them is entirely in your control. Build a foundation of strength, stay prepared, and remember: A resilient back isn't just about avoiding injury; it's about thriving after one. Back health isn't something to figure out on your own. Partnering with a trainer and seeking medical clearance can be game-changers in preventing injury, recovering safely, and building long-term resilience. Your spine carries you through life—treat it like the pillar it is.

TARBOX & BROWN

Dear Kissing Tree Community,

As 2024 comes to a close, I want to take a moment to thank each of you for making this year so special for Tarbox & Brown. It has been an absolute honor to serve this vibrant, warm, and welcoming community. From casual dinners with friends to unforgettable celebrations, your support has made every moment memorable.

This year, we've had the privilege of introducing exciting new dishes, hosting fantastic events, and sharing countless laughs and smiles with you. Whether it was our Tarbox Tasting wine events, Sunday brunches, or that first bite of dessert that brought you joy, we are truly grateful for every opportunity to be part of your lives.

To our wonderful guests, thank you for your loyalty, feedback, and enthusiasm that continue to inspire us. To the staff and team who make the magic happen every day, I'm endlessly proud of what we've accomplished together.

As we look ahead to 2025, we're amped up and ready to make it our best year yet! From fresh menu innovations to new events and more ways to bring our community together, there's so much to look forward to. We can't wait to surprise and delight you with everything we have planned!

On behalf of the entire Tarbox & Brown team, I wish you and your loved ones a joyous holiday season and a happy, healthy New Year. Cheers to the memories we've made and the ones yet to come!

With gratitude and excitement,

Brooke Roseland

Director of Food & Beverage

KT GOLF CLUB

Our first cool mornings and evenings are starting to roll through and with them, some of the nicest days of the year are coming. It's a shame the days are short as it always feels like when the temperature is just getting perfect this time of year, the sun starts setting. One good thing about the cooler weather is that it's a signal that the holidays are almost upon us. The holidays are a wonderful time around KT full of fellowship, celebration, and happy times.

The lights are up around the mix and give the area the perfect ambiance for celebrations. At Tarbox & Brown, we look forward to hosting a whole heap of Christmas parties this year for various neighborhood groups, clubs, and even some private parties for outside organizations. We'll also be doing our take-home Christmas dinners again this year, so keep an eye out for that. In addition, we're really looking forward to our annual New Year's Eve course dinner again.

On the golf course, our bunker renovations are well underway and moving way ahead of schedule. At the time of this letter being released, we will be putting or have already put the capillary concrete in the bunkers on the front 9. Right after that, we'll be putting in our new white sand and the front 9 bunkers will be ready for use! If the pace continues with the bunker work, it won't be too long after the new year before we have everything ready to go. The drainage installation on hole #14 will come at the end of the project and be a bit more time-consuming than some of the bunker work, but they will be working in one spot so the work impact will be minimal on play and far more predictable.

Thank you everyone for a wonderful year. Let's close out 2024 on a positive note and enjoy this holiday season with friends, family, and our amazing neighbors here at Kissing Tree. I look forward to seeing everyone around this month. Happy Holidays and Happy New Year!

Best wishes,
Ryan Andrews, Golf Course General Manger

Updates From The Green

A note from the SPI

The bunker project is ongoing, and the crew is progressing well. All the old sand is being removed, drains are inspected and replaced where needed and flushed. Capillary concrete will be applied to all bunker faces, and liner will be installed on bunker floors. New bunker sand will be added, compacted, raked, and ready for play.

With cooler weather arriving, frost delays are imminent. We will delay as long as necessary to protect the turf from cart of foot traffic, your understanding is greatly appreciated.

On behalf of myself and our agronomy team, we wish everyone a happy holiday season!

John Mckay, KT Golf Superintendent

The Golf Swing

The common statement I'm sure we have all heard. "You are looking up." Well, there is some truth to that. However, it doesn't always mean your head is looking up. Our lower body, most of the time can raise through impact causing mis-struck golf shots. If our trunk/base raises, too much, we won't strike the golf ball solid. The golf ball is only 1.68" big. If our body raises a little too much then we won't consistently strike the ball. We want a little extension through the impact area just not too much. It would be better to extend the arms rather than the body.

We watch the pros on tour and their lower bodies look like they are moving all over the place. What is happening, is the body rotates and clears allowing our bodies to open at the ball. We must be diligent in the respect of not letting our bodies rise as we initiate contact. Keep your body nice level through the impact zone by turning, rotating, and not letting your leg straighten up until after hitting the ball, and the swing continues around your body.

The momentum of the swing will straighten your lead leg and we can finish high and towards our target. Don't try and help your body straighten the leg. If we do it too early, we might end up missing the ball entirely, or we won't finish the swing and stop our momentum. Keep your knees slightly bent through the entire golf swing and let the completion of the golf swing bring your bodies up and around. Watch the club hit the ball.

Gabe Ross, Head Golf Pro

2024 TOWN HALLS

KTMC

QUARTER 4: DECEMBER 11TH

COTTAGES

QUARTER 4: DECEMBER 12TH

VILLAS

QUARTER 4: DECEMBER 12TH

All the reported incidents required [SentrySix Reports](#) to dispatch and intervene in the Kissing Tree Community of October 2024.

COMMUNITY LIFE TEAM

Matthew Dozier - Executive Director

Rebecca Rounds - Director of Community Operations

Kevin Wilson - Director of Community Engagement

Jaime Godoy - Director of Community Assets

Andy Pina - Manager of Community Assets

Sandee Miller - Manager of Community Care

Austin Rounds - Manager of Community Engagement

Micah Ross - Manager of Fitness

Anitra Martinez - Design Review Coordinator

Linda Mott - Community Engagement Coordinator

Ashlyn Wilson - Communications Coordinator

Kylee Holte - Community Standards Coordinator

Ivan Smith - Community Assets Coordinator

Elise Salinas - Community Care Coordinator

Reagan Porter - Fitness Coordinator

Hayden Gregorie - Maintenance Technician

Jeremy Mott - Custodial Engineer

Gerald Hayward - Custodial Engineer

Richard Salinas - Custodial Engineer

Trent Rodgers - Lead Fitness Attendant

Dillon Franklin - Fitness Attendant