MUELLER LIVING
A Social Publication Exclusively For The Residents Of Mueller

November 2017

MEET THE
SHAH FAMILY

IN THIS ISSUE:
- Meet The Shah Family
- Discover Ashtanga Yoga
- Playing Pétanque
- French Sweets at Texas Farmer’s Market

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IN THIS ISSUE:
- Introducing The Shah Family
- Developing Community by Steve and Judith Katzman
- Healthy Living by Andrea Phillips
- Meet Mint & Thyme, by Carli René
- Playing Pétanque by Susan Beckman
- Mueller Parents by Anna Daugherty
- French Sweets at Texas Farmers Market, by Carli René
- ShopHomes Series: Ashtanga Yoga, by Carli René

Note:
When community events take place, photographers may be present to take photos for that event and they may be used in this publication.

Curious to see how Mueller property values have appreciated the past 10 years?
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During the months of September and October, I had the privilege to travel to the other side of the world, throughout China, Hong Kong and Japan. One of the greatest gifts I received through that experience was a huge expansion in perspective. I was afforded the opportunity to live among another culture of over a billion people who practice much of their daily lives in the complete opposite way we do. I got to see through a different lens what people on the other side of the planet consider valuable and in so doing, I rediscovered for myself what was significant in terms of a well-lived life. My appreciation has deepened for even the simplest of things we enjoy so freely here. In the process, I also got to discover some of the universal values we in the human family seem to collectively share.

Community is a highly valued part of the culture in Asia. I had the unique experience of observing community while essentially being removed and isolated from my own community over 8,000 miles away. From this experience, I grew in my appreciation for community and all that we are fortunate to enjoy at home, but even more so here in Mueller. Things we may take for granted such as a beautiful evening in the park with loved ones or neighbors, a good conversation over a coffee at one of our favorite spots here in the neighborhood, the support of a neighbor deepen in their significance. These are all things that are much richer to me now than they ever were before my travels. It’s why we do what we do at Mueller Living.

The opportunities for a greater sense of community are all around us if our hearts and eyes are open.

This month, we are honored to introduce you to the Shah family. The Shahas are our neighbors in the Shophomes on Robert Browning, where Priya shares her gift of yoga at Ashtanga Yoga with the community. The Shahas way of living and being in the community are intentional expressions of their yoga practice. We hope you enjoy the article. This month we also feature our friends and sponsors at Mint & Thyme Medspa. After learning more about why they do what they do you will want to pay them a visit. Get to know one of our vendors at the Mueller Farmers Market.

As always, our purpose here is to create more meaningful connections within our community. We invite you to join us in whatever capacity calls to you. Everyone is welcome.
why we love mueller

Mary Beth Laye and her daughter Ellie have been Mueller residents for a long time. You will typically find her at social gatherings, out running, or at the pool. Take a minute to read a little about why Mary Beth loves Mueller, then say hello next time you cross paths.

How long have you lived in Mueller and what brought you here?
We moved to Mueller in the heat of June of 2009. My sister had sold her home in Hyde Park and kept saying she was really enjoying life in Mueller. All I could see were a lack of trees and all the construction going on. But I was hooked after meeting my neighbors and sharing many summer lemoncellos over ice.

Tell us a little bit about your street.
My first house was on Antone and when my partner and I separated, we both bought townhomes in Mueller. I miss the early days of living on Antone street and “Wedge Wednesdays” when all the families would share a potluck dinner on the wedge-shaped lawn on the corner of Antone and Sahm. Now I live on Mattie Street by the pool and everyone seems to be having baby girls! We are a strong group and have banded together to deal with property tax increases.

As an early Mueller resident, what has excited you most about the changes happening these last eight years?
I love seeing the trees maturing and providing shade! I also really like Haute salon, L’oca D’oro and other local businesses that make a home in our retail spaces. Alamo Draft House is also exciting and I love the red brick of Aldrich Street. The new pool and the climbing structure in the park are pretty neat, too.

What do you think makes Mueller such a strong community?
All the kids in Mueller keep us all grounded and remind us what is important. When a Mueller family was struck by a tragedy last year, it really transformed the way people drive around here. People came together to support this family and it really showed the heart of this community.

What do you think would make Mueller even better than it is?
A library and a community center would be terrific. Those elements are what I miss the most from my neighborhood as a kid. I would go up to the community center and shoot hoops, play board games, and take classes. My mom used to drop us off for hours at the public pool and we would do fun kid stuff like flirt with the lifeguards and eat Zero bars from the vending machine.

Mary Beth Laye

Words by Carolyn Hagler, Mueller Realtor and Pioneer Resident

an interview with
Mary Beth Laye

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Some people are easier to appreciate than others, at least at first. At times we think there is no way to value a certain person’s perspective. But when we get a glimpse into their worldview we not only understand but begin to see the internal logic of their point of view. And when we understand our own habitual ways of thinking and feeling, we can see the pathways to healthier interactions.

In this column, we are looking at nine archetypal personalities, one each month. Last month we talked about the Epicure who values fun and planning above all. This month, as we tour the personality system of the Enneagram, we turn to the Protector who is strong and assertive.

The first seven articles in this series appeared in the most recent issues of Mueller Living. You can find parts 1-7 at muellerpsychotherapy.com.

If I identify with the Protector I’m self-reliant, protective of others and often in charge. My attention goes to power and justice. I notice if anyone is trying to manipulate me or take advantage of people who can’t defend themselves.

Somewhere deep inside I believe the world is an unjust place where the powerful take advantage of others, I exert power over my space and those in it. My energy is lustful and can be excessive.

At home, I’m in charge. I’m not afraid of confrontation and I value your willingness to stand up for yourself. I’m protective of my family and at the same time, I can come on too strong. I don’t always know when I’m being too controlling or too angry.

At work, I’m a strong leader. I don’t have the patience for whining or excuse-making. I’m courageous and decisive. My intensity energizes others or overwhelms them.

In the community, you can rely on my leadership and hard work. I see mainly my own truth and tend to be a black and white thinker. It’s hard for me to be patient and listen to your point of view when I already know what’s right.

What pushes my buttons? Injustices that I can’t fix. Having to rein in my style and be less forceful.
Pale pink meringuettes shaped like giant Hershey kisses; plump madeleines, packaged in threes, dusted with powdered sugar—Julie Myrtille’s booth at Texas Farmers’ Market is a sweet tooth fairy tale. At 10:00 a.m., when the market opened, there were already swarms of people with handfuls of perfectly packaged pastries and mini quiches ready to pay.

Julie and her sister Melanie have been at the market in Mueller Lake Park almost 4 months. With the non-perishables selling so quickly, they are now inspired to open an online store selling non-perishables, including 21 exquisitely paired jams. They’ll launch the website before the end of the year.

“My customers want to send the jam to their friends and family,” she said in her quaint French accent. Their dream is to open a storefront in Austin.

Myrtille is the youngest female pastry chef, at 38, to join the Académie Culinaire de France but she hasn’t always been a pastry chef. She and her sister grew up mostly in France and started a fashion brand together prior, which sold in six countries in Europe. Transitioning to food seemed to be their next best idea. “Eating well was very important to my family. Our mother used to be a great chef. It feels really special to still work with family,” said Myrtle. She started the food blog in 2014 and in a quick two years rose to the #1 ranked “pastry chef” food blog on Google in 2016.

“Why pastries? “Even if you think you’re good, you can be even better,” confessed Myrtille.

The truth is in the pudding, or tartes in this case. The lemon tarte is perfectly balanced—not too acidic or overly sweet. And the apples? Sliced to perfection. Julie can be found at “Julie Myrtille Booth” at the Texas Farmers’ Market and online at http://juliemyrtille.com
GUMDROPS, LOLLIPOPS AND ICING ROOFTOPS

Calling all candy architects! Thinkery’s beloved Gingerbread Workshops are back.

Every December, families head to Thinkery and bond while designing, building and decorating gingerbread houses. With Gingerbread House Kits featuring freshly baked gingerbread from La Mexicana Bakery, tons of tasty toppings and some seriously sweet icing, it’s no surprise that our Gingerbread Workshops are one of our most popular programs. They’re also a personal favorite of mine. What can I say? I’ve got a sweet tooth!

With five different family-friendly, STEAM-focused Gingerbread Workshops offered this holiday season, there’s something fun and fresh for all ages and interests. Tots? Architects? We’ve got you covered. I’m really looking forward to our new-and-improved Candy Chemistry workshop, where participants will make (and use!) cotton candy, colorful lollipops and other delicious treats to decorate a super sweet Gingerbread House.

Want to kick off a brand-new neighborhood tradition? As a Mueller resident, I think our Gingerbread Workshops are perfect for holiday get-togethers! Our Private Gingerbread Workshops are tailor-made for large parties, parent meetups, corporate events and more. Invite your neighbors and have fun creating and celebrating in a fun, festive atmosphere. The best part? We’ll take care of cleanup. That’s right, you won’t have to worry about picking up peppermints and gumdrops well into spring.

‘Tis the season for building lasting family memories while building together. I hope to see you this holiday season at Thinkery!

Interested in making this season just a little bit sweeter? Visit thinkeryaustin.org/gingerbread for dates, details and pricing information.

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“Something to think about...”

JESSICA HAGEMANN

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INTERESTED IN MAKING THIS SEASON JUST A LITTLE BIT SWEETER? VISIT THINKERYAUSTIN.ORG/GINGEBREAD FOR DATES, DETAILS AND PRICING INFORMATION.

Words by Alex Truchement, Mueller Resident

Thinkery

in Mueller

a day at

“Your dogs have plans today!”

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“Something to think about...”

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In college I had a journalism professor joke about how we journalists spend our lives writing about people who live their lives; sometimes we forget to do much living for ourselves. However, I think it can work the other way too—journalism has pushed me to try things I wouldn’t have otherwise. In fact, as a rather shy person, I’ve often hidden behind the guise of journalism, using it as a shield. I’ve said “I’m here for the story” more often than “I’m here.”

By writing for Mueller Living, I’ve been able to do and try new things my shy self would never have done on my own. I tried a petanque lesson because it was part of this month’s issue. I’ve discovered supper clubs, book clubs, and chatted with business owners—all for the story.

When my now seven-month-old daughter was born, it became harder to find the time to write about life. She wasn’t interested in watching me type on my laptop. She was interested in living life. She loves walks with neighbors, visiting the various shops and parks nearby, and discovering playgroups.

I fought it. I was determined to hide behind journalism—she was determined to be out doing new things. It was hard to show up “for the story” with a baby in one arm and a notepad and pen in the other. I was still hesitant to show up just for myself.

As we started living life more and writing about it less, I realized this is my excuse now. I no longer have to hide behind journalism—I’m a mom now! I can confidently walk into new places and events now saying “I’m here for the baby.” My daughter pushes me to truly live life without the guise of journalism. Because when I’m there “for the baby,” I’m really there myself as well. There’s no running story in my mind, there’s simply enjoying the moment.

After nearly a year of editing and writing for Mueller Living, I’ll be taking a break for the foreseeable future. It’s time for me to focus less on telling others about what’s going on in Mueller and focus more on doing it myself. I’ll still be around, contributing occasionally.

As my time with the magazine ends, new and exciting things are beginning; like this column, dedicated to Mueller parents. Mueller is a wonderful place to raise a family and Mueller Living is the perfect place to share your story. If you’re a Mueller mom or dad who happens to have a free hand at some point, we’d love to hear how you’re discovering Mueller as a parent. And I’d love a playdate—I’ll be there for the baby.
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“A ‘shala’ is a home; a gathering place. [Ashtanga Yoga] is a home for students interested in going deeper—into their practice, into themselves. Everyone has their own path, and I believe there is a right time and place for everything. As such, I do not believe in soliciting students.”

Even after nearly 17 years of practice, Priya continues to go to India regularly to study with her teacher. “I will always be a student,” she says. “The student-teacher relationship is at the heart of the traditional Ashtanga Yoga method.

“As a teacher and a mother, I believe the most significant guidance I can provide is by the way that I lead my life, exemplifying the Yamas and Niyamas. This is true for Darshan, my husband, as well, in his practice as a physician, and now ever-so-importantly as a father. We both strive to model the kind of behavior that we seek to guide our daughter and our communities in.

“Yoga is something that gives us energy and vitality. What we do on our mat trains and prepares us to go through the rest of our day with equanimity. Learning to control our behavior through [yoga] we build a stronger foundation.

“As we learn to breathe through difficult postures, we are better equipped to breathe our way through difficult times in life.”

What is typically a brief photo shoot carried on into a 2 hr conversation with Priya, Darshan and their darling daughter Vira. Below is the shortened Q&A. The full interview can be read on our FB page: facebook.com/muellerlivingmagazine (I highly recommend it!)

Carli: How long have you lived in the shop home on Robert Browning and operated Ashtanga Yoga Austin?

Priya: We moved in November 2015 and opened Ashtanga Yoga Austin on February 1, 2016. I was running it by myself for the first year, but my husband has provided tremendous support from the beginning. I would wake at 3:15 am to complete my own practice before teaching. Because the practice of yoga is not just physical, but a spiritual/energetic practice, I believe it is important to cultivate that energy in myself before transmitting to others. Waking at these hours means foregoing late nights and winding down early. The practice, however, has transformed our lives. The sacrifices we have made to run the Shala and share with our community are well worth it.

Carli: What is the difference between Ashtanga and other forms of yoga?

Priya: Ashtanga Yoga follows a fixed sequence of postures. It is a dynamic practice that synchronizes breath and movement to produce an internal heat that disperses toxins and purifies the body. The method was founded by Sri K. Pattabhi Jois of Mysore, India. As he began to teach westerners from his home, the teachings slowly began to spread.

Commonly, students unfamiliar with the practice find the pace and postures to be challenging—they leave with a feeling that the practice is not for them. I would encourage those who have had such an experience to try again in a Mysore setting where there is individualized instruction on a one-to-one basis. Everyone gets to experience what the pace of the practice should ultimately be like.

Carli: Do your students have to buy a membership to the class?

Priya: Yes. Students enroll in our Mysore program on a monthly basis. I encourage those with uncertainties to observe a class. I invest myself in my students’ practices, as do my assistant teachers, and I expect students to do the same. Being entrusted to guide students, I also feel that I must protect the energy of the space so that students feel safe in this environment. We don’t offer “drop-ins” because consistency is important. I require a practice commitment of 3+ times per week. All this helps to cultivate a positive, steady energy in our Shala, which I feel is very important to developing a spiritual practice, or sadhana.

“We live our yoga in the way we speak, the way we interact with others, the way we care for our environment, in what we choose to eat, and in all our daily choices and activities,” Priya Jhawar, owner of Ashtanga Yoga in Mueller, begins. “This is not to say that the physical practice is not important.”

Words and images by Carli René of InkedFingers

“ashtanga yoga”
A home is the place you share with those you love. That’s why we’re so passionate about creating a home that’s all yours. Whether it’s a private place to kick up your feet or space for your paws to play, your personal Design Consultant will help ensure your new home is designed to fit your unique lifestyle. That’s The Weekley Way!

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“While most of our clients are women, men do come for our services as well. I would generally say that men tend to go for more technical treatments. They tend to book services like photofacials and Botox. I get the feeling when men come to see us, they’re motivated and looking for results.” Don’t be shy about it!

We Believe Skincare Isn’t a Luxury, But a Necessity

Words and images by Carli René, Mueller Living Writer

Five Hot Products:

1. Image Prevention Daily Tinted Moisturizer
An oil-free Moisturizer with a tint that works on all skin tones. It’s perfect for people that don’t like to wear makeup but want to even out their skin tone a little bit.

2. RevitaLash
A serum for your eyelashes to help strengthen, condition and stimulate growth. It takes daily use for eight weeks before you start seeing the results, so we prep our clients to be patient and consistent.

3. Foreo Cleansing Devices
The Foreo is amazing for guys and gals and has a leg up on the facial cleansing brushes of yesterday. Its silicone design is naturally antimicrobial, gentler on your skin and the biggest bonus is that there aren’t any replacement brushes that you have to buy every three months, saving you money over time. The Foreo Pro also has an anti-aging mode that helps penetrate your serums more effectively.

4. The Glo Suede Matte Lip Crayon
On-trend matte Lip that is perfect for fall. I also love the simplicity of lip crayons: one product lines and fills your lips!

5. Image: The Max Stem Cell Creme
This night creme is full of peptides and stem cells which are some of the hottest anti-agers on the market. They take a more nutritional approach to anti-aging than your standard retinols and hydroxy acids, making them something that anyone can use.

“Your skin is your largest organ and so many different facets of our life can manifest in our skin. We encourage people to give it the care it deserves,” says Trisha Lewis, one of the three owners of Mint and Thyme holistic medical spa.

Mint & Thyme holds three core philosophies:

1. We believe lifelong skincare is a necessity, not a luxury. Therefore, we make it accessible and affordable.
2. We believe that internal balance creates external beauty.
3. We believe in taking a personal approach to each individual.

Mint and Thyme just celebrated their third year in business and are located just a hop and a skip from the Mueller neighborhood. Ashley Farr, Stephanie Villarreal and Trisha Lewis worked together in spas for several years before deciding to create a business of their own.

“Ultimately, we came to a place in our careers where we needed to drive the bus and bring our own vision to life. We’re all estheticians, licensed laser hair removal technicians and certified injectors.”

In 2016 they won Austin Chronicles “Best Facial” of the year award.

“I have clients that I’ve had for 10 years. It’s always our hope when we meet new clients that they’ll become long-term clients too. Caring for your skin is a journey and the more personalized the relationship can be, the better we are able to treat you.”

What’s hot right now with the onset of cooler temperatures? The IPL Photofacial. It uses a Lumenis One Intense Pulsed Light device (fancy phrase for a laser) to improve the appearance of fine lines, wrinkles, broken capillaries, acne scars and lighten the skin from hyper-pigmentation.

This is one of many services including laser hair removal, acupuncture, cosmetic injections, makeup services and chemical peels.

Mint and Thyme holistic medspa

The owners from left to right: Ashley Farr, Trisha Lewis, and Stephanie Villarreal

Mint & Thyme

We Believe Skincare Isn’t a Luxury, But a Necessity

Mint & Thyme holistic medspa

Mint & Thyme holistic medspa
Darshan and I met in Boston while in graduate school. Running along the Charles River, playing pickup soccer in the Boston Commons, and meandering down Newbury Street in May when the cherry trees are in blossom, we both remember how much we loved walking and being outside in that city.

Mueller is the same—but different. The row homes remind us of the brownstones that line Commonwealth Avenue. We can already imagine how beautiful the streets are going to look as the young trees grow their canopies. Darshan recently started playing pickup soccer here in the park, and I’m looking forward to joining him in the future. Mueller Lake Park is starting to bustle like the Boston Commons, where people of all ages and backgrounds gather to relax and enjoy the outdoors.

Thriving with life and energy—the sounds of ducks, children, live music, market days—we love the vibe here. We rarely need our car. We live, work, and play in Mueller. I run Ashtanga Yoga Austin on the ground floor of our shop home six days a week, and almost every morning after students leave, we take our daughter, Vira, for a walk around the neighborhood. I look forward to grabbing a spinach smoothie from Conscious Cravings along the way. We make it back in time to eat and freshen up before Darshan sees his first patient. He runs his private wellness practice, Whole Health Austin, also from our ground floor. This setup has given us the most valuable commodity—time.

Recently, I read in National Geographic “that industrialized societies are experiencing a paradoxical ‘time famine’—the persistent feeling that we have too much to do, and not enough time to accomplish it—and that this interferes with our ability to savor immaterial experiences.”

Darshan and I began recognizing this for ourselves over a decade ago when I was practicing business litigation with a boutique law firm in Houston and he was at Baylor in an Anesthesiology residency program. We were exactly where we wanted to be in our careers,
Did you know your dog can get the flu too? Dog flu is a highly contagious respiratory disease caused by canine influenza virus. After an outbreak this summer in Texas, it’s important to know what to look for and how to protect your dog from the flu.

Symptoms are similar to an upper respiratory infection, such as fever and cough. The nasal discharge for flu tends to be thicker and more yellow. It is transmitted by airborne droplets from coughing and sneezing. It can even be spread by contaminated inanimate objects such as water bowls.

Dogs at risk are those that have exposure to other dogs in boarding kennels, grooming salons and dog shows. Many boarding kennels require the flu vaccine, so call the kennel and consult your vet prior to boarding to keep your pet protected.

The first year of vaccination requires two vaccines given three weeks apart. Protective antibodies are present only after the second vaccine. Annual boosters are needed in subsequent years.

The two different strains of flu are H3N2 and the H3N8. Flu vaccines are available for both strains.

While the vaccine will not protect against getting the flu and getting sick, vaccinated dogs will have a decrease in severity of illness should they get the flu.

Most dogs improve with supportive care. It reached national news due to an outbreak of H3N2 strain in Chicago in spring 2015. As of this writing, Texas has had thirteen reported cases of flu confirmed by the state diagnostic lab in 2017. Most of the cases were in Harris County but one reported case was from Travis County.
Walking by the Browning Hangar on Friday evenings or Sunday afternoons, you might have noticed people of all ages playing an unusual game. Pétanque (pronounced peh-TONK)—a favorite French pastime and cousin of Italian bocce—is generally played on a gravel surface, and the Hanger terrain is a perfect place to play.

The object of the game is simple: players aim to toss their steel boules (French for “balls”), closest to a smaller, wooden target ball called a cochonnet (“piglet”). The boule closest to the cochonnet wins the round and a player gets one point for each boule that is closer than their opponent’s boules. A match lasts until a player scores 13 points to win.

Mueller residents Terry Plemons and Hasu Patel first became aware of the game at the opening of the pétanque court at Paggi Square on Robert Browning Street in 2013. Soon the Heart of Texas Pétanque Club started offering free lessons to anyone interested in learning how to play the game.

Since then, both Terry and Hasu have been playing weekly at Mueller, as well as at the French Legation downtown, and wherever they find fellow pétanque enthusiasts gathering to shoot some boules. Their love—for the game is notable.

“At the beginning of the summer, I encouraged my son, Michael, to come with me to the Hangar on a Friday night to toss some boules if he had nothing better to do,” says Terry. “Now we are practicing to play together at this year’s largest pétanque tournament in the U.S., in Amelia Island, Florida, which draws some of the big-name European players.”

One of the newer faces on the pétanque court is Felipe Cardona, who recently moved to one of the homes on Paggi Square, and noticed people throwing boules and a sign advertising “Free Pétanque Lessons” on Saturday mornings. His curiosity led him to take weekly lessons and, like Hasu and Terry, he was soon hooked.

But not everyone is drawn to pétanque. Felipe marvels at his wife Francesca’s comment about pétanque: “I just don’t get how anyone can get excited about walking back and forth after balls in the dirt.”

True, pétanque is not for everyone. But if you are looking for a low impact sport involving skill, technique and strategy that can be enjoyed socially or competitively, it just might be the game for you.
It’s that pumpkin-spice time of year again, y’all. Stop by our CalAtlantic model and visit with our longtime Sales Representatives, Michelle and Phillip. We can’t wait to show you our newest designs in the community, and to thank you for your time, we’ll even throw in a BLANKET!

hello autumn

1900 Tom Miller St
Austin, TX  78723
10am-6pm M-Sat
12-6 Sunday

MICHELLE DEKAY
Michelle.dekay@calatl.com
PHILLIP NORRIS
Phillip.norris@calatl.com

CalAtlanticHomes.com  |  Reach us at (512) 479-7300

No purchase necessary. Giveaway begins on 10/1/17 and ends on 11/30/17 while supplies last. A total of one blanket per family or group traveling together, or one individual traveling alone, may be earned at a community as determined by the sales representative in his or her sole discretion. You must be at least 18 years old to receive the prize. Ask Sales Representative for details. Prices, plans and terms are effective on the date of publication and subject to change without notice.

“I was trained from the beginning to work, to save and to give.”

- John D. Rockefeller

Rockefeller’s words resonate with many, if not most, of us. Woven through American life are the ideals that working hard and saving for the future can lead to a better life for ourselves, and giving to others can lead to a better world for everyone.

The desire to give to others finds an outlet in philanthropy—as simple as dropping coins into the Salvation Army kettle during the holidays or as complex as bequeathing an estate to an alma mater. Whether or not you have the resources of a Rockefeller, philanthropy is for you if you want to put your financial resources to work for favorite causes and organizations.

Gifting financial assets directly is the most straightforward way to benefit a charitable organization or cause. Currently, you may make gifts of financial assets directly to a qualified charitable organization and could receive a tax deduction for your generosity, within certain limits, if it’s properly documented.

Generous options for giving

But a direct gift is not the only way to be generous. Actually, several interesting options exist, but complex rules govern their creation and maintenance. You will need the help of your wealth, tax and legal advisers to determine which could be appropriate for you.

Three common options:

- A charitable remainder trust benefits a qualified charity for which the donor receives an immediate charitable deduction. The donor also retains the right to receive an income stream generated from the trust’s assets for a specified number of years or for life. At the donor’s death or the end of a set period, trust assets go to the designated charity.

- A charitable lead trust is used to make a “temporary gift” of annual income from trust assets to a qualified charity for a specified number of years. Ultimately, ownership of trust assets passes back to the donor’s heirs, with no federal gift and estate taxes on appreciation of the trust’s assets.

- A donor-advised fund enables an individual to make charitable donations to a professionally managed pool of assets and receive an immediate charitable income tax deduction. Assets are managed for growth and ultimately transferred to charities as grants from the fund.

Investment and insurance products are not FDIC insured, are not bank guaranteed, and may lose value. Investment and insurance products are offered through Frost Brokerage Services, Inc., Member FINRA/SIPC. Frost Brokerage Services, Inc. is a wholly owned subsidiary of Frost Bank. Additionally, insurance products are offered through Frost Insurance. Deposit and loan products are offered through Frost Bank, Member FDIC. Frost does not provide legal or tax advice. Please seek legal or tax advice from legal and/or tax professionals.

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Coming to Alamo Drafthouse Mueller in November:

New Releases:
- Thor: Ragnarok
- Coco
- Justice League
- Murder on the Orient Express

Barrel O’ Fun - Live Music and Comedy
- Queer Film Theory 101 (Nov. 1)
- Nori (Nov. 4)
- Laugh Darn-it (Nov. 4)
- Six Shooter Stand Up Comedy (Nov. 8)
- Soulmate Night with DJ Jester (Nov. 11)
- Fantastic Arcade (Nov. 17-19)

Special Screenings:
- The Shining
- National Lampoon's Christmas Vacation
- Walk to Defeat ALS

When:
- November 4 at 11 a.m.
- November 11, 3:00-5:00 p.m.
- November 17 at 7:00 p.m.
- November 11 at 3:00-5:00 p.m.
- November 17 at 7:00 p.m.

Where:
- Mueller Lake Park
- John Gaines Park
- Mueller Lake Park
- Austin, TX 78705

Description:
- The Walk to Defeat ALS is the ALS Association’s biggest annual event to raise money for research for a cure. The three-mile walk through Lake Park helps local chapters of the ALS Association sustain care services.
- The annual fall festival is back! Join with your neighbors to celebrate the changing seasons. Past festivals have included treats from local businesses, singing from the Mueller Singers, a petting zoo, face painting and more.
- Featuring the Sugar-Free Allstars and a “super special guest,” the live music event will also include face painting, giveaways and food trucks before the show.
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- Featuring the Sugar-Free Allstars and a “super special guest,” the live music event will also include face painting, giveaways and food trucks before the show.
- Make and Do together at Community Night! Every Wednesday the museum stays open late for families to discover new ideas and learn together. Enjoy the exhibits and educational programs facilitated by staff. Admission is by donation, with a suggested $1 donation. Bilingual Storytime Wednesday at 6:00 p.m.

For more information:
- www.cdterspoonstories.com
- Mueller POA “Let’s Talk” Sessions
- Mueller Central, 4550 Mueller Blvd
- Every Friday, Saturday and Sunday Night
- Live Music
- Where: HEB Mueller Cafe
- Mueller Farmers Market
- When: 10:00 a.m. – 2:00 p.m.
- Description: Voted Austin’s favorite farmers’ market via Austin Chronicle in 2014 and 2015, TFM at Mueller is a fun event every Sunday to shop, eat and enjoy fresh vegetables and artisan foods from local vendors and farmers. It is a festival of foods and tons of fun!
- For more information: texasfarmersmarket.org
- Mueller Sports Groups
- Where: Mueller Lake Park
- Neighbors are welcome to join in ultimate frisbee games on Tuesdays at 6:00 pm. and soccer on Wednesday at 6:45 p.m. The sports groups are open to all and meet at the Lake Park fields.
- For More Information: Facebook Mueller Ultimate and Mueller Pickup Soccer

Pétanque Lessons
- When: Saturdays at 9:30 p.m.
- Where: Paggi Square
- Description: The Heart of Texas Pétanque Club hosts free Pétanque lessons every Saturday for all ages

First Wednesday, Select Months, 6:00 p.m.
- Mueller POA “Let’s Talk” Sessions
- Mueller Central, 4550 Mueller Blvd
- Every Friday, Saturday and Sunday Night
- Live Music
- Where: HEB Mueller Cafe
- Mueller Farmers Market
- Where: The Browning Hangar
- When: 10:00 a.m. – 2:00 p.m.
- Description: Voted Austin’s favorite farmers’ market via Austin Chronicle in 2014 and 2015, TFM at Mueller is a fun event every Sunday to shop, eat and enjoy fresh vegetables and artisan foods from local vendors and farmers. It is a festival of foods and tons of fun!
- For more information: texasfarmersmarket.org

Every Wednesday
- Thinkery Community Night
- Where: At the Meredith Learning Lab, 1830 Simond Ave
- When: 5:00 p.m. - 8:00 p.m.
- Description: Make and Do together at Community Night! Every Wednesday the museum stays open late for families to discover new ideas and learn together. Enjoy the exhibits and educational programs facilitated by staff. Admission is by donation, with a suggested $1 donation. Bilingual Storytime Wednesday at 6:00 p.m.

November 2017 • Mueller Living
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