

Four Tips to Beat the Homesick Bug

by Dale Price, MBA



It's official! You're now the proud parent of a college freshman and all of the hard work has finally paid off. Time to relax, right? Think again. First year college students will go through a total life transformation overnight. Nothing will be the same and nothing can fully prepare them for the transition from high school to college. Leaving everything they have ever known behind; college freshman will feel so many mixed emotions. It will be scary, exciting, lonely and fun (all at the same time). According to a recent UCLA study, 66% of first year students report feeling lonely or homesick. It's a feeling that so many of us have also felt before but may have forgotten all about. Knowing how to help our children adjust will be the key to their success in the first year. Here's Access College America's Four Tips to Beat the Homesick Bug:

1. Get into a Routine

Time management will be their guiding light for the first year of college. It is one of the many reasons why we work with so many of our clients on learning the benefits of it in high school. Encourage your child to create a system that is conducive for their success from Monday to Sunday. We recommend incorporating daily activities like exercise, writing and reading, find out when clubs and organization

will meet, join a dinner club or participate in a service activity. Creating a routine will provide an element comfort, do not leave them wondering, 'what to do next' so early in the relocation.

2. Snapchat, Instagram and Facebook are Unreal

Looking at so many filters, exhilarating moments of joy and check-ins at exciting locations can be misleading and your college freshman should know they are worth more than the total sum of their 'likes'. Sometimes taking a break from social media is just what the doctor ordered and connecting with real people is the best medicine to cure loneliness. The first year in college is the best time to make friends because everyone is new on campus. It is very socially acceptable to talk with strangers. Encourage your child to start up conversations with people they do not know. Get out of the dorm and start talking to others. Friendship is only a conversation away.

3. Gain Familiarity

It can be daunting walking on a college campus and feeling lost. Always have your child take a college tour and multiple times if necessary. Help your child identify where the best places are for social activities, locate the library, where are the science labs and is there a student center or gymnasium? Don't forget to consider the city too. Discover the local performing arts theater, find out where the best places are for outdoor activities and help them find the most popular student spots.

4. Care Packages with a Twist

Showering your college freshman with attention is comforting and will go along way with helping them get adjusted. Plan ahead with pre-packing care boxes. The first six weeks is when they are the most vulnerable to catching the homesick bug. Consider including their favorite sweets, movie tickets or gift cards for restaurants and include photos of the family too. If you want to create the ultimate care package, plan for a surprise trip and signal the visit in one of the first care packages. Not only will they will be surprised to see the package but even more so thrilled to know when mom and dad are visiting, good luck!

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Mom, GMA Meteorologist and Dancing with the Star's GINGER ZEE Takes the Stage for Hand to Hold's Annual Baby Shower on Nov. 2



Honorary Chair Camila Alves McConaughy to co-host Fifth Annual Baby Shower Luncheon, helping Hand to Hold care for families of premature and medically fragile infants

A beloved tradition for growing families, baby showers are celebrations to welcome new life. Yet when one out of eight Austin babies arrive too soon, families' dreams are replaced with painful realities: life in the hospital, continual anxiety, debilitating fears of loss and death, and the stress of life-or-death medical decisions. That's why Austin-born nonprofit Hand to Hold is leading the way to help families get the support and best care when their fragile babies are born too soon.

Hand to Hold welcomes GINGER ZEE, a writer, dancer and Good Morning America Chief Meteorologist, as she headlines its fifth annual Baby Shower – Seasons of Life: Gathering Strength from the Storm in the Grand Ballroom of the JW Marriott in downtown Austin on Friday, November 2, 2018, from 11 a.m. to 1:30 p.m. The Hand to Hold Baby Shower raises funds to provide support and programs for families in Central Texas and beyond. Hand to Hold's resources and programs for families provide Peer Support, Psychological & Emotional Support, Whole Family Care and NICU & Beyond programs.

Two leading causes of disability or death among newborns are premature birth and birth defects. Premature birth – a baby born before 37 weeks of gestation -- affects 54 families each week in the Greater Austin Area - Travis, Williamson, Bastrop, Hays and Caldwell Counties (Texas Department of State Health Services, 2012.). Other babies may be referred to the NICU because of a defect or other health concern -- five percent (5%) of all Texas babies are born with one or more birth defects (Texas Birth Defects Registry, 2011).

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TARRYTOWN REAL ESTATE market report update

October
2018
by **Trey McWhorter**

In August I updated my analysis of the west side of the Mopac Corridor, and in September I provided a summary of the summer buying season. This month I'm refreshing the "year-to-date" view of Tarrytown real estate performance, compared to prior years (through September 15th).

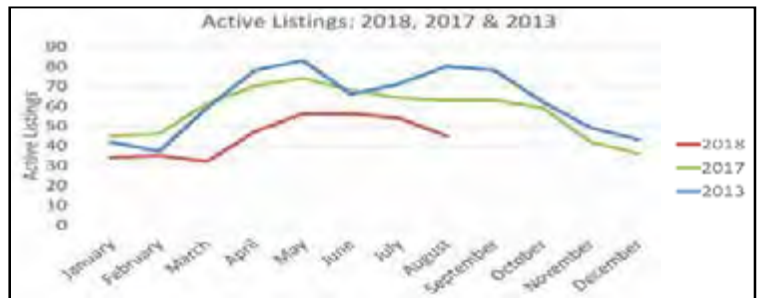
Single Family Homes	Year to Date - Tarrytown	2018	2017	2016	2015	2014	2013
SOLD	Single Family Homes Sold	109	82	85	93	101	116
List Price	Avg List Price	\$ 1,315,980	\$ 1,314,199	\$ 1,175,887	\$ 1,152,883	\$ 1,063,101	\$ 1,055,812
	Median List Price	\$ 1,180,000	\$ 1,164,500	\$ 925,000	\$ 1,085,000	\$ 837,000	\$ 814,500
Sold Price	Average Net Sold Price	\$ 1,274,240	\$ 1,256,191	\$ 1,138,662	\$ 1,106,297	\$ 1,029,847	\$ 1,016,871
	Median Net Sold Price	\$ 1,160,000	\$ 1,107,500	\$ 900,000	\$ 1,049,000	\$ 810,000	\$ 815,000
List Price \$/ Sq Ft	Average List Price / Sq Ft	\$ 442	\$ 422	\$ 434	\$ 403	\$ 381	\$ 332
	Median List Price / Sq Ft	\$ 427	\$ 433	\$ 407	\$ 403	\$ 367	\$ 329
Sold Price \$/ Sq Ft	Average Net Sold Price / Sq Ft	\$ 430	\$ 406	\$ 421	\$ 388	\$ 372	\$ 324
	Median Net Sold Price / Sq Ft	\$ 418	\$ 416	\$ 400	\$ 386	\$ 362	\$ 321
Days on Market	Average Days on Market	61	70	58	58	43	49
	Median Days on Market	22	53	34	23	15	13
Size of House	Sq/Ft (Total)	2892	2865	2,352	2659	2548	2818
Age of House	Year of Construction	1975	1960	1953	1959	1953	1956

Highlights:

- Median and average list and sold prices are all relatively flat with 2017, though median sold prices are up ~5%
- Median and list and sold price / sq ft is flat or slightly down compared to 2017
- Days on market continue to reflect strong demand, with median days on market for sold homes at roughly 3 weeks.

The number of transactions is still behind the pace of record year 2013, consistent with the trend I discussed in the July article. The lack of available inventory continues to be a factor. Nearby is an updated graph that shows active listings by month, 2018 YTD, last year and then 2013 (the most active year for transactions in the last 10).

If you want to make sense of what's going on in the market, or would like a better understanding of what your own home is worth, please contact me and I'd be happy to help you. You can also find additional analysis and updates to this article on treymcwhorter.com.



Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through September 15, 2018.



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(Continued from Page 3)

ZEE will inspire guests with her message of resilience and self-care, leaving attendees feeling renewed, empowered, and intensely moved by her raw, poignant chronicle of life as a Natural Disaster.

“When babies need intensive care and an extended hospital stay, we are right there with parents and families to make sure their emotional needs are met, too,” says Kelli Kelley, Austin resident and co-founder and executive director of Hand to Hold. “When hospital care centers on the whole family, their babies also do better. We help parents cope with in person support, podcasts and online information so that they have hope, courage and wisdom to parent their medically fragile child.”

Baby Shower guests represent many families who have experienced life with a baby in neonatal intensive care and also, infant loss. With luxury prizes from jewelry and spa treatments to fine dining, Hand to Hold's fanciful Baby Shower games will delight and surprise guests – some of whom didn't have their own baby showers due to premature birth or loss -- as they gather to raise support NICU families and also honor their own birth and parenting experiences.

Seasons of Life: Gathering Strength from the Storm is hosted by neonatal ICU Parent Graduates Heather Nichols and Beth Cohen, Co-Chairs with Honorary Chair Camila Alves McConaughey; Hand to Hold Founder and Executive Director Kelli Kelley; and a committee of 25 Central Texas volunteers.

Guest speaker GINGER ZEE is an Emmy Award-winning chief meteorologist at ABC News and the face of our nation's weather headlines on Good Morning America and across all ABC News broadcasts and digital platforms. She is also the New York Times bestselling author of Natural Disaster: I Cover Them; I Am One. Since joining ABC News, Zee has covered almost every major weather event and dozens of historic storms. A mother of two, Zee lives in New York City with her husband.

Tickets for the Fifth Annual Baby Shower Luncheon are available at www.handtohold.org/babyshower.

Hand to Hold is a national nonprofit that helps families before, during, and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. Hand to Hold resources include in-hospital programs, articles and blogs, social networks, trained peer mentors, and its popular podcast, NICU Now. All were designed with the emotional, physical, and social needs of the whole NICU family. Hand to Hold was the 2012 recipient of the Becky Hatfield Family Support Award, given by the National Perinatal Association. In 2015, Hand to Hold was ranked as one of the top 10 resources for NICU parents by About.com. All services are offered without charge.

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Beyond the Diagnosis Has Arrived in Texas

Beyond the Diagnosis, an art exhibit that features the portraits of children with rare diseases, has arrived for display in Texas for the first time. Individuals, families, or private groups are invited to tour the exhibit at Willow Hall on the Texas State University Round Rock Campus. The Exhibit will be open to the public October 1st-November 9th, Monday-Friday from 10 a.m. to 4 p.m. at Willow Hall on the Texas State University Round Rock Campus. Parking on campus is \$5. Private tours are available in the evenings and on weekends by appointment. Please email Dr. Mary Elizabeth Parker at mary@urourhope.org for more information or to schedule a tour.

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6 SURFTOBERFEST | CORPUS CHRISTI | FACEBOOK.COM | Surftoberfest.com

WEEKENDS BOO AT THE ZOO | AUSTIN ZOO | AustinZoo.org/boo-at-the-zoo

13 OKTOBERFEST | GERMAN FREE SCHOOL | GermanTexans.org/events/oktoberfest

21 AUSTIN FERMENTATION FESTIVAL | TexasFarmersMarket.org

25-11/1 AUSTIN FILM FESTIVAL | AustinFilmFestival.com

26-28 PECAN FEST | SEGUIN TX | SeguinGoNuts.com

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