



INSIDE THIS ISSUE

We Have Moved!
page 1

Is Stress Making You Forgetful?
page 2

3 Fun Family Activities for Fall
page 2

Did You Know Lucille Ball Saved
'Star Trek'?
page 3

3 Ideas for the Ultimate
Backyard Campout
page 4

What Happened on the 21st Night of September?

4 DECADES OF EARTH, WIND & FIRE'S 'SEPTEMBER'



"Do you remember the 21st night of September?"

In 1978, Maurice White of the band Earth, Wind & Fire first asked this question in the song "September," a funky disco song that quickly topped the charts. While disco may be dead today, "September" certainly isn't. The song is still featured in movies, TV shows, and wedding playlists. On Sept. 21, 2019, the funk hit was streamed over 2.5 million times. It's no wonder that the Los Angeles City Council declared Sept. 21 Earth, Wind & Fire Day.

The story behind "September" is almost as enduring as the song itself. It was co-written by White and Allee Willis, who eventually became a Grammy-winning songwriter and Tony nominee. But before any of that, Willis was a struggling songwriter in Los Angeles living off food stamps. When White reached out and asked Willis to help write the next Earth, Wind & Fire hit, it was truly her big break.

White and Willis proved to be excellent songwriting partners, but they clashed over one key element of the song: the nonsensical phrase "ba-dee-ya," which White included in the chorus.

Throughout the songwriting process, Willis begged to change the phrase to real words. At the final vocal session, Willis finally demanded to know what ba-dee-ya meant. White replied, "Who cares?"

"I learned my greatest lesson ever in songwriting from him," Willis recalled in a 2014 interview with NPR, "which was never let the lyric get in the way of the groove."

The groove is why "September" has stood the test of time, right from that very first lyric. For decades, people have asked Willis and members of the band about the significance of Sept. 21. As it turns out, there isn't much beyond the sound.

"We went through all the dates: 'Do you remember the first, the second, the third, the fourth ...' and the one that just felt the best was the 21st," Willis explained.

The truth is that nothing happened on the 21st night of September — except a whole lot of dancing.

We Have Moved!

We are excited to announce that our Lexington Office has moved. We are now open for business at our new location: 905 Old Cherokee Road, Lexington, SC 29072. Our office is located next to Lexington Medical Extended Care, just a couple of minutes from our old location.

Our new building has almost doubled the amount of space we have, which will give us more opportunities to serve our clients.

Our grand opening event will be planned for later this fall. Be sure to watch your mailbox, our website, and our Facebook page for details.



IS STRESS HARMING YOUR MEMORY?

Stress can cause more than just a bad mood and low energy. Over time, mental exhaustion from stress can lead to forgetfulness and reduced cognition. This can hamper your ability to do your job and enjoy life. Though stress is unavoidable, there are steps you can take to mitigate some of the negative effects of mental exhaustion, including forgetfulness.

First, consider the source of your stress. These days, a common stressor is social media. If your feeds are full of bad news and negativity, shut them down. Many researchers suggest that spending less time on the internet leads to better health. Several studies have found that constant internet use, including time spent on social media, is negatively impacting our memories. Research from Harvard, Oxford, King’s College London, and Western Sydney University all confirm this: Too much internet use is a bad thing.

Of course, it can be easier to delete a social media app than it is to eliminate other types of stressors. Coping with a stressful coworker, for example, can be difficult. You have to figure out why they’re causing you stress and how the situation can be remedied. Dealing

with a work-related confrontation can be hard, but having that difficult conversation and resolving the problem can ultimately lead to less long-term stress and improve your mental health.

Another thing you can do to reduce stress is avoid multitasking. Taking on multiple projects or doing too much in too little time can leave you feeling overworked. Plus, studies have found that multitasking is not effective. You cannot deliver the same results when your attention is scattered as you can when you are focused on one thing. To make matters worse, multitasking takes a major toll on memory and cognition, according to a study from Proceedings of the National Academy of Sciences.

If stress is impairing your memory, judgment, or cognition, take the above steps to reduce it. If you find your memory and cognition aren’t improving, consider speaking with a mental health professional to discuss your best next steps. Mental health and stress management are important, and the more we do to improve these areas of our lives, the healthier and happier we will be.



3 Fun Family Activities for Fall

It’s fall, which means social media will soon be saturated with pictures of your friends enjoying “classic” fall activities. Photos of leaf peeping, apple picking, and the occasional scarecrow run rampant. But rather than following the herd, you can make your family the trendsetter of unique fall activities! Here are a few outdoor endeavors your family will love.

Get gardening.

Fall is the time for harvest, but if you want to enjoy flowers in the spring, it’s also a time for planting. The cooler autumn air is easier on plants, but the soil is still warm enough for roots to grow before the ground freezes for winter. Tulips, daffodils, and hyacinths are all spring bulbs that need to be planted in the fall. Do a little research with your family to determine the best time to start planting in your area.

Pan for gold.

Here’s one that’s really off the beaten path: Take your family on an adventure panning for gold! Start by planning a road trip out to an

old ghost town. Many of them have great tourist attractions that include gold panning. You probably won’t get rich, but it will still be a fun story. If you’re not able to make the trip, you can always create a gold panning operation at home! Visit [MessForLess.net/panning-for-gold-activity](https://www.messforless.net/panning-for-gold-activity) for a great step-by-step guide on how to go panning for gold in your own backyard.

Plan a fall photo shoot.

It’s time to freshen up those family pictures hanging around the house. The changing leaves provide a beautiful background for any family portrait. Better yet, the cooler temperatures mean that an outdoor photo shoot won’t be nearly as uncomfortable as it would be in the summer. You can take your pictures by the trees in the front yard or make a daytrip of it. What about pictures at the corn maze or pumpkin patch? It’s never too soon to start planning this year’s holiday card.

Spend this fall outdoors and create great new memories with your family!

WE DO REAL ESTATE CLOSINGS!

We are happy to assist our clients with all of their real estate needs. From new home purchases to refinances, we are eager to assist you, your friends, or your family at either our Lexington office or our Aiken office.

If you, or someone you know, are looking to move in the next couple of months or wanting a lower interest rate with a refinance, please let us know.

– Chasity, TC, and Jeff

SUDOKU

2		1	5	8	9			6
4		7	2			8		5
5	8		6			2		
7						4	2	1
				3	5		6	
			1	4	2	5		
	2	8	4		7			9
	1	5	9				7	4
9		4	3		1	6	8	

2	3	1	5	8	9	7	4	6
4	6	7	2	1	3	8	9	5
5	8	9	6	7	4	2	1	3
7	5	3	8	9	6	4	2	1
1	4	2	7	3	5	9	6	8
8	9	6	1	4	2	5	3	7
3	2	8	4	6	7	1	5	9
6	1	5	9	2	8	3	7	4
9	7	4	3	5	1	6	8	2

ANSWER

BEAM ME UP, LUCY

How Lucille Ball Saved ‘Star Trek’ in the 1960s



Did you know that Lucille Ball — the iconic comedian best known for her 1950s show “I Love Lucy” — is the reason “Star Trek” exists today? Ball was a Hollywood force in the ‘50s and ‘60s, and she produced hit after hit with her production company.

In fact, Desilu, co-founded by Ball and her then-husband, Desi Arnaz, was responsible for hits like “The Andy Griffith Show” and “The Dick Van Dyke Show.” The two were partners in the company until their divorce in 1960, and in 1962, Ball took over Arnaz’s share.

In that moment, Ball became one of the most powerful women in Hollywood, and Desilu, one of the biggest independent production companies at the time, had a lot of pull in the industry. In 1963, one of Desilu’s biggest hits was coming to an end. “The Untouchables” was a crime drama starring Robert Stack. Ball needed a replacement, and two potential shows hit Ball’s desk: “Star Trek” and “Mission: Impossible.”

In 1965, Ball took the pitches to her longtime network collaborator, CBS. They said no to “Star Trek” (but yes to “Mission: Impossible”), but Ball wasn’t about to give up on this new science fiction show, so she took it to NBC. The network was skeptical at first but ordered a pilot.

The pilot starred Jeffrey Hunter as Captain Pike and Leonard Nimoy as Mr. Spock. There was no James T. Kirk to be found — not yet, anyway. The pilot, titled “The Cage,” was a disappointment. NBC executives weren’t about to put it on air, but they decided to order a second pilot after Ball agreed to help finance it.

The second pilot starred William Shatner as Captain Kirk, and he was joined again by Leonard Nimoy as Spock. NBC executives liked what they saw. The new pilot, titled “Where No Man Has Gone Before,” was put on NBC’s fall schedule, though it wasn’t the first episode aired on NBC. That honor went to the episode titled “The Man Trap,” which aired on Sept. 8, 1966.

While Gene Roddenberry’s original “Star Trek” only lasted three seasons, it went on to become a major TV and film franchise. One of its recent iterations, “Star Trek: Discovery,” is about to enter its third season on the streaming service CBS All Access — all because Lucille Ball saw potential in a little show back in 1965.