



Deb's Guide to Pandemic Tailgating

How 11 Days Were Deleted From History

How a Collage Can Change Your Mindset (and Your Life!)

5 Fall Activities to Help You Beat the Pandemic Blues

The Good News

The Truth Behind the 21st Night of September

WHAT HAPPENED ON THE 21ST NIGHT OF 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

4 Decades of Earth, Wind & Fire's 'September'

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.

DESIGN LIFE'S
Journey
SEPTEMBER 2020

THE GRINCH MAY HAVE STOLEN CHRISTMAS, BUT COVID-19 IS STEALING OUR FALL!

Does That Mean Fall Fun Is Over?



It is hard to think of fall without college football. When the PAC-12 and Big Ten conferences canceled their football seasons, many fans were saddened, and left asking, "What will we do this fall?"

While many resigned themselves to no summer sporting events, most sports fans were hoping we would get back to some semblance of normalcy this fall with football and other fall activities. SURPRISE! The COVID-19 Grinch has stolen our fall fun ... or has it?

I tend to be a contrarian and an optimist. My friends may tell you I see the world through rose-colored glasses. I prefer to find a positive spin on things. I have tuned-out the negative of the media for over a decade because it draws people away from the good and joy around us each day. However, it is hard to avoid the impact of this pandemic season which is draining people's spirits or causing friction among us. History reveals that humans are resilient beings and we will get through this one way or another. So why not choose to get through this in the most entertaining ways possible?

When I learned the first Saturday in September is National Tailgating Day, I thought, *why can't we enjoy the pre- and post-game activities without*

the main event? Yes, I know the main event is the ballgame and the reason WHY people came together to tailgate. We cannot change the college officials' decision to cancel football, but we can still choose to enjoy the fall and tailgate. We can even be socially responsible, by staying 6 feet apart, and wearing masks if we want to.

“ Humans are resilient beings and will get through this one way or another. I want to choose the most entertaining way possible. ”

Play cornhole or ball toss using your own equipment. You can barbecue, listen to music, play broadcasts of past games, tell jokes and laugh, all while following the CDC pandemic guidelines. Revitalize your spirit with camaraderie, and your physical health with large doses of fresh air. Personally, I think tailgating can be a great way to spend a beautiful fall afternoon.

Maybe you can have a few friends join you, and each of you can claim an area of the parking lot. With a mobile sound system, you can play football trivia and learn who really knows their team. Many of you are smarter and more creative than I am — maybe you would be kind enough to share your ideas on our Facebook page: DLJ Tax Services, LLC so others can try them. Let's see how many safe COVID-19 tailgate ideas we can all come up with.

So just like in "How the Grinch Stole Christmas," the COVID-19 Grinch cannot steal your fall unless you let it. The joy in any season is in the time we spend being with the people we love and doing the things we enjoy.

-Deb Matz

11 DAYS DELETED FROM HISTORY

How the British Changed Their Calendar System and Caused Chaos

For centuries, Europeans used the Julian calendar, created by Julius Caesar in 46 B.C. It was based on the solar calendar, so most of Europe thought it was the most accurate calendar. However, over the centuries, dates had "drifted," and many important days, like Easter and the spring equinox, were no longer falling on the dates they were supposed to.

To compensate, the new Gregorian calendar was developed and put to use by Pope Gregory XIII in 1582. It helped put things back in order and eliminated the extra day every 128 years.

However, not everyone adopted the Gregorian calendar right away, such as the British. That meant that Europeans were using two diverging calendars for over 200 years. Talk about confusing! People realized that as the world started to expand and as countries became more connected, having a single calendar system was critical.

Finally, the British chose the year 1752 to make the change. But, in order to make it work, they had to "jump" forward. For instance, 1751 could only be

10 months long — starting with March and ending with Dec. 31, 1751. But even that adjustment didn't quite bring the English up to speed in time to make the shift. They also had to cut 11 days from 1752. The unlucky dates that were cut were Sept. 2–14, 1752.

The people were not happy. English historians found research that British citizens chanted "Give us our 11 days!" in the streets. The phrase became so popular that some politicians even campaigned with that as their slogan. Several other historical accounts state that many people were worried that by cutting the calendar, their own lives would be cut 11 days shorter. There was a lot of confusion and chaos, but over time, dates fell where they were supposed to, and everyone lived their full lives, those 11 days included.



Have you ever heard of vision boarding? It's a grand term for a simple idea. Basically, a vision board is a collection of images, quotes, and other visual elements that represent your goals for the future. These images should include multiple aspects of your life: relationships, health, travel, hobbies, personal development, professional or business goals, or other life endeavors.

The most important benefit of creating a vision board is that it helps you clearly define dreams and aspirations. The more inspiring the images, the greater the emotional impact. Emotions strengthen internal motivation and ultimately stimulate your subconscious mind to find ways to get you there.

Why does vision boarding work?

Studies have shown that visualization can lead to success. An article in The New York Times reports that athletes use the technique to improve their performance. A Psychology Today article revealed findings that visualizing activities activates the brain in the same way that physically *doing* the activity does.

A vision board is a visualization technique. It can cultivate a strong, positive mindset toward accomplishing desired outcomes. The emotional

DISCOVER THE TRANSFORMATIVE POWERS OF VISION BOARDING

attachment it creates makes it "real" to your subconscious, and it will look for opportunities that re-enforce that reality.

Sounds a bit New Age woo-woo? Not really! In 1960, Dr. Maxwell Maltz mentioned the power of visualization in his book "Psycho-Cybernetics." Earl Nightingale started speaking about visualization and how successful people used it in the 1950s. Einstein's Theory of Special Relativity ($E = mc^2$) mathematically proves mass and energy are on the same continuum but at differently frequencies, which can help us understand how everything is interconnected. So why wouldn't you want to use visualization to create the outcomes you want?

How do you make a vision board?

First determine what goals are most important to you. Envision you have reached each specific goal. Then look for images, quotes, and symbols that represent what you want. The internet makes finding images for your goals easy. Place the

images in a collage layout. Doing this digitally allows you to adjust the size of the images to emphasize a specific goal's importance to you.

It took Deb two years to start working on her first vision board. As she started, she recognized two things prevented her from finishing it: 1) Certain important goals were not clear and concise; and 2) she doubted her ability to achieve a couple other goals. When she finally addressed those issues, she couldn't believe how easy it was to put it together!

Creating a vision board is a powerful way to re-enforce your goals and dreams. You will want to hang your board in places where you will see it every day. Let it serve as a strong reminder of where you are headed. As those images are imprinted on your subconscious, you'll be more likely to recognize opportunities in unplanned circumstances that will help you reach them more quickly.

Do You Have a Case of the Stir-Crazy Doldrums?

TRY THESE FUN FALL ACTIVITIES

Taking care of your mental and physical health has never been more important than it is today. Even as COVID-19 isolation and protective measures continue, don't forget you can still create your own fun and adventures while enhancing your overall health. If tailgating and sports are not your thing, consider the five fun options below.

1. Take a leafy hike. Few things are more beautiful than the colorful array of fall leaves. This fall, reset your mind and soak in the fresh air on a hike through the forests or mountains near you. You can find a local trail by visiting AllTrails.com. And try not to hold back on your childlike impulses to kick up some leaves!

2. Bike your worries away. Many of you know this is one of my favorite things to do. If you don't have a bike, consider renting one! The crisp air of fall and the accompanying endorphin rush will wake you up after months of hibernating at home. This just might bring that happy bounce back into your steps.

3. Pick out the perfect pumpkin. Halloween is just around the corner, and some local pumpkin patches are already producing! Meandering around a pumpkin patch can be relaxing and refreshing. Best of all, spotting that perfect pumpkin can be energizing as you envision all its jack-o-lantern potential. Now the real fun begins! Once you find that perfect pumpkin, get creative and carve the most outrageous pumpkin you can. Then challenge your family and neighbors to do the same.

4. Take a miniature road trip. If you love your car, this is the adventure for you. Load up your favorite people and a supply of road trip snacks. Then strike out for a nearby small town or state park to explore. On the drive, savor the sound of your favorite songs on the radio.

5. Find your rejuvenation on the water. The sound of moving water is one of the most relaxing things in the world. Canoeing, fishing, or kayaking on a local lake or river can be a meditative way to connect with your surroundings. Or maybe you prefer to float on the water to relax. As you sit on the water, watch your stress disappear!

These are COVID-19 safe adventures you can do with family or a few close friends. Cherish these moments and keep your spirits high with laughter and optimism.



Brain Break!

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Solution on Pg. 4

The Good News

"BE COMPLETELY HUMBLE AND GENTLE; BE PATIENT, BEARING WITH ONE ANOTHER IN LOVE."

EPHESIANS 4:2 | NIV

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