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A colleague reminded me of the adage “markets go up on stairs and down on elevators”. At the risk of repeating myself, investing is a long-term discipline and volatility is to be expected, in fact, corrections are a healthy part of the process. Days like today need to be kept in perspective and the headlines “Dow tumbles 1000 points, S&P 500 posts worst day since 2022 in global market sell-off” (CNBC App) should also include the S&P 500 is up 9.35% YTD after today and 77.7% for five years ending today. We’ve often shared market timing is not only impossible and being out of the market can dramatically impact returns.



My recommendation: enjoy the Olympics; the dog days of summer; and friends and family. And keep everything in perspective.

Lyn Cameron

“The best ability is availability. When you work with and for the best people in the business and you love what you do, showing up every day is a joy, but more than that, it is a privilege.” -Charlie Cameron

LYN CAMERON, CFP® | Senior Vice President, Financial Advisor, Portfolio Manager

lcameron@dadco.com | p: 503.863.5085 | f: 503.863.5095

CAMERON WEALTH PLANNING

222SW Columbia Street, Suite 1400

Portland, OR 97201

www.cameronwealthplanning.com

Members of D.A. Davidson & Co.

CA Insurance License #4115534

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