



# Slow it Down

Greetings Michael,

Investment markets, news cycles, political stories, and pretty much everything else, seem to be moving faster than ever. Then there is the race to cram in all of the summer activities everyone wants to do between the 4th of July and Labor Day. It can seem overwhelming. So if we can leave you with one thought for this holiday weekend, it's to try and take some time to slow things down and block out the noise. While it can't compete with a good nature walk, reading on the beach, or stargazing by a campfire, we thought you might have a few minutes to enjoy these articles. We hope you have a safe and happy 4th of July!

Mike & Perry



**Mike Newman & Perry Adams**

**West Shore Bank Wealth Management**

[231-346-1528](tel:231-346-1528)

[miken@westshorebank.com](mailto:miken@westshorebank.com)

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