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1570 Kingwood
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541-997-5673
lanesenior meals.org

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www.ustoo florence.org

To include your organization in this directory, please call us @ 541-997-3441

Book signing for local author July 17

Sally Sherwood Rash knows how to get things done. "We all have things we want done. We just don't get started," says the Florence author at the outset of her recently published first book.

"Sally's Silly Small Step System" addresses this everyday dilemma in a common-sense approach. And her system works.

"It is exactly as stated - small, often timed steps to start and finish the things we put off," Rash says. "Most of us will be surprised at how much can be accomplished in a set amount of time. In most cases the task is finished in less time than we have put into fretting over it."

Rash, a resident of Oregon for 50 years and a Florence resident for 14 years, will talk about her book and sign copies at PS Winkles on Bay Street on Friday, July 17, from 1 to 4 p.m.

The public is invited. Her book is an outcome of a speech requirement for Siuslaw Tale Spinners, the local Toastmasters International group.

Titled "Sally's Small Step," her speech outlined her simple small step approach to getting things done and was voted a success. Rash moved on to the International Contest district level, where it also received

high accord.

She was then encouraged to put her concept and ideas into writing. The result is "Sally's Silly Small Step System," a hard cover book published this month by Pacific Publishing in Florence.

"Sally's small approach system is a method that is perfect for today's hectic world," says Anne Machalek, president of Siuslaw Tale Spinners Toastmasters. "Her examples and 'kitchen wisdom' approach to breaking down large tasks into small, enjoyable chunks of concentrated time is perfect for those like me who have a tendency to put off until tomorrow something they could start to do today."

Machalek said Rash's small secret to her successful action plan is her example of how to use a stopwatch when undertaking those dreaded projects that need to be done.

"I've found myself better able to concentrate on the job at hand because of my approach and not get distracted by intrusions into that block of time," Machalek says.

The book is available at PS Winkles, Pacific Publishing, other book selling outlets and through the author.

For more information, call Pacific Publishing at 541-997-1040.



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