



Media Contact: Nancy Hawley  
Phone: (252) 514-4937  
Email: [nhawley@tryonpalace.org](mailto:nhawley@tryonpalace.org)  
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FOR IMMEDIATE RELEASE



Book Signing by AlexSandra Lett  
October 10  
Tryon Palace Historic Sites & Gardens  
Museum Shop

(NEW BERN, NC) -- Nostalgia author AlexSandra "Sandy Lynn" Lett of Sanford, who has captured the life and times of rural North Carolina through her

Timeless series of books, will be in New Bern at the Tryon Palace Museum Shop on Saturday, October 10 from 10 a.m. to 3 p.m. for a book signing. Lett will answer questions about writing and autograph copies of her books and the audio CD set.

For the past nine years Lett has written a column, "Lett's Set a Spell," for newspapers and magazines and on websites that has led to the publication of four books: "A Timeless Place, Lett's Set a Spell at the Country Store," "Timeless Moons, Seasons of the Fields and Matters of the Heart," "Timeless Recipes and Remedies, Country Cooking, Customs, and Cures," and "Coming Home to my Country Heart, Timeless Reflections on Work, Family, Health, and Spirit," and the audio edition of "A Timeless Place."

The book and audio editions of "A Timeless Place" open at a country store owned by her Grandpa (Puzie Lett) in the Buckhorn community near Broadway in Lee County. The book features colorful characters who live forever through compelling anecdotes about party lines, radio shows, church homecomings, quilting, hog-killing, fishing, courting, wars, etc.

The author states: "Join me for a heart-warming visit to a bygone era when a country store was the social center of a community. Many stores are closed now but their stories live on."

Since the author grew up with folklore about the moon she wrote "Timeless Moons, Seasons of the Fields and Matters of the Heart." This book features stories about relying on "The Farmers Almanac" and tried-and-true traditions to plant crops, make soap, cut

hair, chop wood, etc. Other topics relating to rural culture include: Moonshine and stock car racing; MoonPies and RC Colas; "Once in a Blue Moon" and other loony phrases.

Lett's third offering, "Timeless Recipes and Remedies, Country Cooking, Customs, and Cures," captures the enticing aromas and delicious flavors of favorites ranging from hard-to-find recipes from a country kitchen in the 1920s to modern culinary creations. The book explores common sense cures from Grandma's cupboard, healing aids from Grandpa's country store, and a few folklore favorites.

In keeping with the timeless series Lett's fourth book "Coming Home to my Country Heart" is subtitled "Timeless Reflections on Work, Family, Health, and Spirit." The book opens with Lett's adventures in closing her communications company and retreating to a cabin in the woods to find her voice as a writer. It includes her experiences with care giving and the decline and death of both parents, and her explorations related to healing and faith. Returning to her home community in 2002 Lett is honoring her deep roots and following her artistic calling.

Due to the success of her book "A Timeless Place," Lett was contacted by a representative from the North Carolina Department of Cultural Resources earlier this year with the offer of providing free production services if Lett would read the book in a studio at the N.C. Library for the Blind and Physically Handicapped in Raleigh. Upon completion of the recordings copies are available to libraries throughout the state.

Lett's CD featuring five hours of stories was released on September 17 at the 50th anniversary of the N.C. Library for the Blind and Physically Handicapped in Raleigh where she shared humorous stories.

Lett received a journalism degree from UNC-Chapel Hill in 1976 and attended graduate school at N.C. State University in Raleigh. Her communications career includes working with newspapers and magazines and in television and owning a public relations/marketing firm in Raleigh.

Today, through her company Southern Books & Talks Lett offers programs related to personal and professional development. She also entertains groups by using her natural Southern accent and wearing her aunt's 1968 Easter frock, hat, and gloves to portray her alter-ego "Sandy Lynn" who shares humorous stories with audiences.

Lett can be reached at 919-258-9299, [LettsSetaSpell@aol.com](mailto:LettsSetaSpell@aol.com), and [www.atimelessplace.com](http://www.atimelessplace.com).

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Tryon Palace Historic Sites & Gardens' mission is to engage present and future generations in the history of North Carolina from early settlement and development of statehood through the mid-twentieth century by collecting, interpreting and preserving objects, buildings, landscapes and events that enrich understanding of the making of our state and nation. The North Carolina History Education Center complements and enhances this mission. For more information call: 1-800767-1560 or 252-514-4900.

Tryon Palace Historic Sites & Gardens, located in New Bern, N.C., is part of the Office of Archives and History, an agency of the N.C. Department of Cultural Resources. The Department of Cultural Resources is a state agency dedicated to the promotion and protection of North Carolina's arts, history, and culture. For more information, visit [www.ncculture.com](http://www.ncculture.com).

Buildings currently open to the public include the reconstructed Palace, the John Wright Stanly House, the George W. Dixon House, and the Robert Hay House. Tour hours are 10 a.m. to 4 p.m. Monday through Saturday, 1 p.m. to 4 p.m. Sunday. The New Bern Academy Museum is open from 1 p.m. until 5 p.m. Monday through Saturday. Tickets and tour information are available at the Visitor Center located at the corner of George and Pollock streets. The Visitor Center and the first floor of the Palace are accessible to visitors with disabilities. The exciting new North Carolina History Education Center is under construction and is scheduled to open in July 2010.

For directions and further information about special events, programs or group tours, phone (800) 767-1560 or (252) 514-4900 or visit our web site: [www.tryonpalace.org](http://www.tryonpalace.org).

**A Timeless Place**  
Alex Sandra Lett

*Lett's Set a Spell at the Country Store  
Alex Sandra "Sandy" Lett*

Many country stores are closed now  
So pull up a chair and set a spell.  
Come on in!  
**A Timeless Place**  
Book read by author Alex Sandra "Sandy" Lett

Disc 1  
1. Introduction  
2. Country Store  
3. The History of Country Store  
4. The History of Country Store  
5. Back to the Country Store  
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Academy Books & Tapes  
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