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L Y N N W O O D , W A S H I N G T O N 9 8 0 3 6
WWW.HAMPTONSEATTLENORTH.COM

SPECIAL POINTS OF INTEREST:

- Holiday Shopping time again.
- Holiday Shopping tips
- Discover our new Spa Packages



It's Holiday Shopping Time!

Getting ready for the holidays is bound to involve some shopping, whether it's finding a perfect gift, a festive outfit or decorations and refreshments to prepare for your season's guests.

Why not fold those shopping objectives into a getaway before the frenzy begins at home?

Our Shopping Packages start at \$139 (US)
Does not include Tax and subject to availability.

The package includes: Our "On the House Hot Breakfast" and Evening Reception, gift certificate, a clean, comfortable room or upgrade yourself to one of our suites for a just a little bit more. So come and spend part of the Holiday Season with the Hampton Inn & Suites exclusive Shop and Drop package's for these shopping venues. We have partnered with our neighbors for your Holiday shopping needs!

INSIDE THIS ISSUE:

Holiday Shopping tips for Men

Santa's Secret

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Upcoming Events



Alderwood: \$25 gift certificate
An abundance of stores to choose from like

- Macy's
- Perry Ellis
- Gap, Boarders Books
- Coldwater Creek
- Pendleton Wool
- Guess, Liz Claiborne
- Luck Brand Blue Jeans
- Jones of New York,
- Chico's
- Crabtree and Evelyn
- Buckle
- Island Soap and Candle
- Buckle
- Made In Washington

Seattle Premium Outlet Center :
\$50 gift Certificate
With over 100 more outlet store's

- Wilson's Leather Outlet,
- Haggar Clothing Co
- Jockey
- Ann Taylor,
- Nike Factory Store
- Aldo Shoes
- Le Creuset
- Nautica
- Royal Doulton
- Harry and David
- Sony
- Ultra Diamonds
- The Children's Place Outlet
- Restoration Hardware

Be sure to check out our other packages that are available for a get way!
To reserve click on: www.hamptonseattlenorth.com

Holiday Shopping Survival Tips for Men

When it comes to holiday shopping, men and women are alleged to be very different. The conventional wisdom is: women shop and men buy. Most women spend time carefully planning their purchases and do their shopping over a period of time. Many men, on the other hand, wait until the very last minute, and often end up choosing whatever happens to be on display that day. Not usually a successful strategy for getting the right gift.

For those who are anticipating the upcoming holiday shopping season with fear and trepidation, the Hampton Inn & Suites Lynnwood offers some holiday shopping survival tips for men.

- Start shopping now so you don't have to get something at the last minute. (Last-minute power shopping is not a sport).
- Take advantage of gift-wrapping services to save time and aggravation (and to make a good impression).
- Before shopping for clothes for your significant other, check for her preferred sizes, colors, fabrics and brands. (Important: when in doubt, always buy the smaller size.)
- Be on the lookout for possible hints your partner may be dropping. Also, your children may be able to help you think of gift ideas for your spouse.
- Always check the store's return policy before you buy and always keep receipts.

*** Don't forget to include a romantic card with any gift for a spouse. always play it safe with a gift certificate.**



Shhhhhhhh! Santa has an idea for you!

The holiday season is near, Kids think with
some glee!
Mom's not ready. she'll just skip this year!

The mall parking that is 10 miles away
To lug the holiday finds it's just too far away

Santa has an idea that is quite smart
Why not stay at Hampton Inn & Suites
And shop smart!

The Hampton's Sleigh is gassed up to go
To take you to the mall and shopping you go!

You can Shop till you Drop, then call the
Hampton's Sleigh and within minutes
You'll be whisked away !

Back to the hotel in time for the evening
Holiday get together, you sip on wine
Or beer and a light snack checking
Your list of naughty and nice.

When your are done you sit in the
Spa and think
Yes there is a Santa Clause !



To reserve your room now click :
reservations@hamptonseattlenorth.com

A Thanksgiving Memory

I recall in First Grade when my teacher taught us the song "Over the river and through the woods to Grandfather's house we go.....". I (at the time) actually thought someone had written the song about our trips to my Grandparents' house. I knew it (the song) described my feelings about going there.

One of my favorite times of the year to visit was always Thanksgiving. I remember flinging open the door and going into the kitchen, looking for Nana and Grandpa. At this time of year, it was chilly enough for them to keep a roaring fire going in the fireplace. After hugs and greetings, I would run to the fireplace and back up to the warmth of it. After warming my backside, I would turn around and warm up my face and hands. Then I would investigate the wonderful smells emanating from the stove and oven. Let me see, now.... ahhh yes! There was turkey and dressing, sweet potatoes, giblet gravy, mashed potato, green beans, corn and fresh cranberry sauce. There is pumpkin pie (my favorite with lots of fresh whip cream), pecan pie, coconut pie, and carrot cake.

I remember how the frosty air would sting our faces until we had rosy cheeks and noses to match as we would play all kinds of games. We would run back into the kitchen and warm up by the fireplace for a few minutes, then it was back outside for more fun with the cousins. The screen door to the kitchen made so much noise as we would run in or out, I am sure (in retrospect) that it had to be annoying to the adult members of our families, but they bore up quite well, considering.

There is so much more I wish I could access from my memory banks, but it escapes me, at present. What I can recall though, is the joy in my childish heart when we made the visit each year.

There was so much to be thankful for: a gathering of uncles, aunts, cousins, grandparents and others: wonderfully delicious food: family stories recounted yet again: lots of energetic play among the children: and maybe the most important of all, a sense of heritage and the continuity of tradition (it still lives on in my memory). What a gift to my life it was!



Two Spa Packages for that extra Special Gift or to fit Your Needs

Olympus Spa

Olympus Spa is the premiere day spa in the Puget Sound area where women come together in a warm and comfortable environment. We have inviting, therapeutic whirlpools with hydro jets, radiant energy rooms, the Olympus signature massage, cleansing skin scrubs, a Mugwort steam sauna and Herbal dry sauna. Our spa services also include healthy Asian food and a traditional Korean Tea Ceremony for an experience like no other.

Designed to relieve stress and inspire well being, we provide an atmosphere that reduces stress, anxiety and the muscle aches and pains of every day life.



Newlife Spa

Newlife Fitness & Spa for men & women has a 15,000 square-foot, state-of-the art facility that offers its members and guests the replenishing, relaxing, and revitalizing beauty and health care services including spa, fitness, skin care, beauty, massage, and much more

We want to share our Asian wisdoms, culture and lifestyle to help you explore a new healthier lifestyle of your own by providing you with its unique services that combine the benefits of mind, body, and soul. This exclusive well-being center is also designed for you to enjoy time with your family and friends as your new healthy hangout spot.

Package Includes: Overnight stay, Welcome Spa Gift, and a Certificate to the Spa of your choice. Hotel 24hr Indoor heated Pool & Relaxing Jacuzzi, Hotel On the house hot breakfast 6-10am, Hotel Evening reception 5 to 7pm nightly.

Rates Starting from \$159 - \$188 US (Prices do not include tax and subject to availability.)

To reserve your room now : www.reservations@hamptonseattlenorth.com



Everett Silvertips Home Games

November 18 against Kamloops Blazers
 November 22 against Regina Pats
 November 26 against Kootenay Ice
 November 27 against Prince Albert Raiders

At the Everett Event Center



Disney On Ice Finding Nemo
 November 2-6



Def Leppard & Bryan Adams
 November 8

Pacific Northwest November Events!



Presents Holiday Bazaar November 19th
From 11am to 5pm
At Hampton Inn & Suites Lynnwood
In the Cypress Room

Seahawks Home Games

November 13th against St. Louis
 November 27 against N.Y. Giants



Preview of Holiday Happenings!



Steven Curtis Chapman & MercyMe December 7

Everett Event Center



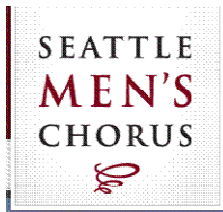
Kanye West with Fantasia and Keyshia Cole
 December 10

Everett Event Center



The Nutcracker 2005

Olympic Ballet Theatre
 Montlake Terrace Performing Arts Dec 3 & 4 2pm
 Meany Hall Uof W Dec 10 & 11 2pm
 Everett Performing Arts Center Dec 18 2 & 6pm



Holly Jolly Holiday

Benaroya Hall

December 4, 2005 - 8 pm *
 December 5, 2005 - 8 pm *
 December 11, 2005 - 8 pm
 December 22, 2005 - 8 pm
 December 23, 2005 - 2 pm
 December 23, 2005 - 8 pm

* with special guest, Ann Wilson



We love having you here!

