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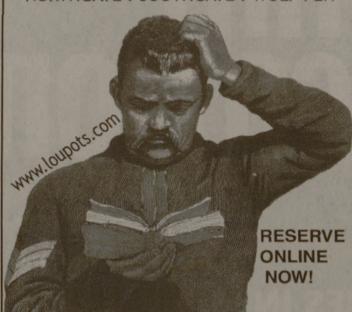
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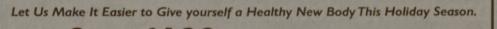


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Monday, December 1, 2003

Travelers nix restless night Pillow-to-go ensures good snooze tin

By Judy Hevrdeis KRT CAMPUS

They have lost sleep trying to squish hotel pillows into comfy submission and spent restless nights at relatives' homes where guest-room pillows were as lumpy as lousy mashed potatoes.

They have given up finding comfortable pillows on the road. They are the people who

pack pillows when they travel. With the holiday travel season kicking off this week, expect to find them at railway stations, bus stations, interstate rest stops and just off international flights and red-eyes from the West Coast.

"I travel sometimes with a neck roll. I also travel with a little roll that has seeds and fragrance in it," said Clodagh, the Irish-born, New York-based designer and feng shui devotee. "A lot of us who travel a lot are attached to pillows for one reason: comfort.'

Few of the pillow-packers fresh from rides on Amtrak's California Zephyr and Empire Builder at Chicago's Union Station one recent afternoon would disagree.

"It's down and it's comfy and it's a lot bigger than the ones they give you," said 24-year-old Carolyn Whitmer of the bed pillow accompanying her in coach from Montana to Ohio.

Benjamin Johnson, 21, cushioned his trip from his St. Cloud, Minn., home to Boston with help from a plump bed pillow. "I would not be able to sleep without it," he said, noting that he also had packed a blanket.

So, did it help? "I was totally out," Johnson

said. "I was the last one off the train.

There was a more pragmatic reason for 19-year-old Leslie Mays of Kirksville, Mo., to travel with her bed pillow. "I'm staying in a hostel, and it could be nasty, so I brought my own pillow," she said, "just in case.'

That many people travel with pillows—from neck-nuzzling travel pillows to full-size bed pillows—doesn't surprise Eugene Halton, a professor of



THE BATTAIN

Chris Johnson of the Hotel Burnha shows off a pillow available to gue the "pillow library" at the hotel in Chicago, Illinois. Choices include of long body pillow as well as anti-snoring pillows.

sociology and American studies at the University of Notre Dame.

When he recently asked the 18 students in one of his classes about their pillow-packing practices, four people said they travel with pillows.

"For at least two of them, it was functional. They are on sports teams, and they travel on the bus a lot," he said. "They take it for comfort on the bus, which is understandable.

Understandable, too, are the be-prepared travelers toting pillows in the face of possible layovers and the less-than-comfortable seating designs found in so many waiting rooms. Said Halton, 'A pillow could be very functional to grab five minutes' rest."

Two others in Halton's class offered reasons beyond simple function for toting pillows.

"One guy said he doesn't like to use hotel pillows," Halton said. They have a stale smell. Another guy said he sleeps with five pillows ... and when he's in hotels,

they're not thick enough."

Halton, who co-wrot book "The Meaning of T Domestic Symbols and Self," points to the fund aspects of pillows as well comfort factor as the pr reason people travel with the

of 'comfort,' it is to const strengthen. In that sense, this lows that people take with for more than functional are like mini-comforters." And, he added, if people sider their bedrooms apply

'If you take the literal me

shut out the world, then po a pillow makes sense. "We all like to have sense of refuge somewher said. "So maybe by bu your pillow with you, y bringing that sense of

privacy, a place where the

with you." One caveat: With to increased security screen be prepared for extra some at airports.

## **NEWS IN BRIEF**

## Roy Disney resigns from Walt Disney Company board

LOS ANGELES (AP) — Disney vice chairman Roy E. Disney has resigned from the media giant's board of directors, sources close to the company said Sunday. He reportedly called on chairman Michael Eisner to resign as well.

Disney's resignation may be a pre-emptive move to avoid being forced off the board of The Walt Disney Co. The board's governance and nominating committee has decided not to recommend Disney for another term because he is over the mandated retirement age of 72, said the sources, who spoke on condition of anonymity.

The full board is scheduled to meet Month Baylor and Tuesday in New York. Board members on the meeting agenda.

## Six major airlines anticipate growth in 2004

FORT WORTH, Texas (AP) - After two mal years, the nation's six largest carriers expected to increase seating capacity by much as 4 percent next year, analysts said

Economic improvements, competition aga low-fare rivals, and increased international fic are creating the new growth, the Fort Wo Star-Telegram reported in its Sunday edition

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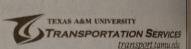
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