NASCAR field heads to Martinsville, 6C



Fish out of water at 0-6





Blocking out noise: American uses foam-stuffed cement blocks such as this during the construction

AmericInn's YourNoisyNeighbor.com offers some tips for avoiding racket:

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ackground sounds, or pack
 music player with earphones
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 Use a bath mat to block cracks
 under doors that let in hallway

of its properties

Quiet, please

Carrie takes the wheel

■ Country star charts a new

www.usatoday.com



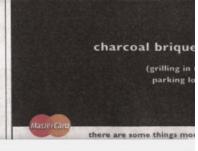
2D FRIDAY, OCTOBER 19, 2007 USA TODAY

Destinations



& Diversions

Chefs offer a sample of dining trends



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Travel

Loudness 'does cost hotels money in the long run'



Hip, cool, trendy — and quieter: The Church Lounge at the Tribeca Grand Hotel in New York installed sound-absorbing wooden panels and thick carpeting to quiet the racket. The hotel's guestrooms also come with a special sound-masking system.

Continued from 1D

by revelers who had seen the New York Yankees beat the Cleveland Indians. Then at 9 a.m. Saturday, din at the construction site began. Luckly she journeys with "extrastrong red-and-white earplugs" and a white-noise machine, she says. "And I put a hotel pillow over my head and turned on the fan."

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Not being told of possible

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music-blasting watering hefore check-in is a common gripe. The booking site Travelocity does notify customers about hotel construction, but it's the rare lodging that warns guests ahead of time – though that's changing.

During its \$40 million upgrading, the Aruba Marriott Resort & Stellaris Casino in the Caribbean is informing guests of the renovation timeline in a special area on its website. It even created a "construction concierge" to handle guest concerns.

The full-time staffer, who works from a desk in the lobby, "was put in place to answer questions for guests prior to their arrival or, if necessary and possible, help a guest switch rooms if they are having any problems," says hotel spokeswoman Kara Rosner. The goal is "making sure guests are aware of what is happening at the resort and there are no surprises."

Marriott's Camelback Inn in the Scottsdale, Ariz, resort area has a stand-alome website, thelgendgrows.com, that chronicles the progress of its \$40 million renovation. It has "before" and "during construction" photos that tell prospective guests what to expect.

Another modern-day hotel challenge usests what to expect.

The Shore Club in Florida's South Beach party mecca is infamous for the din from its popular Skybar that keeps non-parties from sleeping and for its concrete hallways that amplify every footstep.

The Tribeca Grand Hotel's Church Lounge atrium bar in Manhattan — also a celeb magnet — was so successful that wannabe-sleepers had difficulty drifting off. So the hotel carpeted the wood floor and had decorative but sound-absorbing panels but up, says Tony Fant, president of Grand Hospitality, Tribeca's parent company.

Rooms also come with a sound-masking system, similar to a white-noise machine on a grand scale, that guests can adjust to create a haven, Fant says. "We like to create an exciting environment ... but when you step into your guestroom, you don't want to be part of the party experience."

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Shephard's Beach Resort in Clearwater Beach, Fla., logged complaints from those

you lose customers (who can't sleep), you don't get them back."

The Americian chain, with 213 properties in 22 states and two dozen more under construction, uses serenity as a selling point. It markets itself as "built quiet from the ground up" using a "SoundGuard" process. A spokesman says Americians are constructed with concrete blocks that have foam inside their holes to further deaden sound. Floors also are concrete (covered by carpet), the drywall is thicker than standard, and doors are more solid and have a "door sweep" on the bottom to seal off corridor noise. It's more expensive to build a quiet hotel, says Minneapolis-based acoustical consultant David Braslau, who has advised Americian and other lodgings. "Economics plays a big part in design. But in general, hotels probably are getting quieter because people complain and there is more awareness in the industry (of noise problems)."

Luxury hotels, such as Ritz-Carltons and Four Seasons, tend to be quieter because they spend money on extra insulation, thicker windows and cushier carpeting.

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Woman).

Braslau says that thin walls still are a problem at many lodgings but that replacing them and other sources of noise tends

ing them and other sources of noise tends to be expensive "and generally is not a thing that older hotels do."
His checklist of potential hotel-room noise sources includes:

Windows that aren't thick or sound-proofed and let in sounds of pool frolicking, street noise and planes landing or taking off.

Wall-mounted TVs and speakers that are ever more common — and more apt to send noise into another room unless the hotel limits TV volume.

Doors that don't extend all the way to the floor. "You shouldn't be able to slide a hotel bill under it." he says. Corridors are a big source of noise, from yelling guests to housekeepers trundling heavy carts or vacuuming.

Touchesepers trunding neavy carts of vacuuming.

➤ Window or floor air conditioning units or loud bathroom plumbing.

But so far, no one has yet figured out how to muffle all hortel noise — such as a way to keep drunken bachelor partiers from going on a toot in the halls or teens from banging on doors at midnight for kicks. Braslau himself had to change hotels at 2 a.m. on a prom night at an otherwise comfortable Holiday Inn.

"You can be in a great place and hear noise," he says, "Or you can be in a lousy place and hear none."

Paying to muffle noise "was an excellent investment," says Shephard's Beach gener-al manager Paul Andrews. "Because once

serving up a sweet version of sushi — rice cereal and marshmallow roll with fruit wrapper and candy fish. Its restaurant six.one.six has a children's six-course tasting menu (\$21) to introduce youngsters to delicacies such as silver-dollar-size flatbread with smoked salmon and lemon creme fraîche.

The Portobello Yacht Club in Orlando introduced a grape juice menu. Healthier alternatives to soda in-clude non-alcoholic chardonnay and merlot juices. — Kitty Bean Yancey

Best of USA TODAY's travel blogs

Sovereign sails into the sunset Each week, USA TODAY highlights a posting from

By Kitty Bean Yancey

and construction banging have ticked off

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Continued from 1D

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Another modern-day hotel challenge is the success of hip hotel bars that get louder as the martinis and mojitos flow.

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