Figure 1. Honey Road in Marlow, New Hampshire, after a severe rainstorm. Where a ditch had been dug several feet off the shoulder, water flowed without harming the road; where an away-from-the-shoulder ditch was not possible, water eroded into the road.

On the Road in New Hampshire

Torrential Rain in Marlow Illustrates Benefits of Ditch Construction and Maintenance

On Friday, July 28, a violent thunderstorm struck Marlow, New Hampshire. It uprooted trees, flooded basements, knocked out power, and delivered a huge amount of rain in a short period. "By official count," reported the Keene Sentinel, "nearly 3 1/4 inches of rain fell in about two hours." According to Selectman Joseph N. Feuer, "Some local townspeople who own rain gauges measured more than 5 inches." Sentinel Staff also described the road shown in Figure 1.

Honey Road, northwest of Marlow village, suffered the most. Rain poured down the dirt road from Marlow Hill, carving gullies and craters several feet deep, and washing away more than half the road in a few spots.

Those "spots" are locations where, as shown in Figure 1, ditches were shallow, narrow, and right beside the road. At the upper part of the road, where deeper and wider ditches had been constructed well away from the road, water eroded the ditches but not the road itself.

Over the past several years, Marlow's Road Agent, Hartley "Buzzy" Sanders, has been constructing ditches as he and his two person crew could get to them. With thirty-three miles of road to maintain, funds and time for major construction have been scarce.

Honey Road was one of several unpaved roads Buzzy made a high priority. Although low volume, it carried school buses. It also was in the path of large amounts of water runoff from the adjacent hill. In 1994 Buzzy and his crew constructed a ditch from the top of the hill to the large rock outcropping shown in Figure 1. When time permitted he planned to rip-rap around the ledge and continue the ditch. The July 28 storm occurred before he could accomplish the project and confirmed the need for such erosion control measures.

From his eighteen years experience in road maintenance, the last seven as road agent, Buzzy has concluded that adequate ditches and culverts are essential elements of a roadway. He tries to establish his ditches well off the road, the edge at least three feet from the road surface. He prefers four feet when right-of-way and topography permit. Ledge and stone walls also limit location as well as width and depth. In nearly all instances, construction has involved tree removal, ditching with a backhoe, and disposal of large amounts of debris.

continued on page 2

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The storm also demonstrated the need for cross culverts in hillside roads. Figure 2 is Honey Road just above the part shown in Figure 1. A cross culvert exists just below the picture but one is needed at the bend in the road. The ditch in Figure 2 saved the road but eroded so badly that it needed major repairs.

Installing a cross culvert at the bend in the ditch will be a significant construction project for a three-person crew. Rock and ledge under the road limits the size culvert than can be used. Buzzy will have to install two small-diameter pipes side-by-side. Because the culvert crosses at an intersection, the pipes will have to be very long.

In this example, damage was caused quickly and the effects were immediately visible. Less obvious are the long term effects of normal rainfall and winters on roads with inadequate ditches and culverts. Water in roadway bases weakens the road slowly. Frost heaves speed the deterioration process. Properly designed and well maintained ditches and culverts are essential components for a dependable, serviceable road over many years.

The obstacles to ditch and culvert construction which confront Buzzy Sanders are not unusual in New Hampshire towns and cities. Small crew sizes, often undersized equipment, and scarce funds for materials are additional obstacles to construction and maintenance of drainage structures. Yet, the July 28 storm has dramatically illustrated the benefits of adequate ditches and culverts. Even with the extreme rainfall, well designed and constructed ditches minimized damage.


Thanks to Marlow Road Agent Harley Sanders and Selectman Joe Fear and to Ken Ward of NHMA Property Liability Trust for their assistance.
Fifteen Road Scholar's Advance to Higher Levels
Seven Individuals Become Road Scholar I

We are pleased to recognize individuals who, during the Spring of 1995, have achieved the following levels in the UNH T^2 Center Road Scholar Program.

**Master Road Scholar.** Participated in UNH T^2 Center training activities which totaled 100 contact hours and covered the range of topics required for Road Scholar II.

<table>
<thead>
<tr>
<th>Road Scholar</th>
<th>Affiliation</th>
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<tbody>
<tr>
<td>Brian Barden</td>
<td>Dublin</td>
</tr>
<tr>
<td>Clark Hackett</td>
<td>Farmington</td>
</tr>
<tr>
<td>Edwin Mattson</td>
<td>Fitzwilliam</td>
</tr>
<tr>
<td>Sheldon Morgan</td>
<td>Gilford</td>
</tr>
<tr>
<td>Peter Prentice</td>
<td>Sandwich</td>
</tr>
<tr>
<td>Edward Stewart</td>
<td>Atkinson</td>
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<tr>
<td>James Wilson</td>
<td>Northwood</td>
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**Road Scholar II.** Participated in UNH T^2 training activities which totaled 50 contact hours and covered a set of minimum subject areas including road design and construction basics, other technical, tort liability or safety, and supervision or personal development.

<table>
<thead>
<tr>
<th>Road Scholar</th>
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<tbody>
<tr>
<td>Ken Fletcher</td>
<td>NHDOT</td>
</tr>
<tr>
<td>Arthur LeBlanc</td>
<td>Hollis</td>
</tr>
<tr>
<td>Wesley Staples</td>
<td>Westmoreland</td>
</tr>
<tr>
<td>Randolph Stevens</td>
<td>Lee</td>
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**Senior Road Scholar.** Participated in UNH T^2 Center training activities which totaled 70 contact hours and covered the range of topics required for Road Scholar II.

<table>
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<tr>
<td>Paul Belanger</td>
<td>Bedford</td>
</tr>
<tr>
<td>Albert Cross</td>
<td>Northfield</td>
</tr>
<tr>
<td>Ken Roberts</td>
<td>Alton</td>
</tr>
<tr>
<td>John Starkey</td>
<td>Merrimack</td>
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</table>

**Road Scholar I.** Participated in UNH T^2 Center training Activities totaling at least 30 contact hours.

<table>
<thead>
<tr>
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<tr>
<td>Donald Atwood</td>
<td>Bridgewater</td>
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<tr>
<td>Richard Davis</td>
<td>Raymond</td>
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<tr>
<td>Charleton Dill</td>
<td>Durham</td>
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<tr>
<td>Bruce Mayhew</td>
<td>Hooksett</td>
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<tr>
<td>Jay Perkins</td>
<td>Exeter</td>
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<tr>
<td>Mike Smith</td>
<td>Milton</td>
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<td>Steve Swain</td>
<td>Northfield</td>
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Master Road Scholar
Sheldon Morgan

Sheldon Morgan has been the Director of Public Works in Gilford for seven years. He has worked for the town since April of 1972 in a number of positions including Highway Superintendent and Deputy Director of Public Works.

Sheldon is an advocate of training: he personally provides training for his work force and sends many of his staff to off-site training. In his view, training and safety "can't be over stressed." He sets an example, having seen Master Road Scholar as a milestone but not the end. He plans to attend training until he retires. He describes himself as "very inquisitive. Not happy being stagnant and always wanting to improve." There always has to be a "better, more efficient way to do things."

Sheldon grew up in Laconia. In Technical School in Laconia he received his Associates degree in Electro-Mechanical Drafting. Sheldon got into public works by accident but he loves it. He finds public works very diverse and exciting, "there is always something different."

Sheldon's wife, Judith, also works for the Town of Gilford (where they met), between them they have over forty years of experience with the town. They have one daughter, Heather, who is 17 years old. Sheldon likes to fly fish and is an advocate for catch and release. He enjoys gardening (all types), photography, and drawing.

Thanks for the gardening tips and congratulations
Master Road Scholar Morgan.

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More Master Road Scholars
Page 4
More Master Road Scholars

Master Road Scholar
Edward (Ted) Stewart

Ed (Ted) Stewart is the third family member to be Road Agent in Atkinson. His father was the Road Agent for 25 years and his brother for nine. It might sound as though Ted inherited the job but he didn’t; he’s an elected official and won against the previous Road Agent (not a family member) the first time he ran. He’s been Road Agent for the past five years.

When asked why he takes so many classes, Ted replies, "(they) back up practical experience." He combines his knowledge from classes with his experience when making presentations to the town. He plans to continue to take more classes and would like to see us add more levels to our program.

Ted grew up in Atkinson. He is a part-time Road Agent in that he also operates a trucking business. He has one employee, who works for him both in the town and in the trucking business. He sends his employee to training so he can learn "how to do things right."

Ted’s family still lives in Atkinson. He bought the family farm, which he rents to his sister-in-law, and built his house on the property between his sister’s and parent’s houses. His brothers live on Stewart Drive which runs behind Ted’s house. He still, in his view, doesn’t see enough of his family.

Ted is married to Jane, his High School sweetheart. They have two children: Joshua, 5 1/2, and Sarah two and a half. He enjoys carpentry, fishing, and hunting — mostly deer and partridge although he’d like to try turkey hunting this year. He serves on the rescue squad and as a firefighter and is working on his certification as a Career Firefighter from the NH Fire Training & Standards.

Good Luck and Congratulations Master Road Scholar Stewart.

Master Road Scholar
Jim Wilson

Jim Wilson has been the annually elected Road Agent in Northwood for the past 4 years. Jim has lived in Northwood all of his life. Before becoming the road agent, he worked as a well driller and heavy equipment operator for a gas company.

Jim takes classes because he always wants to do the best job he can. Not only did the classes help when he first became road agent, but he still finds something new during training sessions. In his words, "I’ve really picked up a lot of information." In addition, his supervisors are "pretty pleased". He has only one part-time employee who he’d like to send to classes but doesn’t have any money to do so.

Jim lives on his grandfather’s farm with his wife, Sandra, and their two children: Michelle age 12 and Michael age 9. His hobbies are hunting (all kinds, but with a muzzle or bow), fishing (mostly trout) and growing fruit trees. They now have twenty-five trees: peaches, apples, and pears. The fruit trees are coming along this year pretty well, which means they will be eating a lot of fruit. What they can’t eat they make jam of or can.

Congratulations on achieving this goal Jim and, as you have said to us, "Keep up the good work!"

In the next issue of Road Business we’ll feature Master Road Scholars Brian Barden, Clark Hackett, Edwin Mattson, and Peter Prentice.

page 4
Road Managers and Crews from Across New England Attend 1995 Mountain of Demonstrations

On June 9, under clear skies in New Hampshire’s White Mountains, the New Hampshire Road Agent Association held its 8th Annual Mountain of Demonstrations. Of the 630 road managers and crew members who traveled to Campton, 395 were from one of 107 different New Hampshire towns and cities. Other participants were from Connecticut, Maine, Massachusetts, Rhode Island, Vermont, and even Texas. They visited indoor booths and open-air displays of equipment and services concentrated in three areas of Waterville Estates in Campton.

Seventy-two vendors provided information about all aspects of road maintenance and repair as well as personnel services. In-the-field demonstrations, a major feature of the Mountain of Demonstrations, included construction of two retaining walls, one of local timber and another of concrete units. Other exhibitors paved roads, sealed cracks, filled potholes, painted traffic lines, cut brush and small trees, and thermal bonded old and new pavements. One exhibitor installed erosion control blankets, another applied calcium chloride to gravel roads, and several graded roads. There were also the always popular backhoe operation and how-much-weight-will-break-the-bridge contests.

Road managers and crew members exchange ideas in one of three equipment display areas. The tent is one of two which contained booths.

Precast masonry units, placed before and during the event, carry water runoff from a steep hillside away from a recreation area.
A wide variety of equipment is on display at the Waterville Estates Public Works Garage area, one of three equipment display areas.

Masons build a retaining wall across the parking lot from the masonry unit wall constructed last year.
An exhibitor inserts a pin to tie together locally fabricated timbers for a retaining wall constructed just before the June 9 event.

269 Enter Bridge-Breaking Demonstration

H. Edmund Bergeron Civil Engineers (HEB) of North Conway, for the fifth consecutive year, held its bridge-breaking demonstration. 269 individuals guessed from 80 to 1600 lbs of weight to break a white pine, 10 foot Howe Bridge Truss. Steven Florucci of Barre, VT; Loren E. Bent of Randolph, VT; and Chris Bergeron (no relation) of Claremont, NH, each guessed 1200 coming within six pounds of the 1206 lb. breaking weight. HEB sent each a gift certificate to L. L. Bean.
CDL Drug and Alcohol Testing

An Update

After January 1, 1996, municipalities will no longer be exempt from federal drug and alcohol testing programs for employees with a commercial drivers license (CDL). Since the article in the Winter 1994 Road Business, the UNH T² Center staff has helped prepare one workshop (May 12 in Manchester -- 72 participants) and made preliminary arrangements for others. The additional workshops have become unnecessary as organizations regularly engaged in personnel and health matters have begun to conduct training.

The Occupational Health Alliance (see scheduled workshop notice on page 12) and the NH Motor Carrier Association conduct workshops for members and nonmembers of their consortiums. In a team effort, Compensation Funds of New Hampshire and the New Hampshire Municipal Association - Property Liability Trust are planning a series of workshops this fall. There might be others who haven't come to our attention.

As specific information on workshops becomes available the UNH T² Center will publicize it in Road Business. Listed below are names and phone numbers of drug and alcohol testing service providers for readers who wish to inquire about the services available.

Berlin
Androscoggin Valley Hospital
Dennis Desmond
603-752-2376

Concord
Occupational Health Services
Concord Hospital
Carol Lajoie or Faith Scofield
Concord NH 03301-3052
603-225-2711 x3420

NH Motor Carrier Association
Robert Scully
603-224-7337

Exeter
Occupational and Environmental Health
Exeter Hospital
Vicki Fox David
603-778-6635 x23

Franklin
Franklin Regional Hospital
Margaret Lohmann
603-934-2060 x272

Keene
Occupational Health Services
Lahey Hitchcock Clinic
Diane Latimer
603-335-3720

Laconia
Lakes Regional General Hospital
Loretta Bourdon RN
603-527-2824

Lancaster
Medical Center
Helene Josselyn Weeks
603-788-2521

Lebanon
Dartmouth Hitchcock Medical Center
Industrial Rehabilitation
Bonnie Sussman
603-650-8902

Day Memorial Hospital
Pamela Gile or Alice Peck
603-448-3121 x305

Littleton
Littleton Hospital
Paul Conner
603-444-7731 x126

Manchester
Convenient Med Care
Sharon Smith
603-644-2273

Nashua
Nashua Memorial Hospital
Occupational Health Services
Scott Biron
603-889-2354

St. Joseph's Hospital
Elaine Steadman
603-882-3000 x770

North Conway
Memorial Hospital
Kathy Shea, RN
603-356-5461 x186

Plymouth
Speare Memorial Hospital
Priscilla Farrell
603-536-1120 x227

Portsmouth
Occupational Health of New England
Phil Jarosz
603-430-9675

Wolfeboro
Occupational Health Services
Huggins Hospital
Rosalind Lasky, RN
603-569-2150 x211

Woodsville
Cottage Hospital
Debbie Carroll
603-747-2761

WE'RE ON THE INTERNET

You can contact the UNH T² Center via the Internet.
Email: kldr@christa.unh.edu
Website: http://pubpages.unh.edu/~kldr/tech.html

Connect and browse our site. You may sign up for workshops via the net and request videos and publications. We're looking forward to hearing from you.
PUBLICATIONS
from the
University of New Hampshire Technology Transfer Center

Copies of the following books or pamphlets are available through the UNH T² Center. You can request them by mail or telephone. If by mail, follow the instructions below. To request by telephone, call (603) 862-2826 or, in New Hampshire, (800) 423-0060.

___ NEW Controlling Nonpoint Source Runoff Pollution from Roads, Highways, and Bridges. Published by the EPA in August 1995. A fact sheet (the first in a series) produced by the EPA and APWA to improve knowledge about and efforts to control runoff pollution from roadways and construction activities.

___ Handbook of Successful Supervision. Intended for use by persons who carry out the responsibilities of local government supervisors (FHWA-RT-91-002)


NEW "Errata Sheets" -- Editorial changes to MUTCD Part VI. Please specify which version:

___ ATSSA version (5½" x 8½")

___ FHWA version (8½" x 11"")

___ NEW Work Zone Safety for Rural Agencies. A pocket-sized guide for setting up work zones and controlling traffic around them. For use while planning the work zone and in-the-field.

___ A Series of Quick Guides for New Hampshire Towns. A set of pamphlets covering the topics below. Developed by the UNH T² Center with other agencies, it is distributed as a set.
   1. Culvert Installation & Maintenance
   2. Ditch/Channel Construction & Maintenance
   3. Vegetative Erosion & Sediment Control
   4. Non-Vegetative Erosion & Sediment Control
   5. Cut & Fill Slopes
   6. Beaver Pipe Construction & Maintenance
   7. Stormwater Inlets & Catch Basins
   8. Mowing and Brush Control
   9. Snow & Ice Control
  10. Obtaining Permits

___ NEW Timber Retaining Wall Initiative. A fact sheet describing a pre-designed Timber Retaining Wall and the situations in which it can be used.

___ Local Low Volume Roads and Streets. Basic information in an easily understood book. Useful for town officials and crew members as well as for road managers.

---

To Request Material by Mail

Check the items you would like to have. Fill in your name, address, and other information, cut out this page, fold so the UNH T² Center address is on the outside, staple closed, and mail.

Name

Address

Address

Town NH

Zip

Position

Organizational Category: Private Federal

State Local

Academic Other

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VIDEOS
from the
University of New Hampshire Technology Transfer Center

The following videos are available from the UNH T² Center Video Library. You may take the videos out for a two week period, there is no charge. To request the videos by mail, check the videos you would like to have, fill out the mail request form on page 9, staple closed, and mail. To request by telephone, call (603) 862-2826 or (800)423-0060 (in NH).

___ Catalog. UNH T² Center Video Loan Program.

___ DC-208 Aggregate Blends, Demonstrates the blending of aggregate sources to meet specification. Also, the reasons for and descriptions of asphalt emulsions.

___ DC-216, Dust Control and Stabilization with Calcium Chloride. Explains road structure and base stabilization procedure and how CaC12 works as a stabilizer.

___ M-218, Operator Daily Maintenance of Crawler Tractors. Basic presentation of preventative and maintenance of crawler tractors, includes: pre-startup, startup, operational, and shutdown.


___ M-222, Daily Maintenance of Light Vehicles. Basic presentation of preventive and daily maintenance of light-duty trucks, includes: pre-startup, startup, operational, and shutdown.

___ M-233, Regraveling. Shows basic steps and procedures for regraveling an existing gravel road.

___ M-228, Repair of Depressions, Rutting and Corrugations. Presents basic method for repairing rutted, corrugated, and depressed road surfaces in eight steps with a motor grader.

___ M-234, Patching Unpaved Roads. An eight-step procedure than will provide a long, lasting repair.

___ PA-213, Team of your Life. Importance of workplace communication and keys to achieving employee productivity.

___ PA-226, Sorting It Out. Shows how one city plans to reduce the amount of waste going to landfills through recycling. Discusses curbside recycling and buy back centers.

___ PA-229, Mountain in the City. Discusses landfills and what will happen in the future.

___ ST-209, Traffic Control and Tort Liability. Gives suggestions concerning traffic control devices for local jurisdiction to help with tort liability suits.

___ ST-222, Mailboxes May be Hazardous to your Health. Demonstrates mailbox crash tests to show dangers of non-regulatory mailboxes.
The Reader's Page

Health and Safety Services

Several organizations provide health and safety training to the New Hampshire towns and cities who are its members. The major training providers are:

- Compensation Funds of New Hampshire,
- New Hampshire Municipal Association Health Insurance Trust, and
- New Hampshire Municipal Association Property Liability Trust.

These organizations' high quality training programs cover the topic areas described below. Telephone numbers to contact their representatives are also provided.

Compensation Funds of New Hampshire (CFNH)

In their Loss Prevention Manual, CFNH refers to "safety as a process" rather than program because they believe "safety is not found in a catalog, nor with a phone call." They state "safety must be an integral part of an organization, part of the entity's value system.

Most of safety training provided by CFNH addresses the human element as the primary factor in workplace safety and health. This reminds participants that they have responsibility for their own actions, especially relating to health and safety, both on and off the job.

"Training is scheduled at times and locations most convenient for members." Training topics range from back injury prevention to a leader's role in training and from working with toxic substances to traffic control.

For more information call: 603-225-2841 or 800-698-2364

New Hampshire Municipal Association Health Insurance Trust (NHMA-HIT)

Several health promotion and health care cost management strategy options are available to NHMA-HIT member groups and subscribers. Services for member groups include health risk assessments, claim analysis and consultative services on customizing a health risk management program that will meet with the specific needs of the group.

The "Slice of Life" Wellness Staff works with member groups to provide health awareness sessions such as nutrition education, stress reduction and self care. In addition, HIT offers a lending library to members with information on implementing and planning comprehensive wellness programs. Free brochures and pamphlets are available on a wide range of topics such as AIDS, Self Care, Back Care, Fitness, Smoking Cessation, Pregnancy and Child care.

Individual subscribers are encouraged to participate in the health awareness programs and are reimbursed 100% for the cost of approved programs. Subscribers who exercise regularly, through an approved program, have the opportunity to earn financial incentives and fitness awards.

For more information call: 603-226-2861 or 800-527-5001.

New Hampshire Municipal Association Property Liability Trust (NHMA-PLT)

PLT's training program consists of seminars, workshops, and video rental. They offer training to cover the needs of various individuals and groups associated with municipalities, e.g., fire fighters, police, public works, and administrative groups. PLT encourages its membership to inquire about their "Employee Law Hotline."

According to the 1995 booklet describing their services, some services they provide include "conducting safety surveys and will provide written recommendations for review and consideration." They will also "video record buildings and their interiors, maintaining the original copy of the recording, and providing the municipality with a copy."

PLT offers programs to promote the professional development of people who work in Public Works. Programs include Snow Plow and Grader Rallies and courses in safe operations such as flagging.

For more information call 800-852-3358.

Town of Bow Completes First Aid Course

The Bow Highway Department recently completed a 30 hour First Aid Course. NRH Tri-State Ambulance provided the instruction. The cost of the course was paid by the NHMA, Health Insurance Trust-Slice of Life wellness program.

The course was held on Friday's starting June 3rd through July 14th. Tri-State provided classrooms, visual and hands on aids for the instruction. The Bow Board of Selectmen enthusiastically endorsed the project.

All phases of First Aid were covered. Students practiced bandaging, applying pressure to points to slow bleeding, and splinting breaks. Heat and cold related problems were covered along with insect bites, burns, heart attacks, as well as other problems or injuries the Highway Department could encounter.

Submitting Information

To publish your notices, ideas, news, meetings, workshops, etc., call or write to us. Our address information and phone numbers are on the back page.
### Calendar -- Fall 1995 Training Activities

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<td>25</td>
<td>26</td>
<td>27 Intro to Computers, Littleton</td>
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<td>02 RSMS, Littleton</td>
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<td>05 RSMS Dover; Tort, Campton</td>
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<td>17 Higher Performance, Campton</td>
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<td>19 Higher Performance, Dover; Urban Class (CFNH)</td>
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<td>26 Intro to Computers, Lebanon; Urban Class (CFNH)</td>
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### Training Activities by Others

**Safety on the Job**
- September 19  Springfield VT

**Winter Road Maintenance**
- October 12  Rutland VT

Sponsor: Vermont Local Roads. 802/654-2652

**Substance Abuse in the Workplace & Drug and Alcohol Testing**
- September 13  Conway


**Snow Plow Rallies**
- September 6  Dover
- September 13  Lancaster
- September 20  Swanzey


Road Business is published quarterly by the Technology Transfer Center at the University of New Hampshire (UNH). The UNH T² Center is supported by the Federal Highway Administration (FHWA), the New Hampshire Department of Transportation (NHDOT), and UNH. Any opinions, findings, conclusions, or recommendations presented in this newsletter are those of the authors and do not necessarily reflect the views of the FHWA, NHDOT, or UNH. Any product mentioned in Road Business is for information only and should not be considered a product endorsement.