

## Milestones:

*Ken Knowlton* is the new Road Agent in Franconia.

*The Town of Nelson* has joined Mutual Aid.

*Donna Nelson*, Maurice Nelson's wife (Pike Industries) passed away in October 2003.

*Walter Norris* is the new Road Agent in Pembroke.

*Brian Sullivan* is the new Public Works Director in Franklin.

## Websites:

UNH T2 Center: <http://www.t2.unh.edu>

NH 511 (Traveler) Information System  
<http://www.nh.gov/dot/511/>

Crash Experience Warrant for Traffic Signals  
[http://gulliver.trb.org/news/blurp\\_detail.asp?id=1974](http://gulliver.trb.org/news/blurp_detail.asp?id=1974)

Forester publications  
<http://www.forester.net/index.html>

Highway Safety Media Center  
<http://safety.fhwa.dot.gov/media/category.htm>

Speed Management  
<http://safety.fhwa.dot.gov/programs/speedmgmt.htm>

### PW.NET

Want to know what is happening in other towns? Learn the very latest in regulations? Need a place to ask questions of other public works officials? Want to be the first to receive notifications of UNH T2 Center workshops? Then, subscribe to PW.NET. It's free. Send an email message to: [kathy.desroches@unh.edu](mailto:kathy.desroches@unh.edu)

In the body of the message type:

Add pw.net your name

For instance: Add pw.net John Doe

## What to Eat on Snow Plowing Nights

As Road Business readers know, highway department crews often battle snow and sleet through many nights. Recent research on sleep deprivation reveals ways to lessen the effects of sleep loss. One set of findings suggests what people eat will help.

During nighttime hours, the body slows down. It does not want to digest most other fast foods. Greasy, heavy protein foods bring on sleep! Operators can still enjoy eating with well-balanced meals and snacks. Such meals are compatible with a slower, nighttime digestive system.

### *Main Meal Before Night Work.*

- Light protein foods—chicken, turkey, fish, cooked beans and peas.
- Low-fat foods only.
- Vegetables, fruits, breads, past and/or potatoes.
- Low-fat or skim milk, cheeses, and yogurt.

### *Meals During Breaks*

- Soup and salad
- Soup and a light sandwich
- Light protein foods and vegetables.

### *Snacks Before and During Work.*

- Low-fat dairy products.
- Fruit, popcorn, cereal, plain cookies, and/or baked crackers.

Coffee and tea contain caffeine, and smoking and chewing tobacco contain nicotine. Initially these are stimulants but soon become depressants; they make the heart beat slower. CUT BACK.

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