



Volume 39 Issue 4

April 2020

Table of Contents

Message from the Editor.....	2
Town Clerk.....	2
Broadband.....	5
Police Department.....	5
Library.....	6
Pelham Lake Park.....	8
Notes from the Field.....	9
Board of Health.....	10
Town Nurse.....	12
Rowe School.....	13
News & Notices.....	14-18
Town Services.....	19

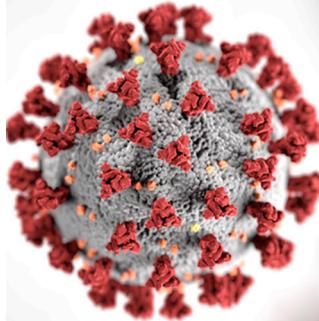
<https://rowe-ma.gov>

*Dedicated to Encouraging
Information Exchange
Between All Town Departments
and All Citizens*

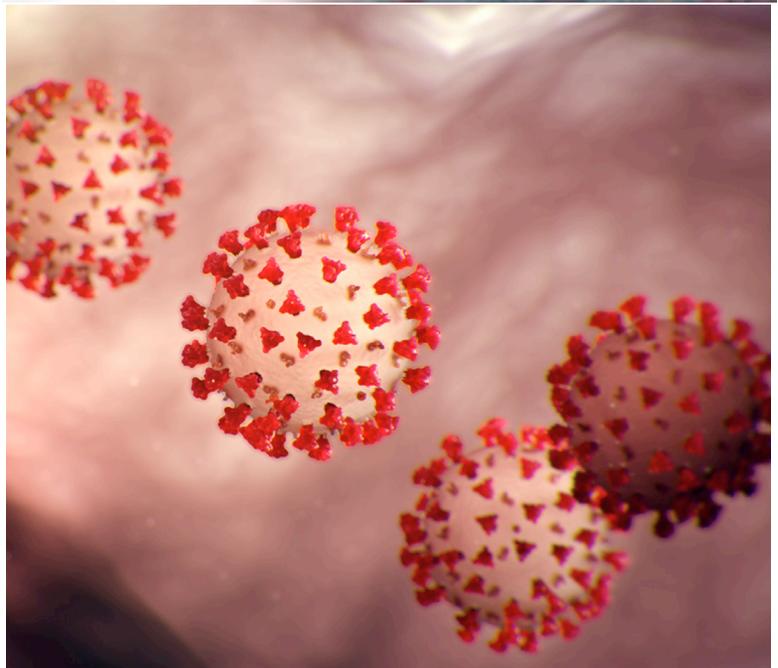
THE Rowe Goal Post

Established 1975

Classic



COVID-19
CORONAVIRUS DISEASE 2019



"I wish it need not have happened in my time," said Frodo.
"So do I," said Gandalf, "and so do all who live to see such times.
But that is not for them to decide. All we have to decide is what to
do with the time that is given us."

-J.R.R. Tolkien, The Fellowship of the Ring

Editor's Message

Submitted by Sue Alix Williams

And just like that the world has changed. It seems an eon since the last Goal Post - so much is different these days with social distancing, working from home, uncertainty and fear. We all need to work together at this time to make it through this - and we will. But it will be a different world when it's done. Everyone in town has stepped up and has submitted pertinent articles, some are long, but do take the time to read them. We are blessed to live in this area where we can easily get outside. Stay safe everyone.

An Ode To Spring

Winter's icy, cold and white
Yet Spring is surely pure delight
Oh, the promise of a Spring that will
Flaunt the golden daffodil
With soft sweet rain to stir the ground
Neath where the sleeping flowers
abound
Oh, raise the curtain on the show
Let sun spotlight the green below
Oh, time for apple blossom grace
That many orchards will embrace
For Spring will bring us hope and cheer
The turn of seasons through the year
Though life can alter in its scope
The human heart can always hope
The human heart should always hope
Bring on Spring!

Jodi Brown
March 17, 2020

Town Clerk

Submitted by Paul McLatchy III

With the ongoing COVID-19 situation, many changes have occurred since the last issue of the Goal Post. I apologize for the length of this article, but there is a lot of important information that may impact town meeting, elections, and our local government. As of the time of writing this article, town hall is closed to the public.

As this situation is changing things on a day-to-day basis some of this information may become outdated between the time of submission and delivery. I encourage everyone to check the website on a regular basis.

Office Hours: Regular office hours will be cancelled until town hall reopens. All in-person meetings will be set up by appointment, and will be on an as-needed basis. Requests for records/licenses/etc. will be done as much through alternate means (mail, email, phone, etc.) as possible to minimize contact. I will still be working in the office and will be checking my email and phone messages daily. Though the office is not "open" per se, all services are still available to the public- the process may just be slightly different.

Public Meetings: One of the cornerstones of our democracy is the practice of open, transparent government. However with the ongoing situation Governor Baker signed an order permitting public bodies to hold their meetings via remote participation. Prior to this order, remote participation could only be held when a majority of the board could still meet in person. For the foreseeable future boards are permitted to participate fully by phone/video. Meetings are being set up with access codes which will be attached to each agenda and will allow the public to observe these proceedings.

Setting meetings up can be done by contacting Janice Boudreau or me at town hall PRI-

OR to posting a meeting. A list of instructions on how to participate can be found on the website or on the bulletin board at town hall. Please call me if you have any questions about how to stay involved. A meeting of the School Committee was already held this way, and other than a few minor glitches, seemed to work well. Please note that this does not apply to town meetings, which I will address later in this article.

Those participating either as a member of the body or as a participant should identify themselves upon entering a meeting. Please remember that while this may be less formal due to people participating from home, we must still adhere to most rules and practices. The chair is still in charge of the meeting and keeping order, minutes must still be taken, votes must be conducted by roll-call vote, etc.

Dog Licenses: With everything going on, I will not be enforcing the March 31st deadline for late fees. I encourage people to still have their dogs vaccinated if able to do so for safety reasons (rabies doesn't take a break because of Coronavirus), but will not be penalizing you for being late on your license application. Nevertheless, if your dog's rabies vaccination is up to date and you haven't applied for a license, please do so. I will still be processing them during this shutdown. Not surprisingly, the rabies clinic that was scheduled for March 28th was cancelled and will be held at a future date once things have settled down.

Town Meeting/Budget: As of the time of writing this, there is legislation being considered by the state that will allow for towns to delay their annual town meetings. There is already a law on the books that allows the moderator to delay a meeting for a "public safety emergency", but the new legislation would broaden that to include a "public health emer-

gency". It would also allow towns that don't approve a budget by June 30th to move into the new fiscal year (FY2021), continuing to spend at current (FY2020) levels. To my knowledge there are no plans to move town meetings to a remote format due to the logistics involved. While anything can happen at the state house, I believe that this legislation is likely to pass due to urging from towns across the state and their swift action on legislation regarding elections. There are only a few weeks left for the budget and other town meeting matters to be worked out in order to comply with the required timeline. Therefore I believe it is likely that town meeting will be delayed as large gatherings are required in order to conduct business.

Election Timing: Up until recently, there were few mechanisms to delay a town election. Previously, the only method was to obtain a court order or special legislation, which some towns in the eastern part of the state did. However, the legislature passed a bill allowing for the delay of elections until up to June 30th, which was then signed into law by Governor Baker on March 24th. The decision to delay can be made by either the Board of Selectmen or the Board of Registrars.

Absentee voting due to COVID-19 is covered under this law, which means that most voting could be done by mail if voters did not wish to appear in person. Town clerks are also looking into whether elections may be able to be run using a "skeleton crew" to eliminate as many people working together in person. Existing law also allows for reduced hours. This law does not eliminate the requirement for an in-person voting arrangement, but merely expands on the ability to absentee vote. The Board of Selectmen and/or the Board of Registrars will likely consult with the Board of Health and myself in the coming month to make a determination

about whether or not the election will proceed or be postponed.

As large gatherings are not required and many of the voters could choose to vote absentee, it is possible that the election may still occur even if town meeting is delayed. Information will be provided as it becomes available.

Absentee Ballots: Absentee ballots will be available on April 14th regardless of whether the election is delayed or not. I would like to be very clear that the office of the town clerk cannot advocate for, recommend, or encourage absentee voting. However, I anticipate a large number of voters will choose to cast their ballot by mail rather than in person. Therefore, I have enclosed two absentee ballot applications with each in-town copy of the Goal Post. I include these only to make access to the application easier as town hall is closed for the foreseeable future and will avoid the need (and cost) to mail a large number out separately. It is also available for download on the website. Voting by absentee ballot is 100% optional and all voters will have the ability to vote in-person on Election Day if they wish to. The application is only good for this year's local town election.

Election Candidates: The deadline for nomination papers was March 28th, after the deadline for the Goal Post article. At the time of submission, the following candidates have taken out papers:

Board of Assessors: Rick Williams (I)*

Board of Health: Daniel Poplawski (I)*

Board of Selectmen: Jessica Albrecht†
Jennifer Morse (I)†
Joanne Semanie*

Cemetery Commission: Marilyn Wilson (A)*

Finance Committee (x2): Loretta Dionne (I)*
Paul McLatchy III (I)*

Library Trustees: Rebecca Bradley (I)*

Park Commission: Laurie Pike (I)*

Planning Board – 5 Yr: Jessica Albrecht (A)*

Planning Board – 2 Yr: None

School Committee: Susan Zavotka (I)*

Constable: Henry Dandeneau (I)*

Town Clerk: Paul McLatchy III (A)*

(I) Incumbent

(A) Candidate currently holds the office as a result of an appointment, but has not been elected to it.

* Candidate has submitted their papers. Barring withdrawal or unforeseen circumstances, candidate will appear on the election ballot.

† Candidate has taken out papers, but had not turned them in at the time the article was submitted.

With the exception of a possible race for the Board of Selectmen seat, all individuals currently holding the office are running for election unopposed. If you should be interested in running a write-in campaign for the uncontested two-year seat on the Planning Board or for one of the other offices, please contact me for more information about voting requirements (i.e. if you want to do labels, etc.)

Presidential Primary: Thank you to the election workers who helped out with the March 3rd primaries: Tellers Deb Lively, Sue Williams, Myra Carlow, Shirley Veber, Paul McLatchy Jr., Chris Tower, Ramon Sanchez, Lauren Werner; Wardens Margie Morse and Loretta Dionne; Clerk Ashton Morse; and Constable Henry Dandeneau. It was a long day with some food mishaps, but everyone pulled through and helped to make my first election an uneventful day- which in this case is a good thing! A special thank you to Danielle Larned for her help in setting up and taking down the polling equipment. Election results are available at town hall and on the website.

Future Election Location: Notwithstanding the COVID-19 situation, I have been in talks

with Principal Bill Knittle and School Committee Chair Susie Zavotka about potentially moving the polling location to the school. Due to the expansion of equipment in the fitness center, there are concerns about whether the space for voting is adequate and up to state requirements. While this has taken a back seat with everything going on, it's possible that other future elections may be held at the school.

What's Next: I understand that many are nervous about this pandemic around the world. Please know that many of our town's public officials and employees are working very hard to help protect our community. Remote meetings might be inconvenient and the idea of delaying town meeting and/or elections might seem unpalatable for some. These changes, while not ideal, are being implemented to not only protect our residents, but still try to provide as open and democratic a process as possible under the circumstances. While meetings may be held by other means and votes may be delayed, all voters will be able to exercise their right to participate in committee meetings, vote on a town budget, and choose our elected officials. If you have concerns, please contact me and I will try to help as much as I can.

Last Call for Free Broadband Installation

Submitted by David Dvore, MLP

Rowe's Fiber Broadband network is a great success. The distribution network is complete. Most of our residents have signed up and find the new service a vast improvement over the previously available Verizon DSL. We still have some money left in the project to offer free installation for anyone who has yet to take advantage of the offer. If you choose to start service, the cost of connection your home to the network, including the interior wiring and equipment, will be covered

at no cost to you. The one-time \$99 activation charge still applies. Those who do not wish to take the service can opt for a "Cold drop." This means running a line from the network to the exterior of the house. This would reduce the cost of future installation.

Residents, or businesses, in Rowe can sign up for installation or cold drop by going to <https://www.whipcityfiber.com/rowe/> or by calling Customer Service at 1-833-991-9378. This is a limited time offer as we will be closing the capital project soon.

From the Police Department

Submitted by Julie Shippee, Police Chief

1. **Speed limits** - unmarked roads in the town are 40mph unless weather permitting for slower travel.
2. **New radar speed sign**- the police department has purchased a new radar sign and we will be setting it up around town in different places. if you have seen this sign and it is flashing at you just be aware it is telling you that you are speeding and when the white light blinks... is it taking your picture? That is for the police to know and for you to find out.
3. **Mud roads**- it is that time of year again and the Rowe highway department has put out signs to please stay off the dirt roads due to muddy conditions.
4. **Phone scams**- once again I am reminding Rowe residents to never give your info out to anybody on the phone.

During this time the Rowe police Department is here to assist the residents of Rowe in anyway we can so please if you need assistance please call 911 in an emergency and 413-625-8200 in nonemergency needs. also you can call my police line at my home 413-339-0139. Thank you. Chief Shippee



Rowe Town Library News

Submitted by Molly Lane, Library Director

Library Hours: Tuesday & Saturday 10-5, Wednesday 10-8

We miss all our wonderful patrons and we know in a blink of an eye we will be seeing each other each week again. In the meantime, if you need materials our online digital catalog is your source for all E –content-books, audios, magazines, and even streaming movies. Here is the link for the digital catalog <https://cwmars.overdrive.com/>

During this time audible has also released many children’s titles for free, if you are unable to find any content available to you in overdrive. The link to the available titles is here <https://stories.audible.com/discovery>

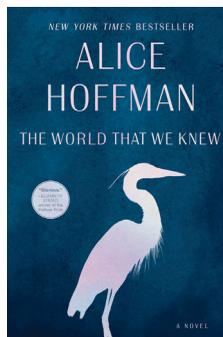
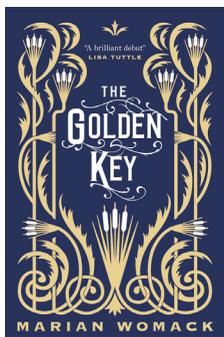
If all this is very new to you and you are having difficulty accessing anything, feel free to email rowelibrary@gmail.com or call Molly at home 413-337-7756 and hopefully we can get you up and running. Cwmars Overdrive is now requiring a password to log in so if you need a refresher on what your password may be or your library card number, email and we will send that info right over to you. Stay safe and healthy everyone.

Programs:

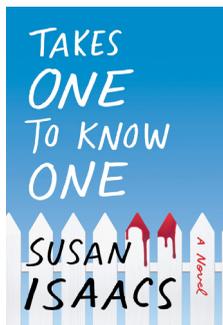
ALL PROGRAMS ARE POSTPONED UNTIL AFTER APRIL 7TH

Some New Items This Month

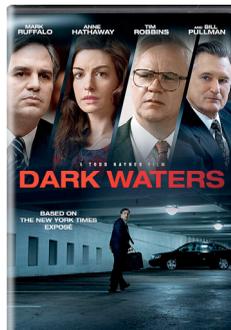
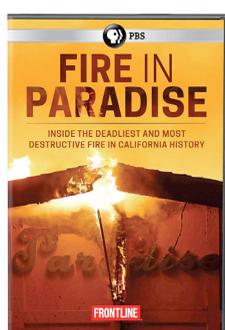
Adult Fiction:



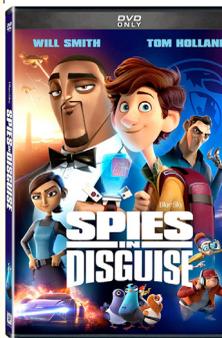
Large Print:



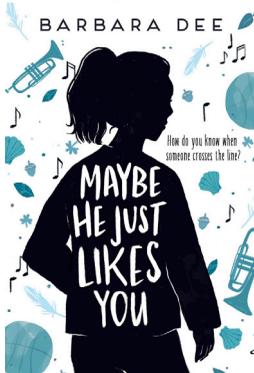
DVDs:



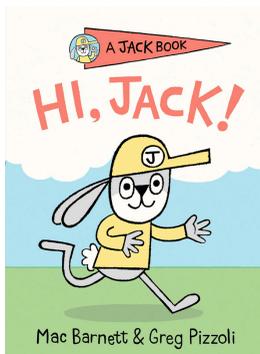
Family DVD:



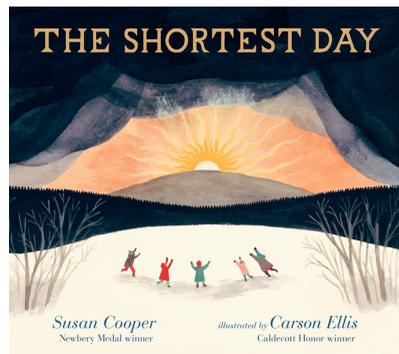
Young Adult:



Easy Reader:



Picture Book:



Contact the library if you would like to be put on our email notifications for programs.

Rowelibrary@gmail.com

PELHAM LAKE PARK NEWS



-Submitted by Sean Loomis, Park Manager

At the time of writing this article, the park is still open (March 25) amongst the Covid pandemic. This is a great time to get out and get some fresh air and to calm your mind in nature. The park has multiple short and long hiking loops that could fit any fitness level, you could sit at one of the many picnic tables and enjoy the sounds of the spring birds migrating back to the north or take a short hike through the glen (located to the left of the park entry road) and admire all the spring flowers popping up.

The fitness center is now closed and will remain closed until further notice. Deb Lively has been working hard disinfecting all the surfaces and reorganizing all areas so when we do open back up it will be as good as new. We know that this is a huge inconvenience for everyone but please be patient. As soon as we can we will reopen.



Shots from the new trail cam in the park!
These were taken on Rob's View Trail

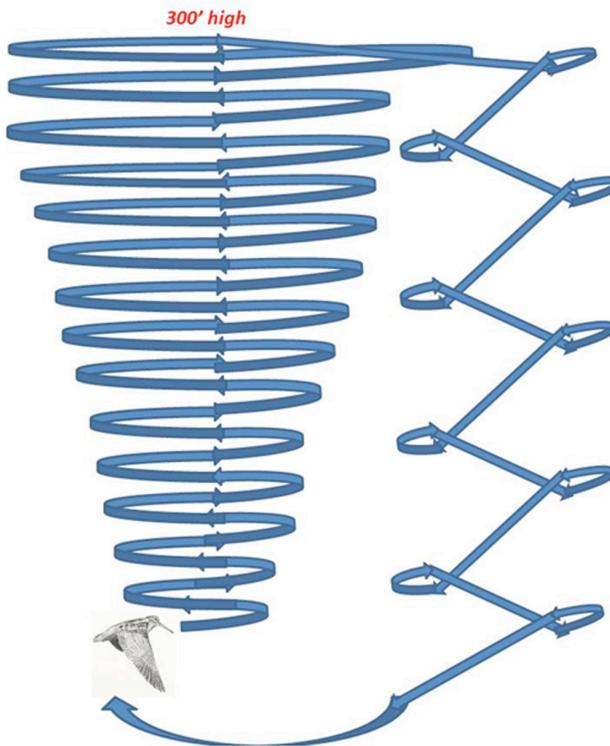
Every March I look forward to the return of the Woodcock (also known as a Timberdoodle!). Over the many years, they have never failed to return to the same spot and it's so exciting to hear those first PEEENTs around dusk and to go out and watch their wonderful display flight.

Superbly camouflaged against the leaf litter, the brown-mottled American Woodcock walks slowly along the forest floor, probing the soil with its long bill in search of earthworms. Unlike its coastal relatives, this plump little shorebird lives in young forests and shrubby old fields across eastern North America. Its cryptic plumage and low-profile behavior make it hard to find except in the springtime at dawn or dusk, when the males show off for females by giving loud, nasal peent calls and performing dazzling aerial displays.

The male woodcock's evening display flights are one of the magical natural sights of springtime in the East. He gives buzzy peent calls from a display area on the ground, then flies upward in a wide spiral. As he gets higher, his wings start to twitter. At a height of 200–350 feet the twittering becomes intermittent, and the bird starts to descend. He zigzags down, chirping as he goes, then lands silently (near a female, if she is present). Once on the ground, he resumes peenting and the display starts over again.

The American Woodcock probes the soil with its bill to search for earthworms, using its flexible bill tip to capture prey. The bird walks slowly and sometimes rocks its body back and forth, stepping heavily with its front foot. This action may make worms move around in the soil, increasing their detectability.

Wouldn't it be useful to have eyes in the back of your head? American Woodcocks come close—their large eyes are positioned high and near the back of their skull. This arrangement lets them keep watch for danger in the sky while they have their heads down probing in the soil for food.



Notes from the Board of Health

-Submitted by Joanne Semanie, BOH Clerk

During this stressful time the Board of Health would like all residents to know that we are working closely with FRCOG and the Mass DPH daily to stay up to date with all measures that can be put into place to keep our residents safe.

Please return your questionnaires if you haven't already. If you don't feel comfortable answering all questions just do what you choose to do. These will really help us with emergency situations in our town now and in the future.

Residents should be aware that there are volunteers in town to pick up groceries and prescriptions for those that need this assistance. All necessary precautions will be taken to keep residents and volunteers safe. Please contact Janice Boudreau or Paul McLatchy at the town hall at 339-5520 during regular hours to be matched up with a volunteer.

We would also like to share an article written by Jonathan Smith, an infectious disease epidemiologist about the reasons for social distancing and how it can help.

Hold the Line

by Jonathan Smith

As an infectious disease epidemiologist (although a lowly one), at this point I feel morally obligated to provide some information on what we are seeing from a transmission dynamic perspective and how they apply to the social distancing measures. Like any good scientist I have noticed two things that are either not articulated or not present in the "literature" of social media. I have also relied on my much smarter infectious disease epidemiologist friends for peer review of this post; any edits are from peer review.

Specifically, I want to make two aspects of these measures very clear and unambiguous.

First, we are in the very infancy of this epidemic's trajectory. That means even with these measures we will see cases and deaths continue to rise globally, nationally, and in our own communities in the coming weeks. This may lead some people to think that the social distancing measures are not working. They are. They may feel futile. They aren't. You will feel discouraged. You should. This is normal in chaos. But this is normal epidemic trajectory. Stay calm. This enemy that we are facing is very good at what it does; we are not failing. We need everyone to hold the line as the epidemic inevitably gets worse. This is not my opinion; this is the unforgiving math of epidemics for which I and my colleagues have dedicated our lives to understanding with great nuance, and this disease is no exception. I want to help the community brace for this impact. Stay strong and with solidarity knowing with absolute certainty that what you are doing is saving lives, even as people begin getting sick and dying. You may feel like giving in. Don't.

Second, although social distancing measures have been (at least temporarily) well-received, there is an obvious-but-overlooked phenomenon when considering groups (i.e. families) in transmission dynamics. While social distancing decreases contact with members of society, it of course increases your contacts with group (i.e. family) members. This small and obvious fact has surprisingly profound implications on disease transmission dynamics. Study after study demonstrates that even if there is only a little bit of connection between groups (i.e. social dinners, playdates/playgrounds,

etc.), the epidemic trajectory isn't much different than if there was no measure in place. The same underlying fundamentals of disease transmission apply, and the result is that the community is left with all of the social and economic disruption but very little public health benefit. You should perceive your entire family to function as a single individual unit; if one person puts themselves at risk, everyone in the unit is at risk. Seemingly small social chains get large and complex with alarming speed. If your son visits his girlfriend, and you later sneak over for coffee with a neighbor, your neighbor is now connected to the infected office worker that your son's girlfriend's mother shook hands with. This sounds silly, it's not. This is not a joke or a hypothetical. We as epidemiologists see it borne out in the data time and time again and no one listens. Conversely, any break in that chain breaks disease transmission along that chain.

In contrast to hand-washing and other personal measures, social distancing measures are not about individuals, they are about societies working in unison. These measures also take a long time to see the results. It is hard (even for me) to conceptualize how on a population level 'one quick little get together' can undermine the entire framework of a public health intervention, but it does. I promise you it does. I promise. I promise. I promise. You can't cheat it. People are already itching to cheat on the social distancing precautions just a "little" - a playdate, a haircut, or picking up a needless item at the store, etc. From a transmission dynamics standpoint, this very quickly recreates a highly connected social network that undermines all of the work the community has done so far.

Until we get a viable vaccine this unprecedented outbreak will not be overcome in one grand, sweeping gesture, rather only by the collection of individual choices our community makes in the coming months. This virus is unforgiving to unwise choices. My goal in writing this is to prevent communities from getting 'sucker-punched' by what the epidemiological community knows will happen in the coming weeks. It will be easy to be drawn to the idea that what we are doing isn't working and become paralyzed by fear, or to 'cheat' a little bit in the coming weeks. By knowing what to expect, and knowing the importance of maintaining these measures, my hope is to encourage continued community spirit, strategizing, and action to persevere in this time of uncertainty.

Affirmations in the Time of Quarantine:

1. I'm allowed to rest
2. I don't have to be productive to be worthy
3. My feelings are real
4. I am doing enough
5. I am allowed to take a break from the news cycle
6. I deserve to be cared for
7. I am allowed to be fearful
8. I can spend extra time on myself



Fungus on Log - Photo by Meredith Sokol

How Your Town Responds During an Emergency

Submitted by Sheila Litchfield, RN, Town Nurse

The challenge we are all facing from the COVID-19 virus is unprecedented. This new threat to public health demands that key Town resources stay informed and that we coordinate our response efforts in order to prepare and protect our residents, as much as possible.

Since the COVID-19 threat emerged, your Town officials have been participating in several different conference calls on a weekly basis, with agencies such as the Massachusetts Department of Public Health (DPH), the Massachusetts Emergency Management Agency, the Franklin Regional Council of Governments (FRCOG), the Mohawk Area Public Health Coalition, and others. We then gather on yet another conference or video call in order to discuss and plan our local response actions.

Rowe, like other Towns, uses the Incident Management System to organize ourselves and to disseminate information in the event of an incident. Declaring a “State of Emergency” is just one step that puts us on alert and prepares us in the event additional actions become necessary.

The response actions that we’ve implemented already include regular updates to you, our residents, via “robo calls” or information posted to the Town website. We know there is a lot of information “out there” about this virus, but we want to ensure you hear from us exactly what we are doing to try to mitigate the threat here in Rowe.

The Rowe Board of Health, Town Nurse and Select Board are very involved in ensuring that any recommendations from the DPH and MEMA are carried out here in town. In addition, Rowe is part of the “Hawlemont Emergency Dispensing Site” (EDS), which is the organization through which Rowe residents would receive any vaccine to be distributed to the general public. The EDS conducts practice drills at least annually, and with the Rowe Board of Health we recently participated in an “ALL EDS Table Top” drill at FRCOG earlier this month, with the subject coincidentally being “Pandemic Preparedness”.

We urge you to take care of yourselves and to take this threat seriously. Help us to help you and your neighbors by practicing social distancing. Please also return the survey you recently received from the Board of Health because your responses will help us to organize outreach efforts, if that becomes necessary.

The Rowe Town Nurse is available for telemedicine consultation Monday, Wednesday and Friday between 9 am and 5 pm at 339-5520x20. Limited appointments for hands-on care are made on a case-by-case basis.

Thank you



ROWE ELEMENTARY SCHOOL

-Submitted by Bill Knittle

This is certainly an unprecedented time for us at the Rowe School. We have been out of the school since Friday, March 13th (hmmmm...Friday the 13th), and are planning (as if March 24th) to be back on Tuesday, April 7th. That will be determined by the good folks at the Department of Elementary and Secondary Education and other State officials.

In the meantime, teachers have been working to keep their students connected to their learning during this break, with online video counting and letter lessons for Preschoolers, art and writing challenges for students in the 3/4 class, reading encouragement for students in the 5/6 class, addition and subtraction fact practice for students in the Primary Class. There have been online read-alouds, sing-alongs, and suggestions to help families at home keep their students interested, learning and exploring.

The School Committee has voted to approve the Rowe School budget, which includes the elementary as well as Middle and High School expenses. Look for more information coming in May's Goal Post about the budget. If you have questions between then and now, please email me at wknittle@roweschool.org and I'll answer what I can.

What will happen when we get back will depend on the State's guidance, we are looking right now at a last day of school on Monday, June 15th, but that could change as well. We will be learning more over the next few weeks, but for the meantime, we hope everyone is staying safe, washing their hands, practicing social distancing, and learning a little something every day.



The Rowe Center is pleased to offer residents and those who work for the town the opportunity to experience one of our weekend workshops once a year free of charge. For more information about programs. or to register, please go to our website www.rowecenter.org or call our registrar at 339-4954.

Due to the importance of abiding by the CDC and the governments's recommendations regarding social distancing, the Rowe Center will most likely be closed for the entire month of April. Check our website, www.rowecenter.org for updates as the situation evolves.

The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's
lives may be,

I go and lie down where the wood drake
rests in his beauty on the water, and the
great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief.

I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry,

The Selected Poems of Wendell Berry

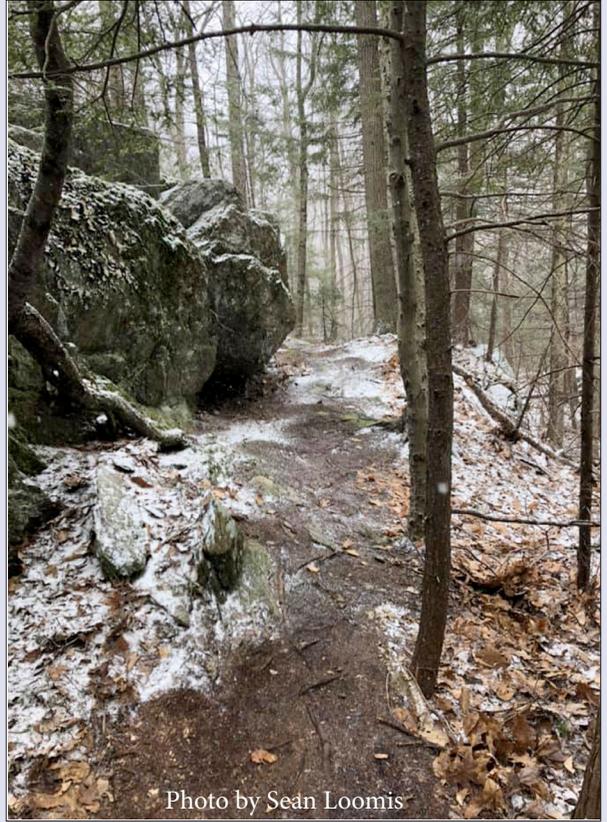


Photo by Sean Loomis



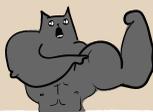
Photo by Joanne Semanie

HOW TO TOUCH YOUR FACE LESS

The average person touches their face over **20 times per hour**. Breaking this habit is really, really difficult. It's so ingrained in what we do, it should be considered human behavior, not a bad habit. That being said, there are still ways to learn to touch your face *less*. These tricks are stopgaps intended to train your foul little fingers to stop prodding that extraordinary, marvelous face of yours.

Touch a different body part

Creating a counter-behavior is a proven way to break a bad habit. Every time you feel the need to touch your face, try touching your arm instead.



I am touching my muscles ... for safety.

Hold a toy



Try holding a (disinfected) Rubix Cube, stress ball, or action figure. This will keep your hands busy and cut down on the number of times you touch you face.



Play with me. Play with He-Man. Do it for the greater good.

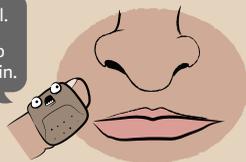
Put a bandaid on your favorite finger

This won't stop the spread of disease, but it's a clever way of interrupting your brain's bad habit of jamming your fingers into your eyes, nose, or mouth.

It's a sensory clue that can help turn an unconscious habit into a *conscious* one.

Don't do it, Cheryl.

Don't put me into that dark hole again.



Acknowledge the urge

Simply reminding yourself not to touch your face isn't going to get you anywhere. Suppressing urges only makes them worse. Instead, acknowledge the urge and then practice your counter-behavior.



I am once again touching my extraordinary muscles ... for safety.

Use a tissue to touch your face.

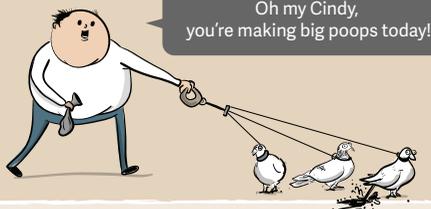
And wash your hands first, otherwise you're just touching your face with a contaminated tissue.



Wear gloves

This is the same trick as the Bandaid. Gloves won't block the transmission of diseases, but wearing gloves can train you to touch your face *less*. It's a sensory clue meant to disrupt an unconscious act.

Remember: your fingers are like pigeons. they are dirty, mindless creatures. And unless properly trained, they will wander.



Oh my Cindy, you're making big poops today!

Grasshopper Program 2020

The Town of Rowe will be accepting applications for all positions on the Grasshopper Crew for the summer of 2020.

Applications and work permits are available at the Rowe Town Hall. Electronic copies of the application and work permits can be requested at adminasst@rowe-ma.gov or by visiting the website (rowe-ma.gov) and selecting “About Rowe” and “Employment Opportunities”. Completed applications should be sent to:

**Rowe Town Hall
Attn: Paul McLatchy III
P.O. Box 462
Rowe, MA 01367**

Alternatively, they can be emailed to adminasst@rowe-ma.gov or dropped off with Paul McLatchy III or Janice Boudreau.

Positions Open:

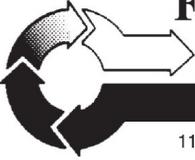
Chief Supervisor	18 Years & Older 1 Position \$16.50 per hour
Supervisor	18 Years & Older 1 Position \$15.00 per hour
String Trimmers	16 Years & Older \$13.25 per hour
Crew Members	14-15 years old \$12.75 per hour

Interviews will be held at a later date, to be determined at the Rowe Town Hall or by phone. All applications for supervisor positions should have proof of current automobile insurance and a copy of a valid driver’s license attached.

*Work Permits are required for workers under 18 years of age.

*Workers age 14 and 15 require a Physician’s physical examination and approval to obtain a work permit.

REDUCTION
RECYCLING
COMPOSTING
DISPOSAL



Franklin County Solid Waste Management District

117 Main Street., 2nd Floor, Greenfield, MA 01301 • (413) 772-2438 • Fax: (413) 772-3786
www.franklincountywastedistrict.org • info@franklincountywastedistrict.org

Spring “Clean Sweep” Bulky Waste Recycling Day

The Spring “Clean Sweep” Bulky Waste Recycling Day is scheduled for Saturday, May 16, from 9 a.m. to noon, at three locations. The three drop-off sites are: Buckland Recreation Facility at 66 Ashfield Rd. (Rt. 112 South), Northfield Highway Garage at 49 Caldwell Rd., and Whately Transfer Station at 73 Christian Lane.

Residents from any member town of the Franklin County Solid Waste District may bring bulky items such as tires, appliances, scrap metal, furniture, mattresses, carpeting, construction debris, computers, televisions, propane tanks, and other large items.

Disposal fees, cash only, apply for most items. A price list for the most common items is at: www.franklincountywastedistrict.org/cleansweepprices.html and will also be available at the District office at 117 Main Street, 2nd floor, Greenfield.

Bulky Rigid Plastics accepted for a special recycling program; \$5 per load. Acceptable items for this special program are limited to 5-gallon pails, plastic lawn furniture, plastic trash barrels, recycling bins, laundry baskets, storage totes, and milk crates.

Clean, dry textiles (bagged) and books accepted for free reuse or recycling. Acceptable items include CLEAN & DRY clothing, shoes, curtains, bedding, towels and stuffed animals in any condition (except moldy or wet). Clothing or linens that are torn, stained, damaged or unwearable can be recycled into insulation. Hardcover or paperback books can be in any condition except moldy or wet. No encyclopedias.

Residents and businesses do not need to pre-register. Materials will be recycled whenever possible.

Did you know? Staples Stores accept computer equipment (no TVs) free of charge: call store for details. Various charities and non-profits accept donations of working electronics, including local Salvation Army and Goodwill stores. Before loading up your car, call to ask if they can accept your item.

For more information: (413) 772-2438, info@franklincountywastedistrict.org, www.franklincountywastedistrict.org. Please note our new address: 117 Main St., 2nd Floor, Greenfield, MA 01301. *MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD). The District is an equal opportunity provider.*

Good Neighbors Food Pantry is responding to the COVID-19 threat by conducting additional food distributions to assist families who are out of work and children who are home because of school closures. We are conducting our food distributions by “drive-through”. Our Volunteers are practicing “social distancing” and while wearing gloves pack grocery bags. Afterward, the Good Neighbors customers queue up in their vehicles to receive bagged groceries. The additional food distributions require us to make extra trips to the Food Bank of Western Mass, which necessitates additional cost to us. Monetary donations are preferred over food drive items at this moment, and are very much appreciated. Checks should be written to “Charlemont Federated Church” with “Good Neighbors” in the memo line. Checks can be mailed to the church at PO Box 248, Charlemont, MA 01339.

Please call Sheila Litchfield with questions, 337-4957.

BIGFOOT SPOTTED!!



Gavin & Lucas Hyytinen spotted Bigfoot in the Park behind the riding ring.

Rowe Community Church

Submitted by Ros Mullette

Worship Services are held on Sundays at 9:00 a.m.

April 5 Palm Sunday & Observance of
The Lord's Supper

12 Easter Sunday

Sunrise Service at 6:30 a.m.

Worship service at church following

19 Worship & Praise Service

26 Worship & Praise Service

Bible studies are held on Wednesdays
at 7:00 p.m. and will be held on
April 1, 15, 22 & 29

May you all have a Blessed Easter & a
healthy, beautiful spring season

(this info was sent before Covid-19 precautions - editor)

April Birthdays

- 2 - Dohn Sherman
- 5 - Christina Lively
- 6 - Carrie Silva
- 7 - Nancy Cascone
- 7 - Dawn Valitsky-Baeumier
- 10 - Billy Hardison
- 10 - Melissa Quinn
- 13 - Mackenzi Coulombe
- 13 - Wendy Temple
- 14 - Rick Williams
- 14 - Sharon Hudson
- 14 - William Belval
- 16 - Rebecca Bradley
- 20 - John-Paul Shattuck
- 23 - John Demech
- 24 - Anna Humbert
- 25 - Anne Lively
- 27 - Chris Hyytinen
- 28 - Bruce Cowie
- 29 - Robert Silva
- 29 - Douglas Upton
- 30 - Paul Mclatchy Jr.
- 30 - Sandra Smith

Spring Yard Work:

Offering services to help restore your yard, trails, driveway, or any other landscape that needs aesthetic attention. Chainsaw clearing, trimming, mulching, setup, repairs, or general cleanup.

Ken Bradley - 413-325-4462

Town Services

<u>Accountant</u>	Wed	9:00-12:00 (or by appt)	339-5520 x12
<u>Admin Assistant</u>	M,T,Th,F	8:00-12:00,12:30-4:30	339-5520 x10
<u>Assessor's Clerk</u>	Monday	3:30-5:30pm	339-5520 x15
<u>Fire Station</u>		Emergency - 911	339-4001
<u>Executive Secretary</u>	Mon-Thurs	9:30-5:00	339-5520 x11
<u>Fitness Ctr</u>	Mon-Fri	8:00-5:00	339-5520 x21
<u>FRTA Sr. Bus</u>	Tuesdays	9:00	774-2262 x103
<u>Historical Society</u>	(by Appt)		339-4238
<u>Library</u>	Tues, Sat	10:00-5:00, Wed 10:00-8:00	339-4761
<u>Park</u>	Mon- Friday		339-8554
<u>Police Dept</u>	Wed	5:30-7:30pm	339-8340
<u>Post Office</u>	Mon-Fri	12:15-4:15, Sat 8:30-11:30	339-5390
<u>Rowe School</u>	Mon-Friday	8:00-3:15	512-5100
<u>Tax Collector</u>	Wed	8:00-2:00	339-5520 x19
<u>Town Clerk</u>	M,T,Th,Fr	7:00-8:00am, 4:30-5:30pm	339-5520 x14
<u>Town Garage</u>	Mon-Thurs	6:30-4:30	339-5588
<u>Town Nurse</u>	Mon,Wed,Fr	9:00-5:00	339-5520 x20
<u>Transfer St.</u>	Wed	7-10am, 4-7pm	339-0216
		<u>Sat 8-2, Sun 8-12</u>	
<u>Treasurer</u>			339-5520 x16

The Rowe Goal Post
P.O. Box 462
Rowe, Massachusetts 01367

The Rowe Goal Post

Available on the Town's website (<https://rowe-ma.gov/p/64/Rowe-Goal-Post>)
the first of every month with paper copies sent out by mail the first week

Published by the Board of Selectmen 'in the interest of information
exchange between all departments and all Rowe citizens.

All submissions for the next issue are due by the 25th.
Any articles received after this time cannot be guaranteed that
they will appear in the next issue.

Please e-mail all items to:
GoalPostEditor@gmail.com

Please send only high resolution images (do not resize).

If you have a question about your subscription or want to make a change to the mailing list, please
contact the Town Administrator at:

(413) 339-5520 x11
admin@rowe-ma.gov

Seasonal residents **MUST** notify the Administrator of any change in address.