



Volume 43      Issue 3  
Established 1975

# *THE Rowe Goal Post*

March 2024



Ice Fishing on Pelham Lake

photo by Ellen Miller

## Town Clerk

Submitted by Kevin Balawick

Office hours continue to be on Tuesday evenings from 6:00-8:00 and by appointment.

The presidential primary is coming up on Tuesday, March 5th. Please come to Rowe Elementary School to cast your ballot.

Nomination papers are available for the offices up for election this May. March is the last month you can obtain nomination papers. Only one person has come to pick up nomination papers for any office so far. To qualify for the ballot, you will need to first contact me to obtain a set of papers. You will need to have twenty (20) registered voters sign the nomination papers and return them to either myself or a registrar by March 30th. Below is the list of offices up for election and the incumbent. Each term is for three years unless noted otherwise.

Board of Assessor - Ellen Miller;  
Board of Health, Herbert Butzke, Chair;  
Board of Selectmen, Charles Sokol, Chair;  
Cemetery Commission, Jay Williams;  
Finance Committee, Marilyn Wilson;  
Library Trustee, Cathy Snyder;  
Park Commission, Hannah Poplawski;  
Planning Board (5 years) Kevin Balawick (appointed);  
Planning Board (5 years), Matt Stine, Chair (appointed);  
School Committee, Matt Crowningshield;  
School Committee, Mary Paige (resigned)

## Recent Property Transfers

(February 2023)

Further details may be obtained by researching the specific deeds at the Franklin County Registry of Deeds website at [masslandrecords.com/franklin](http://masslandrecords.com/franklin)

**TREVVETT, AMY P., MESSER, TIMOTHY W. TRUSTEES OF PINE TREE TRUST** of Barre, MA, for consideration of \$1.00, grant to **TREVVETT, AMY P., MESSER, TIMOTHY W.** of Barre, MA, land located on Davenport Road (Map 409 Lot 4) (Bk 8275 Pg 151)

**CORNISH, BRUCE BEEBE, PERSONAL REPRESENTATIVE FOR THE ESTATE OF CORNISH, ANITA, MORSE** of Torrington, CT, for consideration of \$0, grant to **CORNISH, DANIEL PORTER.** of Torrington, CT, land and property located at 51 Dell Road (Map 403 Lots 54, 56) (Bk 8276 Pg 35)

**McKAY, DAVID** of Stamford, VT and **McKAY, BRIAN** of Bridgton Maine, for consideration of \$50,000.00, grant to **KELLY, SHERI** of Williamstown, MA, and **McKAY, KATIE** of North Adams, MA, property located at 50 Pond Road (Map 201 Lot 4) (Bk 8277 Pg 274)

**STEVENS, ERLAND P. INDIVIDUALLY AND AS PERSONAL REPRESENTATIVE OF ESTATE OF STEVENS, DORTHY N.** of Marco Island, FL for consideration of \$1.00, grant to **WILLIAMS, SUSAN A.** of Rowe, MA, land located on Middletown Hill Road and Pond Road (Map 204 Lot 4) (Bk 8281 Pg 252)

**WILLIAMS, SUSAN A.** of Rowe, MA for consideration of \$70,000.00, grant to **BALAWICK, KEVIN and ELIZABETH** of Rowe, MA, land located on Middletown Hill Road and Pond Road (Map 204 Lot 4) (Bk 8282 Pg 207)



**QUINN, RICHARD K and MELISSA L.** of Shirley, MA for consideration of \$250,000.00, grant to **BROWN, MATTHEW** of Lyme, NH, property located at 16 Hazelton Road (Map 203 Lots 4, 5) (Bk 8282 Pg 267)

Submitted by Christine Bailey



Otter Slides in Park

photo by Claudine Poplawski



photo by Meredith Sokol

#### WINTER POEM



It's winter in Massachusetts  
and the gentle breezes blow.  
At seventy miles an hour  
and at thirty-five below.  
Oh how I love Massachusetts  
when the snow's up to your butt.  
You take a breath of winter  
and your nose gets frozen shut.  
Yes, the weather here is wonderful  
so I guess I'll hang around.  
I could never leave Massachusetts  
cuz I'm frozen to the ground.

**Board of Health**  
Submitted by Christine Bailey

**ROWE RECYCLES!**

*DID YOU KNOW THE TOWN OF ROWE IS PAID \$\$\$\$ FOR OUR RECYCLES! These funds are used for the upkeep of our beautiful Transfer Station plus keeping costs down of the yearly transfer tag.*

It is not only important that everyone does their part to recycle but did you know **recycling is required and mandatory** both in the Commonwealth (310CMR19.017) and in the Town of Rowe? Below are a few tips:

Most types of glass, metal, plastic, paper, and cardboard are prohibited from the trash and must be recycled.

**METAL:** aluminum, tin/steel cans and lids and aluminum foil (labels ok)

**PAPER:** All paper and cardboard must be clean & dry. Please break down **before** you arrive at the transfer station; junk mail (plastic windows okay); Boxboard (shoe, cereal & cracker boxes, etc. – remove plastic liners); newspaper inserts, magazines, catalogs, paper bags, white and colored office/computer paper, corrugated cardboard (remove packing peanuts, packing pillows, Styrofoam blocks, etc.); paperbacks and phone books; pizza boxes (only portions not contaminated by food or grease); gift wrap (no metallic or glitter); gift bags, cards.

**NO** boxes that contain refrigerated or frozen items - including beer boxes or holders. These items are **NOT** recyclable as they contain plastic fibers to keep them from breaking down when wet.

NO soda or beer holders/cartons

NO waxed paper or waxed cardboard

NO egg cartons

***Thank you for doing your part and keeping our Town beautiful!***





# Bunnies 'n' Blooms

Follow the Rowe Town Library  
Facebook page for event details.

SAT  
MAR 23

10  
am



*Rowe Town Center*

*321 Zoar Road*

**ACTIVITIES**  
EGG HUNT\*

TOUCH A TRUCK WITH THE  
ROWE FIRE DEPT  
COFFEE & BAKED GOODS  
BUNNY PHOTOBOOTH

SPRING GAMES

SEED STARTERS

KIDS CRAFTS

\*BAGS PROVIDED





## Rowe Town Library News

Submitted by Molly Lane, Library Director

### HOURS:

**Tuesday 10-5**

**Wednesday 12-8 Thursday 3-7**

**Saturday 10-3**

Did you know the library has a library of things? We currently have a carpet cleaner, cricut, pressure cooker, metal detector, yard tools, electronics, fun yard games like giant jenga and cornhole, and a pressure washer.

### Programs:

**Thursday, March 7th** we are having a St. Patricks Day after school craft at 4pm

**Thursday, 3/14 (3.14) is Pi Day**, also featured artist, Joanne Semanie, opening. Come join us for a reception to meet the artist in spotlight (Bring Pie to share if you would like). Her display will be up from March until May.

Thursday 3/21 - Book Chat at 4:30pm

Wednesday 3/27 - Felting workshop @ 6pm

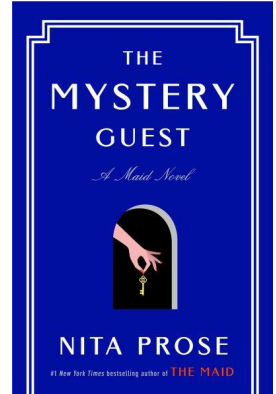
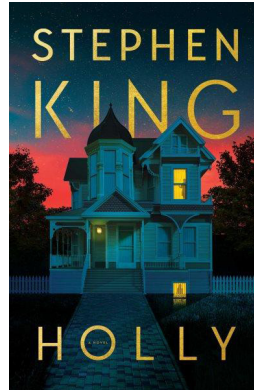
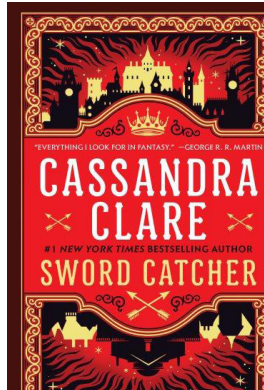
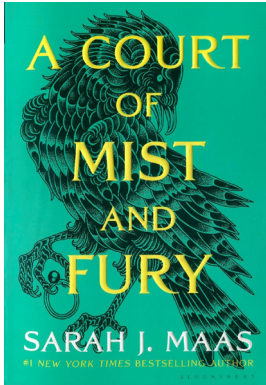
*"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month." - Henry Van Dyke, Fisherman's Luck*

*"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." - Charles Dickens, Great Expectations*

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

## Some New Books:

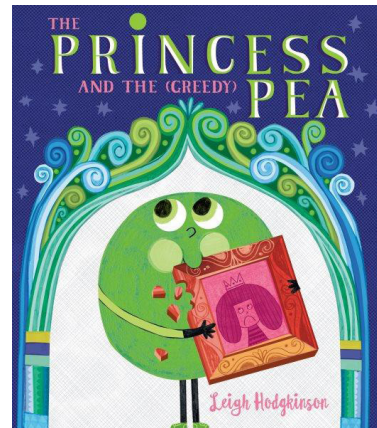
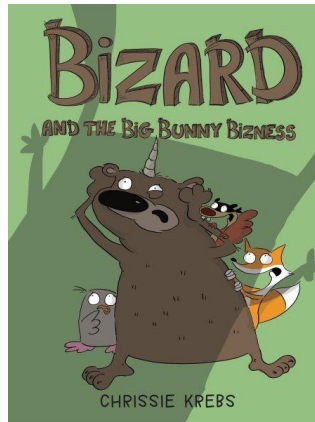
### Adult Fiction:



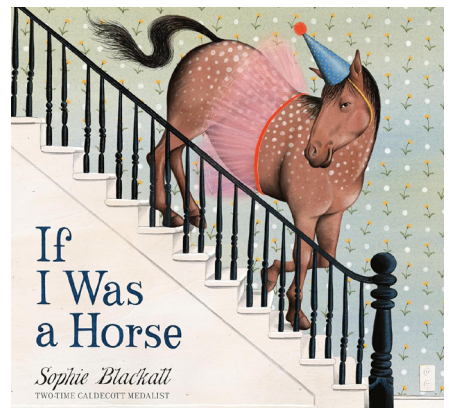
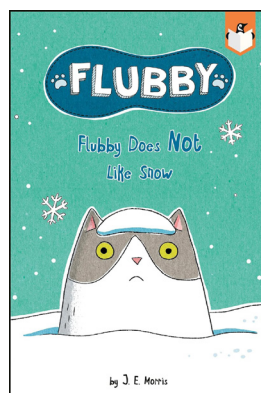
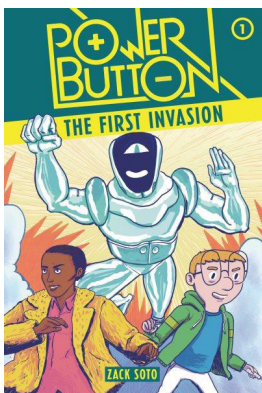
### DVD:



### Kids:



### Kids:





# ROWE ELEMENTARY SCHOOL



I was looking back at what I submitted over the last few years for the March Goal Post, and so much has changed, but many things have not. What has changed is that over the last three years, there were many things we weren't able to do: we didn't ski, take field trips, or have visitors in the school. What has also changed is all of the adaptations we made due to the pandemic that are no longer necessary. These include the (thankfully no-longer-needed) masks and distancing. COVID, and its cousins RSV and Flu, are still having an impact on the school in the form of increased absences for medical reasons, but much less of an impact.

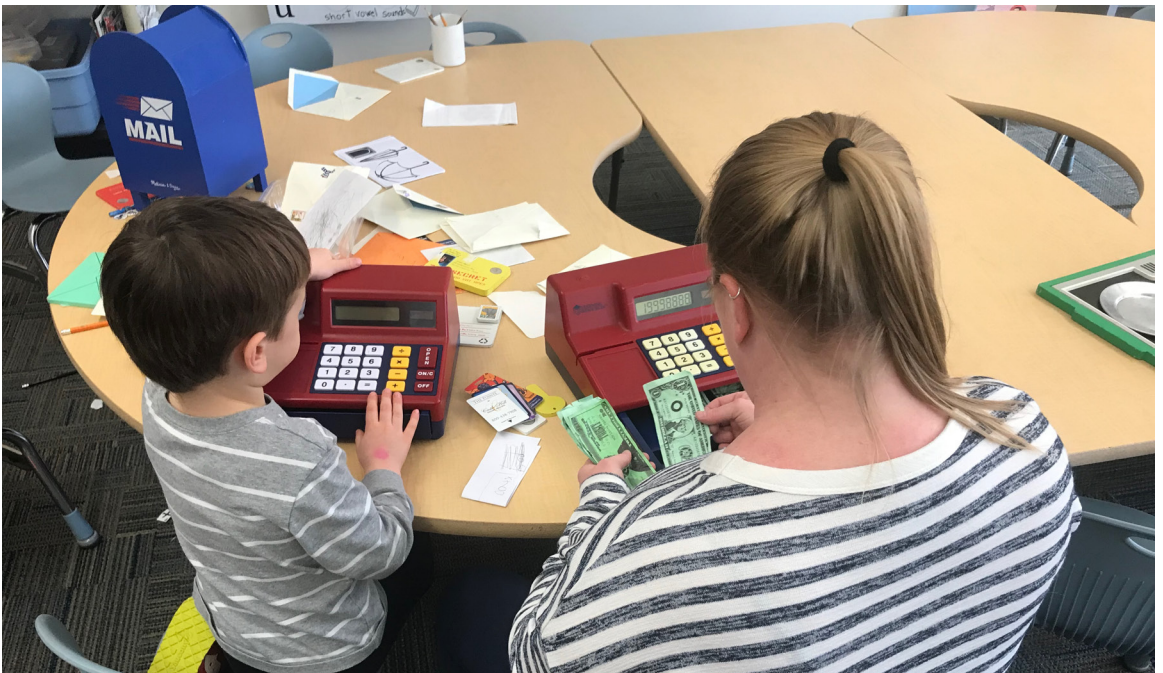
What hasn't changed is that we had snow days each of the last three Februarys as well as this February. What also hasn't changed is the commitment of all of the staff to doing whatever needs to be done to offer every student the best education possible, as well as the cooperation between school staff and families to best support all our students.

As the weather warms up this spring, we will increase the amount of time students spend outdoors, working on ways to combine traditional education with outdoor experiences for an engaging and productive learning experience.

Be on the lookout for signs for the annual Spaghetti Supper, a fund-raising dinner to help the 5th and 6th grade students enjoy a trip to Nature's Classroom this spring. It is scheduled for Wednesday, March 20th, and there will be take out available.

As always, if you have questions or concerns, please call me at 413-512-5200. You can also email me at [wknittle@roweschool.org](mailto:wknittle@roweschool.org). And please visit our website, [www.roweschool.org](http://www.roweschool.org). I look forward to hearing from you.

-Submitted by Bill Knittle

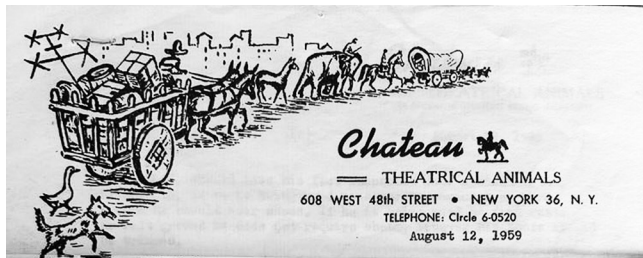




# One Fine Pony

Submitted by Joanne Semanie

Social Media can be a wonderful thing at times. A few weeks ago a story popped into a feed of mine about a pony that the vast majority of kids that grew up in Rowe in the 60's were very familiar with. I think High Hat was the first equine experience many of us had growing up. Come to find out High Hat had a unique little history in how he ended up on the Pierce farm that I thought I would share. He was a prize won on the Price Is Right in 1959. The woman who won him decided he needed to be around children and gave him to her neighbor who happened to be the grandparent of the Pierce girls and the rest is history.



Mrs. Ceil Kudla  
21 Abbey St.  
Chicopee, Mass.

Dear Mrs. Kudla,

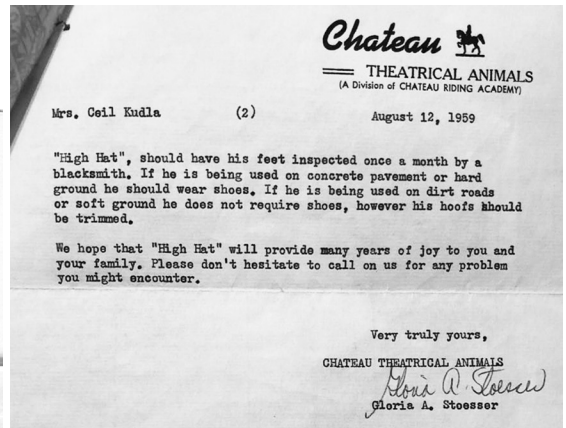
Congratulations on winning "High Hat", the lovable Shetland Pony on "The Price Is Right", show of August 11th, 1959.

The Pony is being shipped today by Railway Express and should reach you shortly. The crate in which the Pony will be delivered in is a special lightweight and secure container which is our property and which we ask you to kindly return to us (Freight Collect) immediately.

"High Hat", is a gelding, going on 5 yrs. of age. He is gentle and has been broken to ride and drive. "High Hat" does especially well amongst children. He spent all of last summer at a children's camp where he was the children's favorite Pony.

You should be careful not to overfeed "High Hat". He should have all the hay or grass he can eat, but grain (oats or commercial horsefeed) should be fed with discretion and according to the amount of work he does. When the Pony is idle or working only very lightly a couple of hands full of grain in the morning and again at night is ample. Double that at moderate work and triple it at heavy work. Tidbits such as carrots, apples or an occasional piece of sugar are O.K. We advise however against hand feeding. Many Ponies develop the nipping habit from being hand fed, since they learn to associate the human hand with a tidbit. Make sure he has fresh water available at all times and also a salt lick. He should have daily exercise either in a fenced in lot or staked out. Shetlands are quite hardy and can be kept outdoors in anything but the most inclement weather.

FROM A FLEA TO AN ELEPHANT • FROM A GOATCART TO A HAYWAGON



Mrs. Ceil Kudla

(2)

August 12, 1959

"High Hat", should have his feet inspected once a month by a blacksmith. If he is being used on concrete pavement or hard ground he should wear shoes. If he is being used on dirt roads or soft ground he does not require shoes, however his hoofs should be trimmed.

We hope that "High Hat" will provide many years of joy to you and your family. Please don't hesitate to call on us for any problem you might encounter.

Very truly yours,

CHATEAU THEATRICAL ANIMALS

*Bud A. Pierce*  
Gloria A. Stoesser

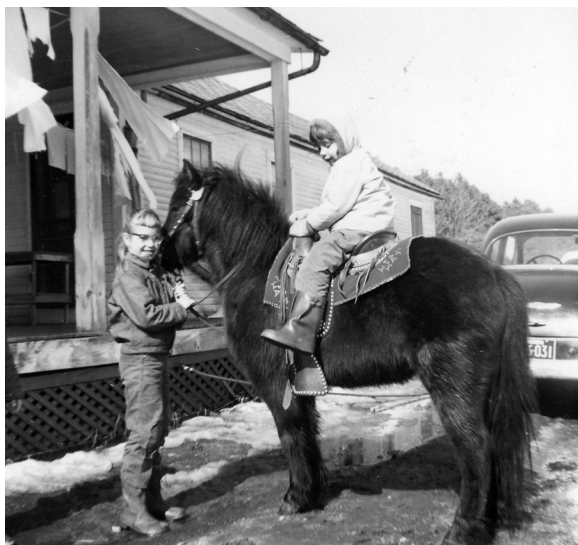
The letter announcing High Hat's arrival gave all of the instructions that were needed for him to have a great life. I can't imagine this happening today. So High Hat made his way to Rowe and a plethora of children having their first ride.



Bud Pierce with son Bob on High Hat



Whenever someone posts a photo or story about High Hat it amazes me the stories that come out from so many kids from my childhood. Stories of other ponies escaping their fences and making their way to Brittingham Hill to visit their buddy High Hat or crazy rides taken while visiting the Pierces.



*Photos of Joanne Semanie and Sue Alix Williams taken the first time they sat on a horse.  
Cindy Pierce holding the reins.*

These experiences led to many of us having horses of our own, riding together, having a 4H club dedicated to horses and their care. There were adults that took our training seriously and we were all better for it. I really believe a lot of our equine fever started with sitting on this little pony.



*Bud Pierce with High Hat*

High Hat lived to the ripe old age of 32 and was buried under an apple tree in the pasture where he spent most of his life. Little did he know how famous he was and how fondly remembered.

## **Happy March from the Rowe Council on Aging!**

In February the COA held its monthly Third Thursday Coffee Morning, which was a 'fanny' good time with Kelle Quist's enormous stamp collection! Residents enjoyed stamping totes, stationary and YES- fanny packs. A huge thank you to our beautiful baking resident- Beth Balawick. She certainly filled our bellies and satisfied our taste buds with her delicious ham and cheese croissants, maple scones and pear cake...yum yum yum!

Our March Third Thursday Coffee Morning will bring an essential oil roll-on making demonstration and the opportunity to make 1 or 2 roll-ons to bring home! This is brought to you straight from the collection of essential oils from our own Christine Bailey. Like every month, there will also be baked goods, snacks and a selection of tea and coffee, not to mention great conversation and friendly faces always ready to greet you.

There is one more space available for our MARCH MADNESS- Mobility NOT Morbidity program- hosted by Deb Lively and Rachel Lewis. This will be a twice weekly (Monday and Wednesday), 1-hour training session for the month of March (from 10am-11am), which will teach and encourage participants ways to improve mobility, strength and stamina. Sign-ups REQUIRED with Rachel- Town Nurse! (limited spaces available so sign-up as soon as possible to secure your spot!)

During our April Third Thursday Coffee Morning, On Thursday April 18th, LIFEPATH case workers will be doing a presentation about services and programs they have to offer residents of Rowe. Save-The-Date and More to come on this!

### **ESSENTIAL OILS ROLL-ON MAKING**

**March 21, 2024 during Third Thursday Coffee Morning from  
10am-12noon**

**Located in Town Hall- ALL AGES ARE WELCOME!**

**\*\* The COA is inviting any resident with a skill, craft, or unique idea, that they would like to share with the community to get in contact- we would love for you share your talent with others in the community\*\***

# AGEISM AND REFRAMING AGING WORKSHOP



**WHAT:** A positive attitude about aging can translate into a longer, healthier life. Ageist beliefs can directly impact personal health, the ability to age well, and even the economy. In this workshop, we will examine ageism and anti-age bias, look at how our ways of speaking and portrayals of aging in popular culture express our beliefs about getting older, and work on reframing our attitudes about aging. Let's envision a world where being older is a respected advantage!

**PRESENTER:** Meg Ryan, FRCOG Regional Public Health Nurse

**WHO IS INVITED:** Town staff and volunteers who work with or on behalf of the public, and community members interested in ensuring our towns are "longevity-ready."

## **In-person option:**

Thurs. Feb. 29, 12-2pm  
(snow date Mar. 7)  
John W. Olver Transit Center,  
Allen Conference room,  
Lunch provided.  
Click [here](#) or scan QR code  
to register



## **OR Zoom option:**

Thursday March  
21, 12-2 pm.  
Click [here](#)  
or scan QR code  
to register





## PELHAM LAKE PARK NEWS



### Vernal Pool Community Science Project

The Park Commission will be participating in the 2024 Ecological Research as Education Network (EREN) Vernal Pool Phenology Project. The purpose of this project is to better understand how climate change is affecting the phenology -*the timing of seasonal biological activities*- of wood frogs and woody plants at vernal pools.

This is a great opportunity to engage in collaborative scientific research. The study site will be set up beforehand with audio, temperature, and light data devices, trail cameras, and a water gauge. On site data collection will include describing weather conditions, monitoring water depth and visibility, checking for wood frog eggs, and noting the phenophase of the tree species that surround the vernal pool (bud burst, leaf out, flowering, etc).

If you are interested in learning more about the project, please email Hannah Poplawski, [hmpoplawski7@gmail.com](mailto:hmpoplawski7@gmail.com), or keep an eye out on the Park Facebook page for updates.



#### Project Details

**Where:** Meeting at the riding ring on Cyrus Stage Rd. The vernal pool is ~100 feet from the meadow trailhead.

**When:** Monday evenings @5PM for 6 Weeks. Start date TBD, likely the week of March 18th.



*This program is supported in part by a grant from the Rowe Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

submitted by Hannah Poplawski

## What IS a Vernal Pool??



A vernal pool is a temporary body of water that is cut off from all flowing water sources such as streams and rivers. They are usually filled by snowmelt and spring rains toward the beginning of the growing season. Most vernal pools dry up by mid-to-late summer, though larger habitats last through the year and only dry up during droughts.

A variety of organisms rely on these temporary water bodies for their development and survival. Many of these species depend on water for only a portion of their life cycle. Animals and plants that need to be underwater for their entire life would not be able to survive in a vernal pool for very long. Fish are generally absent from these pools, but humans will sometimes intervene and add fish. This is life-threatening to the organisms that rely on these fish-free, temporary habitats for the survival of their eggs. It's also detrimental to the fish; once the pool dries up, they will have no way to get to another body of water.



## Narcan- It Can Save a Life



The medication Naloxone or *Narcan* as it is better known, temporarily reverses the effects of overdose from opiate drugs. Opioid medications and drugs include: heroin, morphine, dilaudid (hydromorphone), fentanyl, codeine, oxycodone, hydrocodone, and methadone. Opioids can be prescribed medications or can be found in illicit drugs- both can have the potential of an overdose.

There are a few tell-tale signs when someone is experiencing an opioid overdose. These include: small, constricted 'pinpoint' pupils, loss of consciousness or falling asleep, limp body, and slow, shallow breathing. During an overdose, a person's breathing can be slowed or stopped, which can be fatal if not treated immediately. Narcan can save lives because it can quickly restore normal breathing to a person who has overdosed on prescription opioid medications or drugs that have opioids in them (heroin or other drugs such as cocaine contaminated with fentanyl).

If you believe someone has overdosed on opioids:

- 1) Call 911 immediately
- 2) Give Narcan immediately- do not wait for Emergency Personnel
- 3) Try to keep the person awake and breathing- Lay them on their side to prevent choking
- 4) Stay with person until Emergency Personnel arrive
- 5) Narcan is a temporary treatment- a person may need more than one dose of Narcan (especially if Fentanyl is involved), which is why it is so important to call 911 immediately when an overdose is suspected.



Narcan can cause withdrawal symptoms when a person has a physical dependence to opioids or drugs. Withdrawal symptoms are uncomfortable but NOT life-threatening. Symptoms include: Fever, nausea, restlessness, fast heart rate, sweating, vomiting and shaking. It is important that any person who has had an overdose and has received Narcan, also be treated by Emergency Personnel.

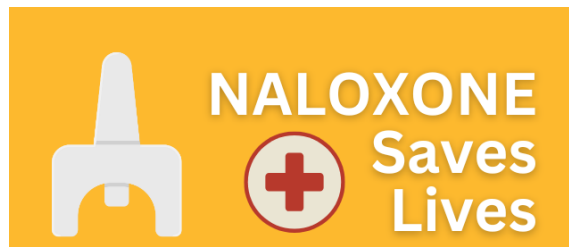
**\*VERY IMPORTANT**—If you give Narcan to a person who has not taken an opioid medication- it will **NOT** harm them\*\*

A Narcan training will be held at Rowe Elementary School on Wednesday, March 20<sup>th</sup>, 2024 beginning at 3:30. If you are interested in attending or would like more information, please contact The Town Nurse Rachel.

**\*\*Soon there will be a Narcan Box installed in the Town Hall- the Narcan is free and is available to anyone who is at risk of experiencing an opioid overdose or who thinks a loved one may be at risk of an opioid overdose OR in the event of an emergency for someone who is experiencing an opioid overdose\*\***

References: <https://www.cdc.gov/opioids/naloxone/factsheets/index.html>

## NARCAN TRAINING EVENT



**When:** Wednesday March 20<sup>th</sup> starts at 330pm

**Where:** Rowe Elementary School  
Gymnasium

**Why:** To give residents the knowledge and confidence to know when and how to use Narcan.

## **-Vitamin Joy-**

One of the most important goals in life should be feeling and expressing joy. I propose a column devoted to raising joy in ourselves, our family, town and further. We welcome all stories you would like to share that inspire joy and kindness that you have experienced. Please submit your stories, ideas, lists, recipes, or memories to; [adminasst@rowe-ma.gov](mailto:adminasst@rowe-ma.gov)

I have composed a list of the top ten things that bring me joy and hope that will inspire you to look for yours...

1. Playing with my grandchildren.
2. Morning coffee with my husband watching the wildlife on our property.
3. Hosting family and friends and watching them fall in love with this amazing town.
4. The sparkle of the sun reflecting off the icy trees.
5. Watching all the seasons change over the backdrop of Pelham Lake.
6. Passing by the Atwoods home on Pond Road and seeing them enjoy the day!
7. Working with all the staff at the Town Hall.
8. Getting to know the native plants.
9. Harvesting and preserving the harvest.
10. Meeting new friends and neighbors.
11. (BONUS)-Pickleball!!!!!!

Submitted by Donna Butzke

## **March Birthdays**

- 1 - Gideon Oleary
- 3 - William Cascone
- 4 - Samara Buchanan
- 5 - Barbara Long
- 7 - Dyllan Duval
- 8 - Daniel Burke
- 10 - Weston Denouden
- 13 - Ron Gordon
- 14 - Heidi Kuhl
- 15 - Kathy Sprague
- 16 - Brianne Cousineau
- 16 - Cynthia Stetson
- 17 - Jillian York
- 18 - Dana Williams
- 19 - Grace Poplawski
- 20 - Bill Travis
- 22 - Gavin Hyytinen
- 23 - Kristah Boutwell-Swope
- 23 - David Scrivens
- 26 - Mary Paige
- 27 - Mary Reardon
- 27 - Nathan Paige
- 28 - Marilyn Wilson
- 29 - Susan Zavotka
- 30 - Fred Lowell
- 31 - Ian Boyd

If you would like to add or remove a name from this list, please contact me at:  
[GoalPostEditor@gmail.com](mailto:GoalPostEditor@gmail.com)

## **Town Departments**

The Town Hall is Open Monday-Thursday 8:00am-4:00pm (413) 339-5520

Position/Dept.	Ext #	Email Address	Hours
Town Administrator	100	<a href="mailto:townadmin@rowe-ma.gov">townadmin@rowe-ma.gov</a>	Mon-Thurs 9am-4pm
Admin Assistant	101	<a href="mailto:adminasst@rowe-ma.gov">adminasst@rowe-ma.gov</a>	Mon-Thurs 9am-4pm
Town Accountant	102	<a href="mailto:accountant@rowe-ma.gov">accountant@rowe-ma.gov</a>	By Appointment Only
Town Clerk	103	<a href="mailto:townclerk@rowe-ma.gov">townclerk@rowe-ma.gov</a>	Tuesday's 6:00pm-8:00pm
Board of Assessors	104	<a href="mailto:assessor@rowe-ma.gov">assessor@rowe-ma.gov</a>	Tues-Thurs 8am-1pm
Board of Health	105	<a href="mailto:boh@rowe-ma.gov">boh@rowe-ma.gov</a>	Tues-Thurs 8am-1pm
Treasurer	106	<a href="mailto:treasurer@rowe-ma.gov">treasurer@rowe-ma.gov</a>	Mon, Wed, Thurs 9am-4pm
Tax Collector	106	<a href="mailto:collector@rowe-ma.gov">collector@rowe-ma.gov</a>	Mon, Wed, Thurs 9am-4pm
Town Nurse	107	<a href="mailto:nurse@rowe-ma.gov">nurse@rowe-ma.gov</a>	Mon, Wed, Thurs 8am-4pm
DPW	111	<a href="mailto:dpwhighway@rowe-ma.gov">dpwhighway@rowe-ma.gov</a>	Monday – Friday 6:30a-2:30p
Fitness Center	149		Mon, Wed 9am-11am/4pm-6pm

## **Emergency Services**

Position/Dept.	Ext #	Email Address	Hours
Fire Chief	112	<a href="mailto:firechief@rowe-ma.gov">firechief@rowe-ma.gov</a>	Thursday's 2pm-8pm
EMD	112	<a href="mailto:firechief@rowe-ma.gov">firechief@rowe-ma.gov</a>	Thursday's 2pm-8pm
Police Chief	113	<a href="mailto:policechief@rowe-ma.gov">policechief@rowe-ma.gov</a>	Wednesday's 5pm-8pm

**Town Library (413) 339-4761**  
[rowelibrary@gmail.com](mailto:rowelibrary@gmail.com)

Days	Hours
Tuesday	10am-5pm
Wednesday	12pm-8pm
Thursday	3pm-7pm
Saturday	10am-3pm

**Transfer Station (413) 339-0216**  
[boh@rowe-ma.gov](mailto:boh@rowe-ma.gov)

Days	Hours
Wednesday	7am-10am & 4pm-7pm
Saturday	8am-2pm
Sunday	8am-Noon

## **Elementary School (413) 512-5100**

Name/Position	Ext. #	Email
Principal, Bill Knittle	1	<a href="mailto:wknittle@roweschool.org">wknittle@roweschool.org</a>
Secretary, Laurie Laffond	2	<a href="mailto:llaffond@roweschool.org">llaffond@roweschool.org</a>
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The Rowe Goal Post  
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