

Turnpike Pennysaver & Community News



Dec. 17, 2015

“There and Back” Presented to RSCS High School Students

Photo and story by Bruce Watson

On Dec. 4, high school students at RSCS gathered for an inspiring and informative presentation of how alcohol and drugs can lead to the horror of addiction and shatter dreams and family. Presenter Ken Bartolo attended high school at Jamesville-DeWitt High School where he excelled in both football and lacrosse. Colleges and universities were following his successes in high school sports offering scholarships and incentives as early as his junior year if he would sign to play for them after high school graduation. “In high school it seemed that the students that were the most popular and “cool” also smoked “weed” (marijuana) and did drugs,” Bartolo told the high school students at RSCS at an assembly. “I had everything going for me but I also didn’t think much of myself. Inside I believed I was a loser.” In a high school lacrosse game he was injured and his doctor treated him with painkillers. Thus began 27 years that included substance abuse, three years in state prison, addiction to prescription drugs, cocaine, heroin, and alcohol. “At 26 years old the two things I loved to do, play football and lacrosse, were ruined because I was drinking, popping pills, and



Professional athlete Ken Bartolo travels all over the East Coast sharing his story of battling substance abuse. He visited RSCS and spoke to high school students. (Watson)

doing cocaine,” Bartolo told the students. “My coaches recognized I had substance abuse problems and tried to help. Eventually I washed out of colleges and then other colleges recruited me and I would play for them. I continued to smoke crack, drink, and spend time in detox and rehab centers. I would be clean of drugs for ten months and then begin again. I believed I was a “nobody”; I

didn’t matter and was a loser.

Despite everyone telling me I was Mr. All-American Athlete, inside I didn’t like myself and turned to drugs. Even when I ended up in prison there was heroin inside prison waiting for me.

He didn’t think he had a problem with substance abuse and dismissed people who tried to help him. He became homeless, panhandled, and close friends gave up on trying to help him. Drugs and alcohol drove him to almost ending his life and destroyed his relationships with family members.

Throughout the assembly the high school students were attentive and quiet. Bartolo’s life kept spiraling downward and his raw story told how difficult his recovery has been. He told the RSCS students that trying any type of drug or substance could lead to severe life consequences.

“Mr. Barolo’s powerful presentation exposed students to the dangers of substance abuse and addiction. His chilling story was carefully designed to inspire students to resist using drugs and make healthy decisions,” offered RSCS junior-senior high school principal Joe D’Apice.

“Accept the fact that you are not perfect,” Bartolo advised the students. “Be who you are! Fall in love with yourself. The most valuable asset you have is what

you can do for other people.

Every day think of ways that you can improve each person in your life. The effect you have on others is powerful. Fear kills dreams. Fear almost killed me. You matter!”

Bartolo is authoring his biography and story called “From There and Back”. He travels to schools and colleges telling his story and the consequences of substance abuse.



People’s Choice Award Announced

The 2nd Annual Winter Windowland Window Painting Contest, sponsored by the Richfield Area Chamber of Commerce and the Richfield Springs Historic Association, was held recently. Enhancing this year’s event was a craft fair, quilt show and a nostalgic photo exhibit of windows painted by the school’s art students between the years 1986-1992. Among the several prizes awarded was a People’s Choice Award won by local resident Kurt Zurmuhlen. Pictured at right is his rendition of a select few Presidents hailing from New York State and their wives,



appropriately painted on the window of the Richfield Springs Historic Association’s museum on Main Street. Definitely take a stroll on Main Street in Richfield Springs to see the window paintings by this year’s artists. (Reader submitted article and photo)

Wreaths Across America Observed in Richfield Springs

December 12 marked Wreaths Across America day and thousands of wreaths were placed in honor of those who serve and have served in America’s armed forces. Marking the special day the Sons of the American Legion represented American Legion Post 616 on Lake Street when a wreath was placed on the “Lest We Not Forget” memorial next to the post. Shown are Chet Ainslie, Tony Grigas, and Dave Pooler. Another wreath was placed near the Blue Star Memorial where US Route 20 and NYS Rt. 28 intersect at Memorial Park. Shown are Garden Club of Richfield Springs members Sue Streid, Carolyn Hopper, and Barbara Crandall. Wreaths Across America is made possible by thousands of volunteers who organize local ceremonies, raise funds to sponsor wreaths, and participate in the events. The cost of the programs is paid by individual wreaths sponsors, corporate donors and volunteer professional truck drivers. Melinda’s Garden Barn of Richfield Springs donated the wreaths used in Richfield Springs. (photos submitted)

P.O. Box 671, 3178 U.S. Hwy. 20
Richfield Springs, NY 13439
Phone 315-858-1730
or 607-431-2519
Fax 315-858-2988

Index

Miscellaneous
Reader Ads.....2-11

GROCERY

Save A Lot.....2
Mohawk Village Market.....7

GUIDES

Auctions.....13
Automotive.....18-20
Christmas Trees.....11
Collector’s Corner.....13
Computer Corner.....11
Employment.....15
Services Offered.....15
Family Sales.....18
Flea Markets

& Commercial Sales.....18
Farm.....17
Firewood.....11
For The Community.....16
Good Times Guide.....18
Home Improvement.....14
Tools.....14
Hometown Business
Directory.....8-10

Lawn & Garden.....11
Pets.....11
Real Estate.....12-13
Recreation.....14
Hunters’ Headquarters.....14
Snow Removal.....18
Telephone Exchange Directory
17
Zip Code Listing.....15

COUPONS

Rediscover the Savings.....6

INSERTS

Hannaford (lc)
Great American (lc)
Kinney Drugs (lc)
Price Chopper (lc)
Tops (lc)

(fr) = full run
(lc) = limited circulation

