



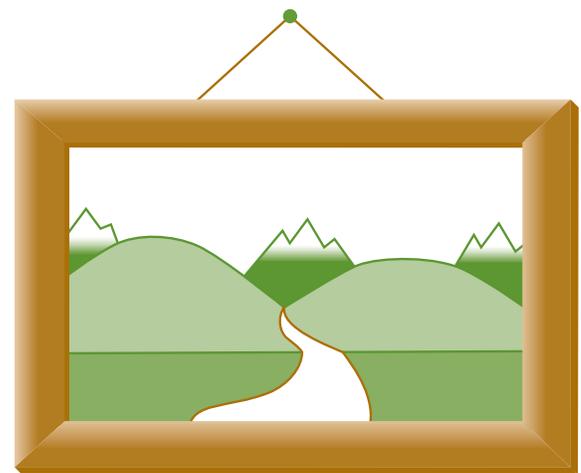
## Graduation!!! I did it!

I never know what I am going to do before I actually find myself doing it. This semester was plagued with a four month long depression. I lost a relationship and that put me in the hospital for one week and then three weeks of partial hospitalization. After that I felt so incredibly lonely and I cried out to God for comfort, but did not feel that He answered me. There was a solid week there where I almost lost my faith, and let me tell you that is an uncomfortable experience. Then I went on a tirade against God blaspheming Him and calling Him every name in the book. Blessedly, He did not smite me as I deserved. Instead, He again rescued me at the 11.99<sup>th</sup> hour. With just about a week left to school, He turned on the water works and I completed all my Advertising homework and tests one day before deadline, I completed the final Print Production Project one day before final grades were due, and I completed the Mock Interview, which is the pinnacle of the whole program. It was, to say the least, a very hard semester. But God is reliable and He got me through. And I will graduate with High Honors and I won the #1 Graphic Designer in the Print Program Award. Time to celebrate!



### *Personal Logo Design*

This was a simple logo I designed for Print Production class. The teacher gave me help on the idea, but I came up with this logo with vibrant energy.



LASTING  
MEMORIES

### *Company Logo Design*

We were also tasked with designing a logo for a company. I chose this local business which runs a photo print and framing shop because I liked them.

*Many more friends than usual supported me through this semester. I was in a much grouchier mood than usual. I am so thankful to have friends like mine.*



For Position Only

**SERVICES WE PROVIDE**

The Friends of the Athol Council on Aging is devoted to raising the funds to complete construction of the Athol Senior Center, located on 82 Freedom Street. This facility will give seniors one meeting place to socialize and live meaningful lives. The Athol Senior Center will provide health care monitoring, exercise and fitness classes, education programs, multi-generation exposure, nutrition classes, computer training and much more. This space will provide community, friendships and good times to the seniors who use it. Please partner with us to provide it.

**HISTORY**

The Friends of the Athol Council on Aging was established as a 501(c)3 non-profit organization on April 18, 2007 to seek and obtain funds and, through collaboration with the Athol Council on Aging (COA), to locate a Senior Center site to expand the capacity of programs and services for elders in the Greater Athol Area. We host events and fund-raisers to benefit the Athol COA. We apply for government grants as well as soliciting donations from the businesses our elders have supported for years. Please partner with us.

**Friends**  
Mission Statement:

To enhance the quality of services to senior citizens by seeking and securing outside funding to build or renovate a Senior Center where all services are consolidated in one location; and to provide continuing fund-raising for the Athol Council on Aging to expand social programs and services to seniors.



Friends of the Athol Council on Aging, Inc.

Mailing Address:  
P.O. Box 183, Athol, MA 01331

Phone: 978-249-8986  
Fax: 978-575-0277

E-mail: [cambrozy@verizon.net](mailto:cambrozy@verizon.net)

The Senior Center is located at:  
82 Freedom Street in Athol



**TO OUR LOCAL BUSINESSES:**

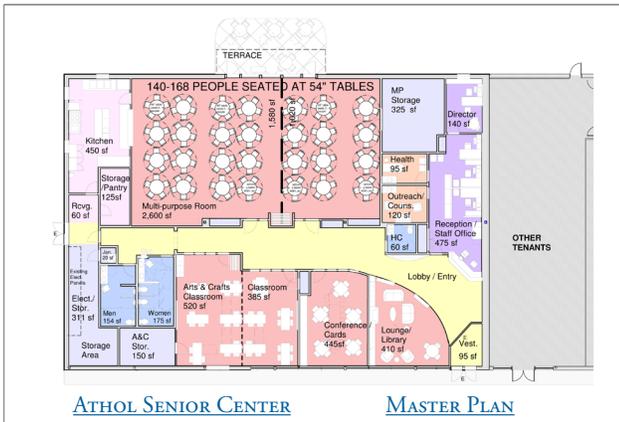
Our local senior citizens have been your neighbors, employees, patients, clients and/or customers for many years. Please do what you can to increase their services and to create a warm and inviting place for them to enjoy their "golden years" at the new Athol Senior Center.

Thank you!

As part of our Portfolio Preparation capstone class, we were tasked with working with a local non-profit organization to get real world client experience. I chose to work with the Friends of the Athol Council on Aging in honor of my 95 year old Granny who would benefit from such a service if she lived in Athol (which she does not). I even used her photo in this brochure, but it was rejected by my client. Apparently everyone in Athol knows each other, so they would not have recognized Granny.

Anyway, the project involved designing some letterhead (not shown) and this brochure that they will mass mail to Greater Athol area businesses and solicit donations.

Working with a client had a definite different feel to it than working for a professor. I had to work with a board of people and each with their own unique ideas about how to design the brochure, much of which was based on misinformation about how Graphic Design works. It was a real eye opener but I have been successful with dealing with them so far. This brochure here is not the final version, but I am hoping to get it squared away very soon and get it off my plate. It was a very valuable learning experience.



**ATHOL SENIOR CENTER**

**MASTER PLAN**



**CURRENT BUILDING INTERIOR**

The Athol Senior Center has walls and lighting installed and funding to provide the kitchen and the great room floor. The Center is very spacious and provides one meeting place for all seniors in Athol. We are so excited to continue building.

**YOUR SUPPORT PROVIDES:**

The Athol Senior Center is about 25% complete. To finish the project, we need donations for:

- Multi-Purpose Dining Area
- Medical Rooms
- Library & Lounge
- Classroom & Crafts room
- Reception Area
- Electrical & Plumbing work

We are so thankful for your help finishing the Senior Center and your commitment to Athol's senior citizen community. We are a 501(c)3 non-profit organization. Tax receipts provided.

Friends of the Athol Council on Aging, Inc.  
P.O. Box 183, Athol, MA 01331

Company Name \_\_\_\_\_  
Address \_\_\_\_\_  
Tel. Number \_\_\_\_\_  
Contact Person \_\_\_\_\_  
E-mail \_\_\_\_\_

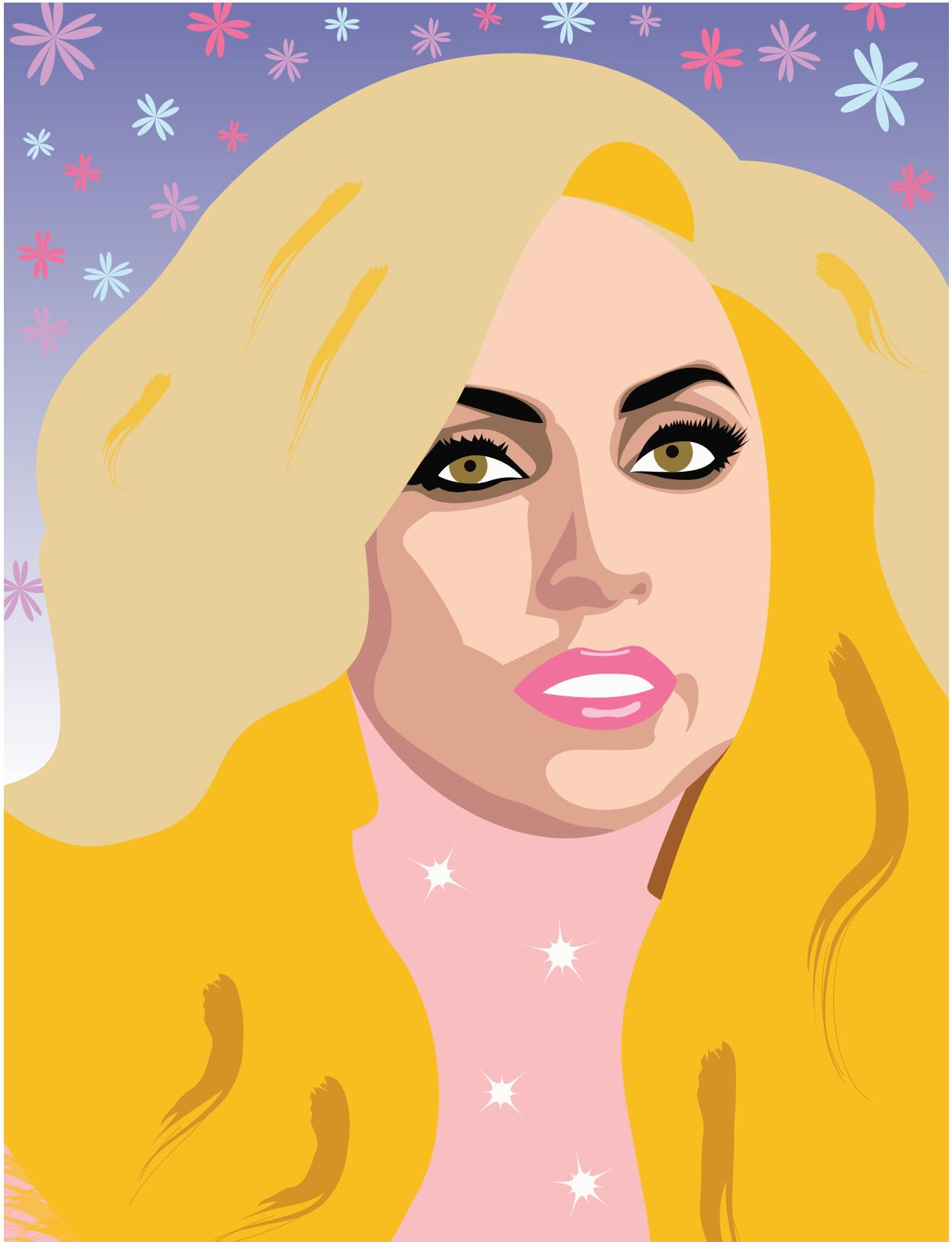
**TYPE OF SPONSORSHIP**

- Silver - \$100 - 499 \_\_\_\_\_ Platinum - \$1,000 - 4,999 \_\_\_\_\_  
Gold - \$500 - 999 \_\_\_\_\_ Diamond - \$5,000 and over \_\_\_\_\_

Please make your tax deductible check payable to the Friends of the Athol COA. Thank you!  
For more information please contact Brent Winters 978-249-9783 or Carol Ambrozy 978-249-7304

**Service Learning Project - CGD106 Portfolio Preparation**

This project taught me real, hands on experience about dealing with actual clients and trying to persuade them what good Graphic Design is. I was so blessed to have cooperative and friendly clients to work with. My professional demeanor is great.



# LADY GAGA GALA

MEET LADY GAGA IN AN INTIMATE VENUE FOR A FORMAL DINNER AND DANCING AND MEGA MONSTER FUN  
11.10.12 AT GREENHOUSE LOUNGE IN SoHo, NEW YORK CITY. [WWW.LADYGAGA.COM](http://WWW.LADYGAGA.COM) FOR MORE DETAILS



### **CGD103 - Print Production - Final Poster / Invitation**

Due to the dark era of my depression, I did not complete this project until the last possible moment I could hand it in and still get my diploma with honors on time. The teacher was more than accommodating on this project, and was willing to give me an incomplete which I am so glad that I did not need.

For our final project, our teacher challenged us to design a poster and invitation to a real or fictitious event. She challenged us to work outside our comfort zone and do a project we wouldn't normally do. I like to do a lot of my projects on God related topics, so to step outside my comfort zone, I chose a completely worldly subject to portray. Lady Gaga is a new sensational performer who bases all her performances on the fact that sex sells by prancing around wearing next to nothing. I chose Lady Gaga for my challenge to see if I could portray her natural beauty in a classy, tasteful, elegant way. When my Portfolio Prep teacher saw this for the first time, she thought it my best work in how I really stepped outside my comfort zone. I am very pleased with this project, which basically took me only eight hours of very intense work to design. When I showed this to a group of Christian friends, they said I actually made Lady Gaga look nice! That was exactly what I was going for.

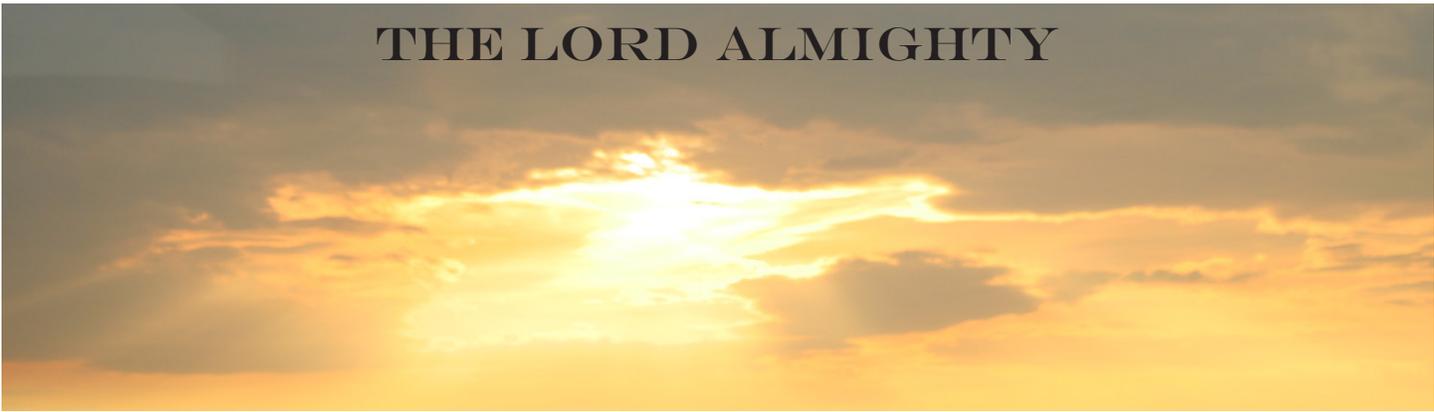
### **CGD106 - Mock Interview**



The very last thing I had to do to complete my degree was go through the mock interview. Obviously, this was an attempt on the part of my institution to teach young students what a real world interview as like. I didn't like any part of preparing for this. I mean, I know how to get a job, I have had 28 of them. But I didn't like the instructor's insistence that we would be judged

on how well we dress, shake a hand, avoid stuttering and appearing nervous, and all that corporate phoney bologna nonsense I find so frustrating about the "real" world. I mean, they basically judge you in five minutes with very limited care about if you can actually do the job. But nevertheless, with God I did it. I was blessed in that I and another panel of students conducted interviews first, and then other students interviewed me. Because I got to see what the instructor was looking for, I was able to tailor my performance to suit her. When asked how do I motivate myself, I said, "The first thing I do is go get a Dunkin Donuts coffee." This elicited a big laugh from everyone. Then I pretty much nailed the interview except the teacher was insistent that I was talking to fast and it left me out of breath. I mean, hello? I'm a fat person! But I am convinced based on how she graded who I interviewed with that I got a good grade. Also, my portfolio was really good and chock full of accomplishment: Photoshop, Illustrator, InDesign and Quark work, as well as cartoons and digital photography. At 3:55pm on 5/10/11 I realized I was completed done with earning my Associates . I was so relieved and happy .

# THE LORD ALMIGHTY



## *Now time for the God talk...*

So what happened to me is that I was dating this woman who is just all about kids and after watching my brother with my nieces I determined I just don't want children. I have a major mental illness to begin with, and children represent a lot of work. So I was honest and told said girlfriend about this. At the same time, I experienced an acute depression and she had access to my blog and didn't like how I said I would turn away from God if He didn't cure me of bipolar disorder. So, in short, I lost the girl. And then, I didn't even really walk away from God because where else could I turn? It was just an empty threat.

So after the breakup I landed in the mental ward for six days. Then I continued with the partial day program for three whole weeks. All the time I watched my schooling slip away. I was horribly depressed and I had trouble concentrating in class and doing homework. I fell way behind.

Last semester, when I worried about losing Jordan, my depression only lasted 6 weeks. This time it lasted 16 weeks, and I was alone. I was very bitter about being alone. I cried out to God that if I could not have a woman close to me, that He become even closer so I wouldn't need a woman. He did not answer that prayer. I still have no idea how to get close to Him and understand Him. In the middle of this, I was so incredibly lonely. I tried everything. I called friends every night, but nothing helped. There was that huge hole in my heart that only God could fill, and He was not filling it. For about one week, I remember I almost lost my faith. That has never happened to me before. I just did not know how I could go on, yet I had no choice: I kept waking up day

after day. I talked to a lot of people and eventually I pulled through it. But by this time, I was so pissed at God. I hated Him. And I let everybody know that I hated Him. I still do not really like Him. I don't like what He puts me through. I recognize the pattern full well: months of depression with a miraculous last minute rescue. This time was no different. But after learning the pattern, I am no longer pleased with the results. I'd rather just be even keeled and normal than white knuckling it through the end of every semester.

I was pissed at God and there was no denying it. I told every one. I hated God with all my heart. And yet, somehow He has chosen to let me live. I broke the top three commandments so many times now, I should be dead 100 times over. But I am not.

I would never recommend God to a friend. Life with God entails a lifetime of suffering and pain as He refines you through the fire. It is very uncomfortable. I hate Him for that. How can I recommend a life of suffering to anybody? Nevertheless, I am forced to admit two things: God definitely exists. I can confirm that in my mind by the fact that each semester, time and time again, God has upped the ante and made it more and more impossible for me to pass, and yet He always makes a way for me to do it. This brings me to my second conclusion: God is reliable. I don't like the way He does it, but I can see that I do not need to worry because God has me do even the things I do not want to do. God causes me to succeed even in the face of swearing at His Holy Name. I am grateful, but I'd rather just have another girlfriend and be normal.