*In this Unit we were to write something you felt freedom from, and I chose to write about freedom from the grip of my dad not wanting to accept that I was growing up and the journey to get that freedom I wanted and strived for. What I am proud of is that I was able to write something for school that also gave me my own type of closure with a challenge of my life. What I felt I could have done better is my grammar to not talk like Yoda and talk like a college student in my writing, and to overcome this challenge I will be reading more books and slowing down when I write and try to get one big phrase to get my point across.*

Freedom from Hopelessness

Life is a gift that everyone receives and that you get to choose how you want it to be done. For many their lives will start the path of others and how those people will live their lives. Some paths may be smooth, and some may be rough. For my parents they grew up in two different styles my mother grew up in a stable home. She had a mother, a father, siblings and, a roof over her head. My father had an abusive father who never was around and a mother who sadly passed away at a young age of his life. He was the oldest and had to drop out of school to go to work by his father's request but also to take care of his siblings as their father would not look for them. My parents saw life very differently and that would create the path I would live in. My parents both raised me to be someone they couldn’t always pushed me to be the best I could always be but with my father it was a different relationship once I got older. He only knew one thing in life was to work which was good because we always had a roof over our head and food in our stomachs, but it also meant we had no interaction as much as I did when growing up. When I was younger it was him and I constantly together but once I got to high school that’s when it changed.

I was reaching the age my father was when he dropped out of school and his mother passed away, so it was a rough time for both of us. He wanted to hold on to me tightly to still treat me like a little kid and I wanted to grow up and act like everyone else for a change instead of being different for trying to please my father by staying home and being a little kid still in his eyes. When junior year of high school hit it was rough my father and I had gotten into a few physical altercations we would argue and scream and spew venom at one another killing each other in the ways we knew one another hurt most. The relationship we had growing up was different from the one it was now. And it went by days turned to weeks, weeks turned to months, and months turned into a year of a pair inseparable to one that couldn’t even look in each other’s direction. I wanted things to change the household did and I am pretty sure the block of people that heard our screams did also. I cried out for help looking for answers my mother would tell us both to apologize but our pride got in the way of it.

Time flew by until we couldn’t be in the same room with each other for more than 10 minutes and one last big brawl happened that would change everything forever. I left my home and was ready to leave the state to go out of state for college and him he went to work, and we left things how it was. Until one day I woke up and saw a note with my name on it and there was his statement on everything that showed he wanted things to end that we need to work things out and so we sat down and did. It may have taken a while but after many curse words and swears and threats along the way we saw eye to eye for the first time in a very long time. And over that time, we slowly regained our relationship that we had it was not the same one that we had when I was younger, and it most certainly was not the one from a year ago it was a new one that showed that we both know that we are here to help one another.

I lost hope in my life that every day would be miserable at my house and that there would be no change until I left and proved to everyone that I am not the same little kid anymore. That I can do what I need to do and make responsible decisions. But deep down as hopeless as I felt there was a tiny sliver of hope that did not want to give up and I will forever be grateful that I didn’t. The relationship I have with my father is one that I could never find again, I may have lost friendships, friends I considered brothers and sisters but those you can get over but a parent that you cannot that will always live with you no matter what. It taught me to never give up hope of change or freedom that even in the unlikeliest of situations if you still have a little bit of hope anything can happen because once you hit rock bottom the only place you can go next is up.

*In this Unit we were to switch up how we normally write and write in different genres of a skill that you are good at. In this Unit I chose to write about the topic of being funny and how to be a comedian and chose to do it in the genre of a Yelp review which I would never have thought would be a genre I would write in. What I am proud of is that I didn’t really have any problems in this Unit it was self-explanatory and enjoyable to get your mind thinking of doing things in different ways.*

**Recipe By:** Nick Caracci

**Name of Recipe:**

How to Be A Comedian

**NUMBER OF SERVES:** UNLIMITED **DIFFICULTY:** VARIES ON SKILL

**PREPERATION TIME:** 10 MINUTES **COOKING TIME:** AS LONG AS NEEDED

**INGREDIENTS:**

* Confidence
* Good Posture
* Clear Voice
* Talk Slow
* Healthy Throat
* Idea of What to Talk About
* Someone to Talk To
* Note Cards
* Don’t Have a Dry Sense of Humor

**DIRECTIONS:**

1. Always have a funny thing to talk about
2. The things that happen to you in a day you can make a joke out of just think about them
3. Know your audience
4. Don’t think too much about a joke
5. If you must explain a joke don’t say it that means it is not funny and now it is awkward
6. Just let it happen if you try to hard to make a joke happen it will fail



**Nick Caracci’s Comedy Club**



$ - Funny, Good Time 

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LOCATION & HOURS

|  |  |  |
| --- | --- | --- |
|  |  |  |
| **Mon** | * 12:00 pm - 4:00 pm * 4:30 pm - 10:00 pm | **Open now** |
| **Tue** | * 12:00 pm - 4:00 pm * 4:30 pm - 10:00 pm |  |
| **Wed** | * 12:00 pm - 4:00 pm * 4:30 pm - 10:00 pm |  |
| **Thu** | * 12:00 pm - 4:00 pm * 4:30 pm - 10:00 pm |  |
| **Fri** | * 12:00 pm - 4:00 pm * 4:30 pm - 11:00 pm |  |
| **Sat** | * 12:00 pm - 4:00 pm * 4:30 pm - 11:00 pm |  |
| **Sun** | * 12:00 pm - 4:00 pm * 4:30 pm - 10:00 pm |  |

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KNOWN FOR

**Health Score: A Liked by Everyone: Yes**

**Happy Hour: Every Hour Puts a Smile on Your Face: Yes**

ABOUT THE BUISNESS

Nicola C. - Owner

I grew up loving making people laugh and to cheer people up when they were having a bad day so now, I get to do it to people all over NYC.

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RECCOMENDED REVIEWS

Ariana B: You will have the best time of your life there. The host will keep you laughing with a smile on your face for hours.

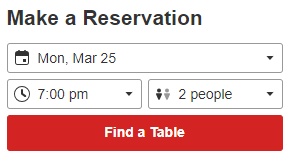
Sebastian C: Host reminds me of Kevin Hart just a Taller Version. Very Clean & Family Friendly

Cathy C: Family Friendly, Very Clean and on Friday Nights the Adults Only Event they do will be a great start to the weekend.

Simone V: When I went, I didn’t want to leave the food and environment makes this one of the best places to go in NY when you have had a long week!

Michael Scott: I came here with my friends for an office booster retreat and I thought I was a great comedian, but wow is he something else.

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*In this Unit we were to do a research project but to show in any way we want to portray our research. I chose the topic of the link between comedians and depression, I was able to connect real life with an assignment for class by writing about comedians and celebrities that I follow and I did it in the form of a letter to make it seem like a distressed person was writing about how to help people. What I am proud of is that it was a very well written letter that I believe could pass as an official letter to the company if I was talking about how to bring more awareness. What I could have done better is to work on my periods I just kept writing and writing without stopping to fix my grammar.*

Greetings Anxiety and Depression Association of America,

I have been following your work for some time and feel there is another aspect that your organization has not touched upon yet, the connection between depression and comedy. Many thinks when you are depressed you are only sad and loss of interest in things but there are different ways people can cope with it. This can shed light on a new problem of people hiding their depression and not looking for any help to cope with it. We can potentially use specific celebrities that are known for more comedic roles that have went public with fighting their depression and how they have come to realize they were depressed, how they coped with it before and after coming out looking for help and lastly, how are they doing now after help from others. A list of celebrities we can use are Gabriel Iglesias, Jim Carrey and, Robert Downey Jr. Each one of these actors have come public with their demons and how they have beat them and got back doing what they love.

Gabriel Iglesias a relatively new comedian to hit the spotlight he always did comedy clubs but wasn’t until the last couple of years that he has made a name for himself. Many know him as a fun-loving guy with not a single bad bone in his body, he was always a big kid growing up and he used that to fuel his performances revolving that he is a big guy but it wasn’t until his performance on stage that he had his epiphany that his life is not how he wants it. Gabriel knew he was working himself to hard but it wasn’t until he was performing one day and it hit him that his son was almost 20 that he was no longer a little kid that he lost so many years with his son over work and missed countless events because of it. During an interview after the event he said, “I wasn't drinking to be social. I would drink because I just wanted to go to sleep.” He was trying to deal with his problems through alcohol which was making the problems worse. After his on-stage breakdown he apologized to his son for missing so many events and started a new lifestyle he completely stays away from alcohol which he started 4 months before the meltdown, but he is staying true to it and he is now seeing a therapist and decided to start working out. He has started performing again and seems to have his life back on the track that he wants with a mix of his career and his personal life focusing on no longer making his career feel like a job and making his jokes funnier and more entertaining than ever before.

Jim Carrey is one of the most well-known actors in Hollywood known for his comedic roles in movies that will have you leaving the theater still laughing. He carries that fun jokey loving personality even out of his movies. When he was at one of his highest points of his career, he came out that he was battling with severe depression for years and it stunned people. He said he had battling severe depression for years even before acting it could have potentially started during the rough childhood he had. Before he came out, he was just going through the motions and did seek out treatment and was given an antidepressant called Prozac that he is no longer on. During an interview many years later in 2016 he said how he deals with his depression now and believes he beat it and how he said he did it was getting off Prozac due to he felt that it was actually making it worse and decided to take a personal journey for him that he overcame his depression through “spirituality, perceptual changes of life, maintaining a sense of purpose, and avoiding drugs and alcohol.” After his journey with depression for so many years and now feeling that he is free from it he keeps himself busy he keeps a high work ethic by being involved in the movie industry and when he is not doing that he is with his family and keeping a mix of both work and family in his life.

Robert Downey Jr in the past 10 years has shot himself up to stardom with staring in the movie Iron Man back in 2008 and being in the franchise known as the “Marvel Cinematic Universe” which put his name back in the media and staring at movies that have made him a household name not to mention that he also one of the highest paid actors in Hollywood at the moment. His life was not always like this though. When he first started in the movie industry, he was a mess he was dealing with drug addiction and depression which affected not only his personal but his professional life as well, he was arrested multiple times in the time span of a few years. His problems were very public he was using drugs to get away from his problems then spiraled him out of control. After 2 more arrests he saw that he needed help and checked into rehab one last time where he cleaned himself up to the man he is now. He knew he wanted to get rid of this challenge of his life and put the mindset that he needs to accept what is going on and fix it. His life right now is as great as can be he keeps himself busy with the movie industry he just wrapped out his character arc of “Iron Man” in Avengers Endgame after 10 years and it’s time for his next big thing to do but when he is not acting he enjoys being with friends and is a huge family man. His battle for his life is one of the biggest success stories in Hollywood.

I believe if we bring in these celebrities for them to share their stories, they can show others that they can reach out for help and not be ashamed and they can teach them how not to make the same mistakes they did and give them someone to connect with. We can change people’s lives forever!

From,

Nicola Caracci

*In this unit we were to take our Unit 3 topic and to portray it in a similar topic in a video report. I chose to do a podcast on that you are not alone and that even celebrities go through the same every day struggles that everybody else does. My issue in this Unit was it took many different cuts to make a decent podcast clip due to it being a very noisy day in my house and after a while I got frustrated and decided whatever it is it is.*

<https://youtu.be/el_HR9armL4>

**"My Journey" including my Narrative as a Student in English Class this Semester**

**Submitted by Nicola Caracci\_\_\_ in lieu of Final Exam, ENG 1121**

**Section #: D439\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: 5/21/19\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

When you think about your journey you realize you have not done that much. In the case that I am 18 years old and still live at home in a neighborhood where nothing happens you realize your life is boring as hell. So, you sit and let your mind escape and tell you where to go next. My journey up to this point has not be easy but it has not been to hard neither sometimes all the bad that goes on stays bottled up and you have no way of expressing yourself and your mind just wonders. But this semester I finally found a class where I can get my closure. In my cozy close-knit little community of peers in my class we all discuss unique parts about ourselves that we don’t know we had or that we just decided to lock away and throw away the key! I myself found that because we didn’t have a structure to the class since we were the trial run for it that we got to do more hands-on writing that we get to choose. We wrote about freedom from something that you didn’t think you can be from and that’s where I wrote about my dad and it was my own therapeutic little experience while also giving a thoughtful and detailed essay. Plus, the mind games from that unit also were a treat of not being able to write certain words/letters it makes you realize how powerful your mind is that we don’t get to use very often. The following Unit we got to write about what we are good at and write it in a different genre and that’s where I wrote a yelp review! I never would have thought a yelp review could be a form of genre but here I am with an A on my paper from a Yelp review that I wrote about my “Comedy Club.” Coming up to the second to last unit of research I got to combine not only people I look up to but also how they are also human. And how their stories of battling their demons can bring insight to others and encourage hope and help to people that have the same problems as them. Last but certainly not least the video essay of Unit 4 I felt like a little kid again reliving my YouTube dreams it gets your mind flowing and is something I wish would happen more in English class and that is the communication not just essays and writing and with the fact that this class was speaking heavy I feel that I was able to catch more stuff and pay attention more than I do in other classes. This semester in this class has been a joy I can’t say the same though for my other classes. The ability to write about what you want with no guidelines but once you get the ball rolling you are on your way to gold. I would highly recommend this class to anyone and hope to have many more classes like this in my future, the experiences learned and the feeling of being human again and not a robot in class will most definitely not be forgotten but cherished forever.

From,

Nicola Caracci