

FACULTY BIOGRAPHIES

WILLIAM ADLMAN (Flip This House!) William Adlman has an extensive career in sales and marketing. For the past 18 years he has been purchasing, renovating, and re-selling residential properties. He has expertise in all aspects of the residential building business from the purchase, construction, and final sale. He has been very successful in flipping homes profitably.

DR. JACQUELINE ALBRIGHT (7 Steps to Memory Strengthening) Jacqueline Albright is a retired practicing doctor for over 34 years who used Memory Techniques to consume and retain vast amounts of information. Now, she exchanged her lab coat for a microphone and a lectern to awaken the TALENTS & SKILLS of others with the same knowledge that has helped her all these years; Mental Talents that will improve your long-term successes. Her lectures are high energy, motivating and will leave you with memory tools you can immediately use in life and in your studies. Whether in business, a student or simply wanting to expand your mental abilities, Memory Training can change your life. You'll amaze yourself with what you're capable of doing.

JOSEPHINE ALONGI (Beauty Miracles – Make-Up) As a licensed esthetician and certified personal and group fitness instructor, Josephine has built her business by teaching how skin care and exercise are connected. She specializes in facial massage, chemical peels and makeup application. Her fitness background will enhance your skin care results.

BARBARA ARNOLD (Meditation for Relaxation) is a Traditional Usui Reiki Master Teacher with a private practice in Port. She is also an Interfaith Minister of Spiritual Counseling and president / founder of Abundance, her spiritual center.

MATT ARNOLD (Excel - Beginner & Intermediate) is an Information Technology consultant offering computer program training and services for home and business. He has over 30 years of IT experience in computer management, program applications, digital imaging and instruction of the MS Office suite. IT Matters, his private consulting business, is based in Port Washington.

BLUE MOON PROJECT TEAM (TaeKwonDo – For Adults / Capoeiro / MMA Fitness - Mixed Martial Arts / Acrobatics / Cardio Kickboxing)

Steven Ayoung, 4th DAN Black Belt, is the head of our TKD/MMA program. He is an expert Martial Artist and MMA Fighter with over 40 years of experience. He has also appeared in Martial Arts films and has trained students for competition and film. His other areas of expertise include Hapkido, TKD Tricking (Acrobatics) Kali and Capeoria.

Helen Oh, 3rd DAN Black Belt, is the co-owner of Blue Moon Project. She raised two black belt children (now adults) and began her own TKD training in her 40's! She is passionate about her mission to develop self-confidence and self-empowerment in all students through this martial arts practice.

Mack Kim, 3rd DAN Black Belt, has been practicing TKD for the last 15 years. Trained by his grandfather, 9th DAN Grandmaster J.K. Park, he still competes at tournaments in New York and out of state. At Blue Moon TaeKwonDo, he teaches all levels, specializing in sparring.

BODY 'N SYNC (Pilates Mat and Equipment Class) was founded in 1998. It was the first professional Pilates studio in Port Washington and is a member of the Pilates Method Alliance which monitors the quality and safety of its instructors.

MARIA CAMPANELLA (Social Dance) Maria DeAngelis Campanella holds a BA in English Literature and Secondary Education and an MS in TESOL from Hofstra University. She is a black belt in Kempo-jujitsu , and has been training in and teaching Tai Chi, kickboxing, and fitness for 10 years. Maria is now teaching different forms of fitness/movement and dance to various groups of abilities and ages. She's been dancing since three years of age with formal ballet training for 14 years and belly dancing for 10. She's been actively training, teaching, showcasing and competing in ballroom for 5 years. Maria has patience and endurance for individuals of various ages and capabilities. She is a teacher by nature and it is the core of everything she does.

JAKE CARAMICO (How To Win The Money Game / How To Profit from the BITCOIN Revolution) Jake has been in the Financial Industry for more than 14 years. He specialized in providing the education needed to help both families and businesses identify, and implement practical solutions toward Financial Wellness. Jake enjoys working with people and is dedicated to helping them achieve financial security. He has also customized various educational workshops for the employees and volunteers of many local and State Organizations. One of his long term goals is to positively affect the financial futures of more than 10,000 families by providing them each with the education and resources needed to make important decisions. He is available to provide confidential, comprehensive and complimentary counseling for a multitude of financial service needs. You can find a wealth of information about Jake at www.Linkedin.com/in/Caramico

RICHARD M. CARLTON, M.D. (Dementia / Insomnia / CBD & Medical Marijuana / Pain – Drug Free Approaches to Controlling Pain & Discomfort) is very experienced in helping patients improve many types of health problems by eliminating commonplace trigger foods, and by taking nutrients that dampen the inflammatory reactions to those foods. Dr. Carlton is an integrative physician who uses natural, drug-free approaches whenever possible. He is authorized by the State to recommend medical cannabis to patients, and has considerable expertise with Cannabidiol (CBD). He is the co-author of a book entitled “Type 2 Diabetes: Cardiovascular and Related Complications and Evidence-Based Complementary Treatments”, by Robert Fried and Richard Carlton, CRC Press 2019.

JO-ANN DAMATO (Bridge – Beginner) Jo-Ann Damato is an American Contract Bridge League (ACBL) certified teacher and life master. She is a member of the American Bridge Teachers Association (ABTA) and has attained the title of “Master Teacher”. Jo-Ann has over thirty-five years of teaching experience and is qualified to teach all levels of bridge.

GARY FELDMAN (How To Best Get Your Nutrients / How to Restore Your Gut – The Second Brain / Slowing your Aging Clock / Understanding How to Buy Nutritional Supplements) Gary Feldman teaches about nutritional supplements, food, the ecosystem and sustainable living. He shares over 25 years of knowledge in these subjects. An innovator in the nutritional supplement field, he created a first of its kind retail specialty catalog of all name-brand vegetarian nutritional supplements and cruelty-free products, and did extensive research for customers; Diploma in Nutrition Science, American Nutrition Consultants Assoc., Pasadena, California Board of Ed. Taught Continuing Ed: Port Washington UFSD,

Queensborough Community College, Great Neck Adult Center; listed on the New York State Performers and Programs library website. Gary presented Organic Food Facts Made Simple for the Queens Library Green Initiative; freelance writer and is also a contributing columnist for the Great Neck Record.

SILVIA GONZALEZ (Wise Finances) Silvia has been actively meditating daily for the past 13+ years. For the last 8 years, she has followed the Chan/Zen lineage where she was trained in meditation and mindful ways of living. She has participated in numerous silent retreats including a 21 day retreat in Europe. Silvia holds a BS in Accounting and is currently pursuing a Master's Degree in Rehabilitation Counseling. She's had an accounting practice for over 16 years and is also the owner of [Wise Finances](#), a company dedicated to empowering individuals by utilizing mindful practices with personal finances.

RICHARD JACK (How To Select the Right Financial Advisor / Back to Basics: Are Your Investments Getting the Attention they Deserve? / Elder Medical Costs: Preventative Medicine to Protect Your Hard Earned Assets) **Richard Jack**, Principal Chief Investment Strategist, and **Thomas Efthimiou**, Principal Managing Director, have 20+ years of experience in the Financial Management field. Both Rich and Tom are truly dedicated to advising and educating Clients on choosing the RIGHT investments and Investment Advisor(s). They help Clients eliminate the confusion and make appropriate decisions within their investment portfolio to help them reach THEIR GOALS. While advising is important and critical to financial stability, education is key!! Rich and Tom educate the general public through seminars on different financial topics.

LUZ JARAMILLO (How to Stop Overeating While Achieving Lasting Success) Luz Jaramillo, MSW. Suffered for over 36 years with an eating disorder, and she was overweight most of her life until she discovered the science-based method to heal her binge eating disorder and keep the same weight for good. Luz has over 20 years of experience as a Master Social Worker, certified Brain Health Coach, certified Life Coach and Master in Neuro-linguistic Programming (NLP) and has studied Neuroplasticity, Eating Disorder Awareness, Stress Management, as well as Mindfulness. She is also certified as a Metabolic Health & Fitness Coach. Luz is a bestselling author and motivational speaker. She created a holistic coaching company called Brainbodycoach, Inc. that uses cognitive, science-based techniques to help individuals who are dealing with overeating, emotional binge eating, stress, and low self-esteem to promote a healthy lifestyle, so they can lead a happy, healthy, fulfilling and prosperous life.

EMILIE JOHNSTON (Learn to Row!!) Emilie joins Port Rowing after spending the last year as a coach and manager at the Texas Rowing Center in Austin, Texas. While at TRC, she coached boats to success on the state and regional level. Prior to Texas, Emilie spent a year at Community Rowing, Inc., as a fellow in the Institute for Rowing Leadership. During her time in Boston, she also served as the Volunteer Assistant Coach for the Harvard-Radcliffe Women's team where she assisted in coaching both walk on and varsity athletes. As a student at the University of Wisconsin, Emilie was a four-year member of the Badger women's open weight team. In her free time, Emilie enjoys hiking, skiing and all things outdoors.

MARGO KARLER (Planning A Dream Vacation / Actually Booking Your Dream Vacation) has a Bachelor's degree in Anthropology and over 30 years creating custom global travel for friends and family. Her travel experiences include photography safaris in Eastern and Southern Africa, climbing mountains to observe Rwandan Gorillas, sailing on Live-Aboard boats in the Galapagos Islands, camping in Peru and the Serengeti, searching Central and South American jungles for archaeological ruins, and scuba diving the Great Barrier Reef, Belize, Costa Rica and South America.

RICHARD LANDSMAN (Get Your Documents Organized / Investing With A Plan That Works) has been the President of Nottinghill Capital Inc. in Roslyn for the past 15 years. Previously he was a Sr. Executive VP at Smith Barney for 15 years. He is an Adjunct Professor at both Columbia University and St. John's U. Business Schools.

RONALD S. LANZA, ESQ. (Elder Law and Estate Planning) Mr. Lanza established the law firm of Futterman & Lanza, LLP in Smithtown, NY with Aaron Futterman after serving as senior law clerk to the state's highest Court, The New York Court of Appeals. He also served as a senior law clerk for a Federal United States District Court Judge in Florida. Mr. Lanza's litigation experience has enabled the firm to navigate, on behalf of its clients, the complex arena of guardianship, probate and estate administrations, and related litigation. Mr. Lanza is licensed to practice law in both New York and Florida. He advises many "snowbird" clients having legal issues unique to families with property in both New York and Florida.

FANNY LEE (Chinese) earned her Bachelor's degree in Taiwan. She now teaches Chinese at Friends Academy. Her goal is to be an e-teacher.

ANDY LOCKWOOD (College Financial Aid for Long Islanders) Andy Lockwood is an internationally renowned best-selling author, college advisor and financial aid expert. He is the creator of the "P4" college advising system (Plan, Path, Position, Produce), a "backward-planning" approach designed to help students discover their wiring and strengths, reverse engineer a set of colleges offering "wholesale" prices - that help students achieve success, post-college. Clients report that Andy is particularly adept helping students position, or market themselves to enhance their odds of admission to top colleges, as well as identifying scholarships and funding strategies for high net worth business owners, divorced parents, student athletes and all sorts of families. Andy is a member of the National Collegiate Advocacy Group and the National Association for College Admission Counseling. He received his BA from Wesleyan University - where he was on (not "played for") the basketball team - and St. John's Law School.

ALIZÉ MARGULIS, MBA (French – Beginner & Intermediate / Zumba) Bonjour! My name is Alize Margulis and am an MBA graduate in International Business Studies. I grew up in a French household and spent many summers with my grandparents in Paris. Having that exposure and living as Parisienne in my formative years, provided me a unique opportunity to gain insight into the French language and culture and wove the fabric of my future interests. During my High School academic years, I was fortunate to be under the tutelage of a wonderful French Professor in the Port Washington School District which opened my eyes to French literature. I have placed in the top 10 in the Grand Concours, National French Contest and 1st place in the 2006 Grand Concours. Planning a trip to France and would like to

communicate with the local population, sign up for this basic level French class! I also learned from an early age that exercise was an essential part of life and find it important to make a difference in people's lives. Passionate for fitness, music allows for self-expression for all. No prior dance experience is needed to attend my classes. I've been teaching since 2012 and enjoy teaching Zumba classes. The reason is simple: Every class feels like a workout party! Come join me, I guarantee you will have a blast! Got questions, don't hesitate to drop me a message!

DEBBIE MATTMANN (Total Body Workout) Has taught physical fitness classes for the past 30 years. She lives in Port and has been a Certified Personal Trainer for over 15 years. She is also AFFA certified.

DANIEL G. MAZZOLA (Smarter Social Security) Daniel G. Mazzola is an Investment Advisory Representative with American Portfolios Advisors. He is a Chartered Financial Analyst, Certified Public Accountant and Certified Financial Planner. Mr. Mazzola graduated from Villanova University with a Bachelor of Science in Accounting and serves as the Pro Bono Director of the FPA (Financial Planning Association) of Long Island.

WENDY MEAGHER (Mah Jongg) As an avid Mah Jongg player for the past 50+ years, I still love to hear the clicking of the tiles, and relish the joy in sitting down to play an evening of Mah Jongg with both new and old friends. For the past 7 years I have shared my love of the game by successfully teaching this exciting and very challenging pastime in Adult Education sessions on Long Island and have proudly turned a vast amount of ordinary people into fun Mah Jongg junkies!! I welcome you to come along for the ride!!

SARA MERWIN, MPH (Secrets to Healthy Aging and Getting the Best Medical Care / Preparing For and Navigating a Hospital Stay) Sara Merwin MPH is the author with Dr. Karen A Friedman of the "The Informed Patient, A Complete Guide to a Hospital Stay", published by Cornell University Press. She received her MPH degree in epidemiology from the Columbia University School of Public Health and has worked as a clinical researcher at Northwell Health System and Montefiore Medical Center and has held faculty appointments at Zucker Hofstra School of Medicine and Albert Einstein College of Medicine. Her experience includes investigations in orthopedic and cardiothoracic surgery, internal medicine, endocrinology, geriatrics, critical care and pulmonary medicine. Her career and research focus includes patient and professional education and communication.

RICHARD MIGLIETTA (Basketball) A graduate of Paul D. Schreiber HS in 2004, Rich played 4 years of basketball for the Vikings. He played Club Basketball at SUNY Cortland and graduated with a Degree in Physical Education. Also, Rich has a Master's Degree in Health from Hofstra University. He has been teaching Physical Education in Port for 11 years, 5 years at the elementary level and 6 years at Weber. He has been coaching basketball for 11 years at various levels including JV Boys and several AAU teams. Rich is currently the girls 7th grade Basketball Coach at Weber. He also coaches the boy's 8th grade Soccer team and the girl's 8th grade Softball team.

BETH MOHR (Gentle Chair Yoga & Balancing Class) Beth is a 500 hr. certified yoga instructor who has been studying since 2004. She is available in private practice in the Great Neck/Port Washington area.

NAOMI PENNER M.A. (Spanish Communication For Business, Home and Travel / Dancing Latin and Disco Hustle) is a retired NY State certified teacher and counselor. She worked in the high schools in Great Neck for 34 years and currently teaches in several adult programs. She has taught communication and relationship skills since 1975. She has sponsored many social dances and events on Long Island and in NYC and has hosted radio and TV programs.

STACY PINCHIAROLI (Buying & Selling on Ebay) is a power seller and has been selling on eBay for over 14 years for people on consignment. She has a high feedback rating from buyers and a successful auction completion rate. She has taught this course at other Adult Education programs.

PORT WASHINGTON TENNIS ACADEMY (Tennis) has been associated with Continuing Education since 1984 using their teaching facility and professionals to teach tennis to the Port Washington community.

MARIE REGIS L.Ac. LMT, M.S. (A Natural Approach to Resolving Acid Reflux and Heartburn) Marie is a Licensed Acupuncturist with a private practice in Great Neck. She specializes in treating anxiety, weight loss, menstrual issues and chronic pain. She has been a holistic healer for over 25 years. She also has extensive training and experience in CranioSacral therapy, Essential Oils and many aspects of holistic care. She has been practicing and teaching meditation for over 20 years. She has extensive experience treating patients suffering from reflux, nausea and colitis. Please see marieregisacupuncture.com for more info.

JAMES SEAWOOD - Such A Voice (Voice-Overs – Now is Your Time) James Seawood is a New York based voice talent and teacher. He has brought his signature sound to commercials for a myriad of brands and organizations including Nike, Army West Point, The City of Charlotte, Cholula Hot Sauce and MGM Las Vegas Casino.

HEATHER SIEGEL (Creative Writing – Fiction and Non-Fiction) Heather Siegel is an award winning author of the memoir, *Out From the Underworld* (Greenpoint Press, 2015) with two forthcoming works in progress. She holds an MFA from The New School and her work has appeared on *Salon.com* and in various online magazines and websites. She lives on Long Island with her family, and enjoys teaching and helping others cull and craft their writing. More about her can be found at www.heathersiegel.net

JEFFREY R. SILVERMAN (Keep The Income Flowing During Retirement / Planning for Your Child With Special Needs) is both a Certified Financial Planner practitioner and a licensed attorney in the State of New York. He has the combined experiences in financial and legal matters to successfully handle the many issues involved with retirement planning matters. Mr. Silverman works with his clients to develop and implement effective lifetime planning strategies to assure that their needs are properly handled throughout their lives.

RON STEIGER (How to 101-Buying & Selling a Home, / ABC's of Annuities...) Ronald Steiger with Realty Connect USA in Woodbury is a New York State Licensed Realtor. In addition, Ronald Steiger, a Financial Advisor, is also the Regional Sales Director for Woodbury Financial Services, Inc. Steiger, known on Long Island as "the Real Estate Workhorse", has lectured to well over 100,000 people on Financial Services & Products and on How to Buy & Sell a Home. He is active in many Long Island

Charities, and is the Public Relations Officer for the Bellmore JFK Alumni Association, as well as being a member of the Hall of Fame of John F. Kennedy High School.

US POWER SQUADRON (America's Boating Course) is the world's largest private non-profit boating organization with over 55,000 members. Its members are boating families who contribute to the community by promoting safe boating on the water and in the classroom.

MICHAEL USOSKIN (Power Volleyball – Advanced) has been involved with the Port Washington Continuing Education Power Volleyball Program since 1995. He plays competitively year-round in the NY Urban Professionals Volleyball League, and in other leagues and groups, including beach volleyball in the spring/summer/fall seasons.

JULIE WARD-ABDO (Medicare Made Easy - The A, B's, C's & D's) Julie Ward-Abdo is a health insurance coordinator specializing in Medicare health insurance plans. Her expertise and knowledge of the healthcare industry enables her to work with clients having various needs and concerns. She has a proven ability to foster relationships with her clients as well as healthcare partners. During the past seven years, she has worked to combine educational outreach and professional leadership, initiating CMS approved educational seminars at government agencies, senior facilities and not for profit organizations. Julie is most fulfilled when she works with people one on one and knows they have peace of mind regarding their healthcare choices.

COREY WILBUR, M.S. (Why Won't My Child Sleep?: Sleep Solutions for Tired Families) Corey Wilbur, M.S. earned her Masters of Science in Psychology from California Polytechnic State University, San Luis Obispo in 2003. Corey has worked as a Licensed Marriage and Family Therapist in both California and New York. Corey has experience working with at risk youth and young families, individuals struggling with a variety of disorders including mood and anxiety disorders. Corey has also specialized in working as a one on one meal coach for individuals with eating disorders. After struggling to get her first son to sleep through the night and nap independently Corey decided to study to become a Certified Sleep Consultant. In 2018 she founded her own Certified Pediatric Sleep Consulting Business, Let There Be Sleep, LLC.

SANDY FALLON WOISIN (Horseback Riding) has grown up in the horse business, 3rd generation. Competed extensively and trained other riders for championships.