(continued from page 1)

themselves.

something different about them," said fifth grader Erika McCabe. In another exercise, students put labels on their foreheads with

instructions for how their fellow

students were to react. Those

with labels like, "Say hi," "Pat my

back," and "Give me a high five,"

were left feeling very good about

Tia Cosgrove, whose label

said, "Turn away," reacted differ-

ently. "I felt bad, left out, sad and

Pat McLane, a volunteer from

Blue Cross of Northeastern PA,

asked students in Linda Joseph's

class to work in groups to make

up a different looking fish. The

three fish drawn on the black-

board did not look typical in any

way as they sported Afros, goat-

That made an impression on

Tiffany Gebhart. "I found out

that everybody is supposed to

look different," she said. "It

The annual Day of Cultural

Sharing commemorates Martin

Luther King Day. "I found that

the students here really knew a

lot about Dr. King and diversity,"

said McLane. "They were very

receptive and someone had an

answer for each of the questions

Perhaps the most poignant

question of the day, though,

came from a fifth grade student. "How come they separated peo-

ple in the first place?" Michael

I asked."

would be boring if they didn't."

disappointed," she said.

ees, wings, and fangs.

## Heating grants available to qualifying UGI users

UGI Utilities, Inc. is helping eligible gas and electric customers apply for federal energy assistance dollars to keep their homes warm this winter. These grants, which do not need to be repaid, help customers with limited or fixed incomes pay their heating bills, repair or replace a heater and avoid utility service shut off. Last winter over 13,700 UGI customers received money from this fund. The average grant was \$259.

Funds are limited and available on a first come, first served basis, so UGI urges cusners to apply as soon as posole. For more information on federal energy assistance, customers should call UGI at 1-800-UGI-WARM (1-800-844-9276). UGI will provide information on the application process and assistance comrequired forms. To qualify for funds a customer must provide proof of income, a recent heating bill, and the name, birth date and Social Security number for each person in his or her household. A table of qualifying income levels is

**Maximum Income Levels** for LIHEAP

Household Annual Monthly Weekly Income Income Income \$12,569 \$1,047 \$242 \$16,862 \$1,405 \$324 \$21,155 \$1,763 \$407 \$25,448 \$2,121 \$489 \$29,741 \$2,478 \$572 \$34,034 \$2,836 \$654 \$38,327 \$3,194 \$737 \$42,620 \$3,552 \$820 member +\$4,293 +\$358 +\$83 (per person)

At any time of the year, UGI customers who have a problem paying their utility bill are encouraged to contact UGI promptly for information on available assistance programs as well as payment arrangepleting and submitting the ments. UGI Utilities' headquarters is located in Reading, PA. The utility serves 292,000 natural gas customers in 14 southeastern PA counties and 62,000 electric customers in portions of Luzerne and Wyoming counties. Additional information about UGI is available at www.ugi.com.

## Holmes chosen for leadership program

Holmes, Shavertown, associate profes-

Development "LEADERS" pro-

gram, an international program

for administrators and faculty

The year-long program

program designed to affect the

six dimensions of health —

spiritual, intellectual and emo-

County

Community College, has

partici-

pate in the National

Institute for

Leadership



Anne Holmes

in higher education.

their institutions.

tional.

Program participants are chosen for their professional of health, physical educa- abilities, their interests in n and movement sciences at advancement in higher educa-Luzerne tion, and the quality of their proposed projects.

The National Institute for Leadership Development (NILD) is recognized internabeen chosen tionally by colleges, universities and businesses for its visionary, holistic programs that produce leaders who effectively challenge assumptions, eliminate barriers and create new pathways to successful solutions.

Holmes has been a faculty member at LCCC for 10 years. Prior to coming to LCCC, she signed to enhance the skills was department chair of the irticipants need to assume exercise science department at major decision-making roles in Penn State Wilkes-Barre for seven years. She has also During the program, Holmes taught the joy of movement will be mentored by Dr. Ann and self-care to students in Williams, CEO of Penn State K-12 curricula in Harrisburg Lehigh Valley, to develop a and the Wallenpaupack Area model for a worksite wellness School District.

Holmes obtained her B.S. degree from Penn State University and her M.Ed. physical, social, environmental, degree from East Stroudsburg University.

## Send your news to The Post by e-mail. thepost@leader.net

Digital photos welcome, too!

Deadline for submitted news is Wednesday at noon.

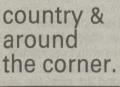
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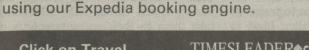


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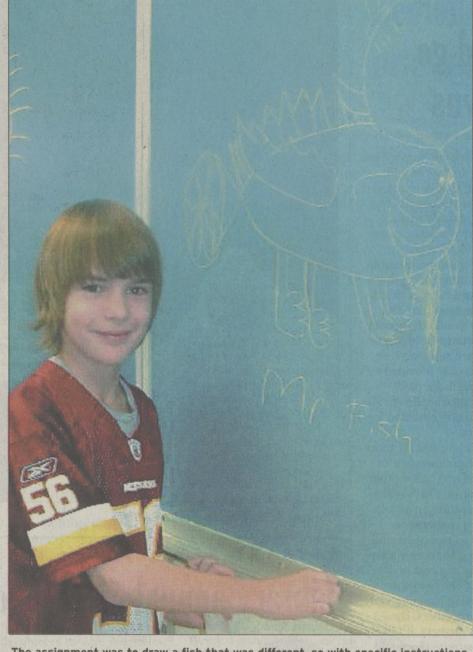
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The assignment was to draw a fish that was different, so with specific instructions from his group, Brandon Rome drew a picture of a cross-eyed fish, complete with an Afro, fat lips, fangs, wings, arms and legs, a goatee, horns and a motor tail.



This group of students worked closely to decide what elements their "diverse fish" should have. From left: Taylor Whitaker, Jake Piskorik, Aaron Aciukewicz, Aaron Lisses, Kara Augustine and Brandon Rome.



These students were delighted to be reunited with their "potato friends." From left are Taylor Gingell, Kayla Yaglowski, Erin Koscelansky and Erika McCabe.

## MOVERS & SHAKERS

Leo Karasinski, owner of Karasinski Architecture in Wilkes-Barre, has been internationally recognized in a two-volume

hardcover compendium titled "1000 Architects." The set, released worldwide by Australian com-Images Publishing, features architects recognized throughout the world for their creative

approach to building design. Selection to this group of distinguished designers was by invitation only, conduct-

ed by the publisher and based on awards received, magazine publications and lec-

Locally Karasinski is the Architect of Record for the Arena at Casey Plaza, Wycallis Elementary School and the Anderson Bell Tower at College Misericordia among other projects. His practice provides professional design services for residential, commercial and educational facilities and includes architecture, interiors, planning and historic preservation. Karasinski resides with his family in Shavertown.

Geisinger Wyoming Valley Medical Center has named Thomas Honeywell,



Transport, a January 2005 employee of the month. Honeywell is a four-year employee of Wyoming Geisinger Valley in the materials management and transport department. His responsibilities include transporting patients

throughout the medical center. He lives with his wife, Beverly, in Dallas and has two children and six grandchildren.

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