

The DALLAS POST

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SERVING THE COMMUNITIES OF THE DALLAS AND LAKE-LEHMAN SCHOOL DISTRICTS

REMEMBERING KELLY



Kelly Pomrinke holds her daughter Kira at the Breast Cancer 3-Day Walk in Philadelphia last fall. Pomrinke died just six weeks after completing the walk.

Friends carry on tradition

REBECCA BRIA

rbria@timesleader.com

Kelly (Eyet) Pomrinke's life was full and almost perfect. She was married and recently gave birth to a baby girl.

The Harleysville, Pa. resident, formerly of Dallas, was only 30 years old when diagnosed with Stage IV breast cancer in February 2005. But she was determined to live.

"The most important thing I learned is that we can't control what happens to us, but we can control how we react to the situation and we can take control of our own healing by balancing the mind, body and spirit," Pomrinke said in December 2005. "Reiki, along with some other tools like meditation, yoga and visualization, has really helped me work on my 'whole self.'"

Pomrinke lost her battle with the disease on November 24, 2006. She was 32 years old.

Maureen Matiska of Kingston Township knew Pomrinke through her three daughters: Holly Banks-Fry, Tracy Banks and Becky Connors, who were all friends of Pomrinke's.

This year, Banks-Fry and Banks have decided to participate in The Breast Cancer 3-Day, a 60-mile walk in Philadelphia October 5 through October 7 to fund breast cancer research and community outreach. The sisters will be mem-

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Lake-Lehman opens doors so students can look around



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Lake-Lehman freshman Lindsey Bennett, Noxen, gets help decorating her locker from friends, Katlyn Bronson and Kylee Kaminstein.

It's that time again

REBECCA BRIA

rbria@timesleader.com

Sarah Stacey is an incoming seventh-grader at Lake-Lehman Junior/Senior High School. She went to an open house at the Lake-Lehman Junior/Senior High School last week to check out the building and open her locker. Sarah's mother, Roberta Smith, likes the idea of having an open house and thinks it eases students' fears.

"I'm glad they do it so she can see where her classes are," Roberta Smith said.

Eighth-grader Tori Frederick stopped by the open house even though she attended the school last year.

"I'm really excited; it's going to be fun," Frederick said of the upcoming year.

Frederick came to decorate her locker and to check her teachers' doors because they list required supplies for classes. She planned to purchase necessary supplies before school so she can be prepared on the first day. Frederick also was meeting up with friends at the open house.

Junior high school counselor Tara Sears

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Lake-Lehman freshman Bill Hillman, Lehman, reads his lock numbers to his sister, Leigh, and Erica Johnson, who help him open his locker.

"I'm really excited; it's going to be fun."

Tori Frederick
Lake-Lehman eighth grader

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GOH students back, Lehman and Dallas start Tuesday

Mrs. Joan Keating, a fifth grade teacher at Gate of Heaven School in Dallas, welcomes returning students during the first day of the 2007-2008 school year last Tuesday.



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Classes for the 2007-2008 school year started last Tuesday for 290 students in the Gate of Heaven School in Dallas. The school, which has been in existence since 1951, houses students in Pre-K to eighth grade.

Mrs. Mary Jane Kozick is the principal. Students in the Dallas and Lake-Lehman School Districts begin classes on Tuesday, Sept. 4.



Kindergarten is especially fun in Mrs Janet Ghannon's class at Gate of Heaven School in Dallas. Here, Caitlin Blaum, Carly Cavanaugh and Halee Kush enjoy activities during the first day of school last Tuesday.