



The Lafayette School District is currently seeking interested applicants for the Community Revenue Study Committee. The committee will analyze and explore current and potential revenue sources for the Lafayette School District.

Applications are available on the District website at www.lafsd.org.



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Acalanes Wellness Fair features new Wellness Center

Submitted by Graham Wiseman



Photo provided

The third annual Wellness Fair held Sept. 28 at Acalanes High School, organized by the Acalanes Parents Club, Wellness Committee led by Holly Nolan, Graham Wiseman, Kelsey Kobayashi and Sylvia Sheehan along with Acalanes parent volunteers, featured ARF Therapy Dogs, Smoothie Blender Bikes, Zumba Dancing, Kaiser Permanente Health Education on sugar in drinks, Ping Pong, Henna

Tattoos, Sleep Knowledge, Stress Balls, Self Defense, Contra Costa Crisis Center, Gratitude Wall, Nutrition, Pilates and, most importantly, a walkthrough of the new Acalanes Wellness Center for over 100 students.

The event was well attended during an academy period and showcased Acalanes parents' commitment to mental health wellness.

Res Run this weekend

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The atmosphere is festive, with live music provided by Stanley Middle School and a Healthy Lifestyles Fair.

Dr. Christina Alba and her husband have had a vendor booth for Rivulet Chiropractic at the event since 2014. She says she and her husband have run the 5K with other members of the Chamber as well as some of their Orange Theory workout buddies and BodyZing trainers.

"The most enjoyable aspect of the Res Run for Education is the community coming together to celebrate," says Alba. "It's like a health and wellness block party really early in the morning! I love the fact that beneficiaries are our local schools so it makes it a total family affair."

It is a time to mingle with neighbors and friends, even for those who are just spectating, and there are plenty of those – usually as many as enter the event.

Vice Mayor Cam Burks says he and his family are big fans of the event.

"My wife, Julia, and two daughters, Hannah and Sadie, who attend Stanley and Acalanes, are looking forward to running together as a family this year," he says.

Burks says that he is grateful to the Chamber of Commerce for hosting this event. "Not only does it directly benefit our local schools, it represents a special community gathering and annual family-oriented tradition that exemplifies Lafayette's hometown character. It's something we look forward to every year."

The race benefits local schools and the programs and series of the Chamber. Participants can choose which school they want to help at registration. Previously funds raised have been used to provide instructional assistants, field trip funding and technology in the classrooms.

Registration for the event is now open online at <https://lafayettechamber.org/resrun/>. On-site registration will open at 6:30 a.m. Sunday, Oct. 21.

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