

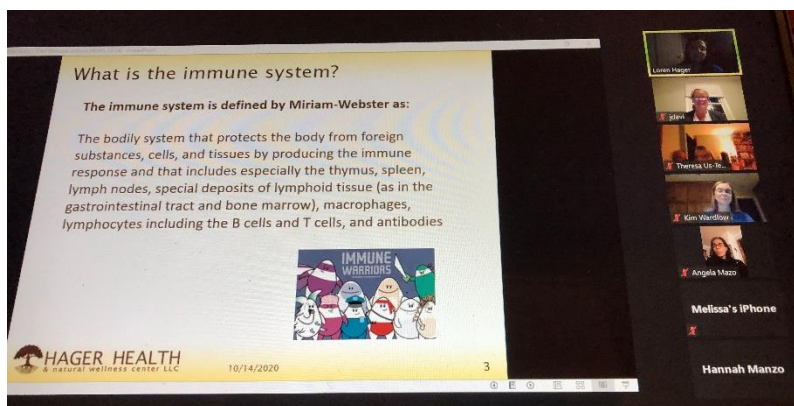
always a LANCER



The return of Always a Lancer is off to a great start, and we could not be prouder! Lancer families and local alumni rallied to offer incredible support for the Blessed Sacrament Food Pantry. We delivered two SUVs filled to the brim with donations. Thank you!

Notre Dame's All Souls Mass took place on Thursday, October 29th. This liturgy was offered in remembrance of all deceased members of the ND community including alumni, alumni parents/grandparents, former faculty, family, and friends. If you were unable to participate, it can be viewed on the [Notre Dame Facebook page](#).

To see a list of all known deceased alumni, click [here](#). Please contact Theresa Marzik with any updates at: tmarzik@notredame.org.



Always a Lancer hosted a session recently with Chiropractic Physician and Nutritionist Dr. Loren Hager, owner of Hager Health and Wellness Center of Fairfield, for an inspiring talk regarding our health. Dr. Hager shared a lot of information about how our immune system works and how we can actively help ourselves to stay healthy based on our choices regarding nutrition, exercise, and stress relief. Thank you, Dr. Hager!

Children's Book Series

Gobble, Gobble.... join in some Thanksgiving fun on Tuesday, November 24th at 6:00 pm. Always a Lancer will host a virtual story time for our little Lancers. This event is appropriate for children under eight. [Click here to sign-up.](#)



Announcing Always a Lancer Apparel

We are excited to offer some new gear to our Notre Dame community just in time for the holidays! Always a Lancer has become a movement at our school and we are proud of it! Check out [what is available](#) to purchase and help us spread the word about the good work underway through Always a Lancer!