

THE FALCON FLYER

STUDENT NEWSLETTER

January Issue – 01/20/2026

Welcome back, Pioneers!

Happy New Year and welcome to Spring 2026! We hope you had a restful and refreshing break and are ready to jump into the new year ahead. 🌸🌿

This **mini issue** is packed with **sneak peeks** at exciting events coming next month.

Be sure to **keep an eye out for future issues** for more campus resources, events, and ways to stay connected all semester long.

We’re glad you’re back—let’s make it a great spring!



A Warm Welcome from President Sandeen 🌻



A new semester means **new things** to look forward to! ✨

Hear from President Sandeen as she welcomes you back and highlights some of the **exciting updates** and changes happening around campus this spring semester.

Watch Video

Upcoming Events

Campus Living



This Week: 🗨️ Ask Me Tabling

Have questions or need directions? Swing by an **Ask Me table** to get help, pick up small giveaways, and start your day with **confidence**.

[More info + map >](#)



📦 Meal Plans Special

Buy a **Spring meal plan** by **January 31** to get **FREE bonus meals** through May 2026. Explore menus, hours, and allergen info on Pioneer Dining.

[Visit Pioneer Dining >](#)

This Week: 🎉 Pioneer Palooza

Kick off the start of the semester at Pioneer Palooza! Connect with **student clubs and organizations**, enjoy music, lawn games, giveaways, and more!

[More info >](#)

🏠 Live on Campus!

Ready to make campus your home? Submit your **Spring 2026 housing application** and stay connected to classes, events, and campus life.

[Visit Housing >](#)

In-Season Produce + Recipes 🥕

What's Fresh This Season: Cabbage, leeks, oranges

Quick Recipe: *Cabbage Stir-Fry*

Don’t sleep on cabbage—it’s affordable, filling, and tasty in a stir-fry. Just sauté shredded cabbage and carrots, splash in some soy sauce, and serve over rice or noodles.

No stove? Mix it raw with soy sauce, sesame oil, and a squeeze of lime for an easy slaw instead.



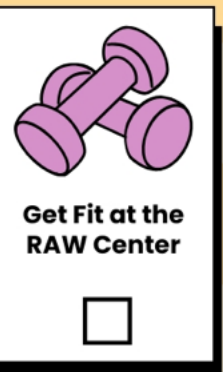
Snack Idea: *Orange & Chocolate Dip*

Bright, juicy, and just the right amount of indulgent—peel and segment an orange, then dip in melted chocolate chips or chocolate-hazelnut spread for a sweet treat.

🌟 Perry's 2026 Resolutions



PERRY'S 2026 RESOLUTIONS



Perry has **big plans** for 2026! 🎉 With the new **CSUEB website** refresh officially launched, consider this a **sneak peek** of what’s ahead. More Perry updates (and fun) coming next issue! ✨

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