

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 🌸

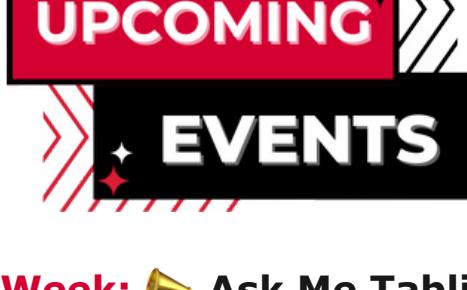


A new semester means **new things to look forward to!** 🌟

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



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](#)

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](#)

Campus Living



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](#)

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.

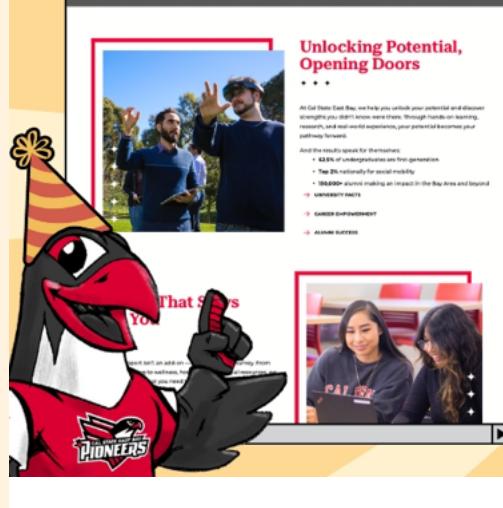


Snack Idea: *Orange & Chocolate Dip*

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

- Launch NEW CSUEB Website
- Find our NEW Student Influencer
- Host an AWESOME Birthday Party
- Get Fit at the RAW Center

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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