



THE FALCON FLYER

STUDENT NEWSLETTER

May Issue - 05/04/2026

Welcome to May, Pioneers!

As the semester wraps up, take a moment to reflect on how far you've come. 🦅

In this final issue, we're looking back at the moments that made this year **unforgettable**, and sharing a few stories from our East Bay community.

Take a look, take it all in, **finish strong**, and take care of yourself along the way.



🌟 Moments That Made This Year

🦈 Take a look back at some of our favorite moments this year.

From AI Fresco and campus Block Parties to our historic 33-0 basketball season.

Capped off by the EB Jamboree and a year full of countless moments that brought our campus together!



[Watch reel](#)



🎥 Check Out: Stories from East Bay

From campus voices to alumni stories, discover a few standout moments from the East Bay community.



📱 Sam on the Street ft. Arthur Liu

Get an exclusive first look at our interview with CSUEB alumnus **Arthur Liu** on finding home and community in Oakland, and raising Olympian Alysa Liu.

[Watch Sam on the Street](#)

🌪️ Like a Hurricane: Hyder Amil

A powerful story of student and soon-to-be alumnus **Hyder Amil**, "The Hurricane," brought to life through the illustrations of CSUEB student **Jalil Brent**.



[Watch "Like a Hurricane"](#)



🎵 Perch Perfect: Faith Zapata

Watch indie folk singer-songwriter and alumna **Faith Zapata** perform live in our latest **Perch Perfect**, delivering a warm, acoustic set full of thoughtful lyrics.

[Perch Perfect Playlist](#)

📚 Finals Support: Study, Recharge & Stay Well

Need Support During Finals Season?

Reset, stay focused, and lean on your community. Whether you need a quiet place to study or a break to recharge, these events are here to support you.

5/4 📖 **Finals Study Hall:** Study in a supportive, low-pressure space with fellow students and stay on track together.

5/6 📓 **Junk Journals:** Get creative and unwind with journaling using your own materials or provided supplies.

5/6 🧘 **Mental Health & Exam Calm:** De-stress with guided yoga and meditation, and take home a free yoga mat (while supplies last).



[See all events on BaySync](#)

🍎 In-Season Produce + Recipes

What's Fresh This Season: Cherries, cucumbers, green beans

👉 Quick Recipe: Cucumber Chickpea Salad

Cool, crisp, and super refreshing! Toss chopped cucumbers and chickpeas with a squeeze of lemon and your favorite herbs. It's light, simple, and perfect for a quick, no-cook meal.



Tip: Add red onion or feta for extra flavor!



👉 Snack Idea: Cherry Smoothie

Blend cherries, banana, yogurt (dairy or non-dairy), and almond milk for a smooth, refreshing treat. It's an easy way to recharge between finals or soak up those summer vibes.

♥️ Before You Go...

To our graduates, congratulations! 🎓 We're so proud of you and can't wait to see what you do next.

To our returning students, we're excited to see you again soon! Be sure to [register](#) for your upcoming classes and plan ahead for next semester.

Take care, enjoy a well-earned break, and stay connected — you'll always be part of the Pioneer community. ❤️❤️

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