

FEBRUARY 2022

The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER
OF SAYBROOK UNIVERSITY



IN THIS ISSUE

Article of the Month

Alumni Spotlight

News You Can Use

Saybrook's Openings

Guess Who's Hiring

Upcoming Events



alumni-saybrook@saybrook.edu

Saybrook
UNIVERSITY

A Message from The Alumni Council



Vanessa Cubano
Associate Director of
Institutional Advancement

National Black History Month, also known as National African American History Month, during February is a time for all Americans to celebrate the achievements of African Americans. The month recognizes their central role in American history.

Other countries, including Canada and Great Britain, have also set aside months to honor black history. The month of February was chosen to coincide with the birthdays of President Abraham Lincoln and noted civil rights advocate Frederick Douglass. The first record of Africans arriving in North America is dated 1619, when a privateer ship carrying "twenty and odd" Africans landed at Point Comfort, Virginia, which is now modern-day Hampton, Virginia. The Africans were traded as slaves in exchange for provisions. African-American's impact our society throughout history and in numerous ways. Here are just a few prominent individuals we honor this month:

- Thurgood Marshall was the first African-American appointed to the Supreme Court. We recognize Thurgood Marshall every year on National Maryland Day.
- George Washington Carver developed over 300 products from peanuts. Celebrate George Washington Carver and his contributions to the peanut industry on National Peanut Day.
- Shirley Chisholm was the first African-American woman elected to U.S. House of Representatives.
- Rosa Parks helped initiate the Civil Rights Movement by refusing to give up her seat on the bus in Montgomery, Alabama. Celebrate Rosa Park on Rosa Parks Day and learn more about her contributions to the Civil Rights Movement.
- Louis Armstrong is widely known as a jazz pioneer. Information about Louis Armstrong can be found in November on National Louisiana Day.
- Colin Powell is a 4-star General who became Secretary of State. Colin Powell dedicated the Buffalo Soldier Monument at Fort Leavenworth, Kansas, establishing the first Buffalo Soldiers Day.
- Barack Obama was elected the first Black President of the United States.

To Celebrate Black History Month University Relations is hosting a Watch Party to foster knowledge of African American history and its impact on our lives today. We have a beautiful poem create by our Alumni Association Co-Chair Dr. Jeremiah Pearcey witnessing his experience of what Black History Month means to him. Additionally we have an insightful article by Lilith Owyong about the passing of two inspirational activist and their own experience with Black History. Let the past guide us, the future give us hope and in the present seek peace.

Co-Chairs Corner



Alumni Association Co-Chair
Dr. Jeremiah Pearcey

Give Me Space

By Dr. Jeremiah Pearcey

In Honor of Black History Month and George Floyd

Does your skin suffocate?
When you leave the house does it cause ire to precipitate
When you drive your car do you contemplate
Potentialities of the last breath you'll take?
You can't escape.
You're bound by your color, while you vie for space...
... To breathe...
Give us space to seethe
Give us space to grieve
The 300-year doctrine that our life is without meaning
We've been told were dreaming
The unseen
It's a fallacy
It can't be
Racism ended in the 19th Century.
You don't deserve my empathy
All lives matter
But my feelings are real
And though I've been told not to feel, I feel
The dogs of oppression nipping at my heels
When we walk or when we talk, I can hear the howls coming up and down the block
Red and blue
It doesn't mean for us what it means for you
It's a pain of identity we're going through
It's dying
Of a kind, as the sheer terror sculpts a frame of mind
Afraid to move a muscle; it takes just one time
But it's fine...
Just give me space to seethe
Give me space to grieve
The chains still clink when we apply for jobs
When we bird the park, or when we go for jogs
The cross still burns on our front lawns
with voter suppression laws, the confederate cause, redlining draws
A line
That this isn't we it's us. Everyone not on Rosa's bus
Everyone that wants to stand for their fellow man
We'll take your hand
Against...
This system, redundant in its inequality
From 1619 to George Floyd's death scene
And beyond...
Is this momentum or the redundant system powering on?
Can't we all just breathe? Or must we always grieve?



5 Things You Can Do In Honor of Black History Month

An Except from CNET - Peter Butler - Feb 2022

February is Black History Month, a time to honor the essential contributions of Black people in the story of America. National and local events and online celebrations will take place throughout the month to focus attention on Black people's achievements and history. Since 1976, the US has officially marked the contributions of Black people and celebrated the history and culture of the Black experience in America every February.

Read on to learn how you can participate.

Support Black-Owned Businesses and Restaurants

Becoming a customer of local Black businesses helps protect livelihoods and supports Black entrepreneurs. If you aren't sure which businesses in your area are owned and operated by your Black neighbors, several resources can help. Start off by learning how to find Black-owned restaurants where you live. Several directories have now been created to highlight and promote Black businesses. Official Black Wall Street is one of the original services that list businesses owned by members of the Black community. Support Black Owned uses a simple search tool to help you find Black businesses, Shop Black Owned is an open-source tool operating in eight US cities, and EatOkra specifically helps people find Black-owned restaurants. Also, We Buy Black offers an online marketplace for Black businesses. The online boutique Etsy highlights Black-owned vendors on its website -- many of these shop owners are women selling jewelry and unique art pieces.

Donate to Black Organizations and Charities

Donating money to a charity is an important way to support a movement or group, and your monetary contribution can help fund programs and pay for legal costs and salaries that keep an organization afloat. Your employer may agree to match employee donations, which would double the size of your contribution -- ask your HR department. Nonprofit organizations require reliable, year-round funding to do their work. Rather than a lump sum, consider a monthly donation. Even if the amount seems small, your donation combined with others can help provide a steady stream of funds that allows programs to operate.

Attend Local Black History Month Events

Many cities, schools, and local organizations will host events celebrating Black History Month in February 2022. Check your local newspaper or city website to see what events are happening in your area -- for example, Atlanta, Chicago, Dallas, Baltimore, Seattle and Louisville, Kentucky, have extensive events planned this month. If you can't find anything in your area or don't want to attend events in person, the Smithsonian Institution in Washington, DC, is offering online Black History Month events nearly every day in February.

Watch Black History Documentaries and Movies

You can find movies and documentaries exploring the Black experience right now on Netflix, Disney Plus and other streaming services. The CNET staff has compiled a selection of feature films and documentaries for Black History Month 2022, including the wonderful Summer of Soul and Black is King. Netflix, Amazon Prime Video and Hulu all have special collections of streaming movies and shows for Black History Month. PBS also offers several free video documentary collections, which include smaller chunks of Black history for all ages. The collections include subjects like the Freedom Riders, the 1963 March on Washington and the Rise and Fall of Jim Crow.

Find Black authors and stories for yourself and your children

There are so many great books to read in Black History Month, but where to start? Try your local library. Many will have Black History Month collections for both adults and kids. Libraries will also often have Black History Month book recommendations by age. The San Diego Public Library, the Detroit Public Library and DC Public Library, for example, have programs and collections to browse for adults and children. Next try Black booksellers. The No Name Book Club, dedicated to amplifying diverse voices, has compiled a list of Black-owned bookshops across the US. The club also highlights two books a month by writers of color -- this February's selections are *Salvation by bell hooks* and *The Nation On No Map* by William C. Anderson.

For More go to:

<https://www.msn.com/en-us/news/technology/9-ways-to-celebrate-black-history-month-in-2022/ar-AATqRYM?ocid=entnewsntp>

Alumni Spotlight



Congratulations to Prema R. Rao, Ph.D.

Dr. Rao has a Bachelor's in Chemistry/Zoology and a Master's in Biochemistry, both from Rutgers University. She has over ten years' experience as a Research Scientist in the biomedical device industry with numerous publications and patents to her credit. Prema's second career started after receiving a Ph.D. from Saybrook University in Psychology with a focus in Health Studies, a precursor program to Mind-Body Medicine. Prema's dissertation dealt with the treatment of anxiety disorders from allopathic and Ayurvedic perspectives.

Post graduation, Prema was able to meld her past research skills with the newly acquired knowledge of Ayurveda while working at Bioved Pharmaceuticals, which develops and markets natural, plant-based, scientifically validated nutraceuticals. Around the same time, Dr. Rao was inspired to found Akhila Health in 2014, based on fundamental principles learned over the years through education and experience. Akhila Health is a nonprofit organization whose vision is to bring greater awareness of a holistic approach to health and wellbeing to underserved women. The transformative program empowers women to take ownership of their lives for long-lasting change.

In addition to education at Saybrook and Vedika Global, Prema's leadership roles at various organizations have been instrumental in mobilizing Akhila Health. Over the years, Prema volunteered her time in shelters where she became acutely aware of the plight of the homeless. The underserved population has additional burdens to bear without necessarily having the education and resources to manage stress. Stress impacts in multiple ways but it can also be managed by holistically addressing body, mind, emotions, intellect and spirit; this is Akhila Health's mission. Prema is grateful to work with Akhila Health's talented individuals who have a zeal to pay it forward and do good in the community. She extends a warm welcome to the Saybrook community to join her in this offering.



How to be an Accomplice for Love

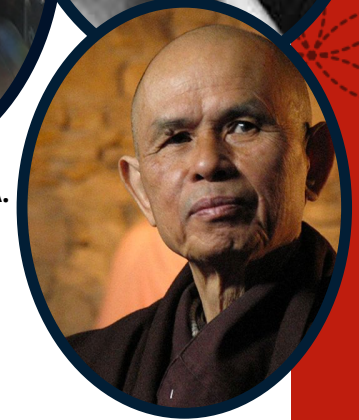
By Lilith Owyong, M.A.

Beloved Teacher Thich Nhat Hanh (Thay), revered as the Father of the Mindfulness, embarked on his next journey on January 22, 2022. Bell Hooks, an incredible author-activist, took her journey on December 15, 2021. Both teachers, in my heart of hearts, were considered "Auntie" and "Gung Gung" (Cantonese, "grandfather"). When my Dad passed away in 2020, I had turned to Plum Village the following year for healing. No Mud, No Lotus by Thich Nhat Hanh guided me through my heartache, anger, and grief as part of a week-long retreat. While I have not met either of them in person, their wisdom has carried me over the decades. I respected Dr. Hooks and Thay as my elders and deeply valued their teachings. Since the day I learned that Dr. Hooks walked on, I have felt like a tiny lost child soul, searching once more for love and justice given the current temperature of American society. To liberate oneself is to find self-love and safety within and yet take courage to seek liberation for all humankind.



Lilith Owyong, M.A.

Bell Hooks



Thich Nhat Hanh

How do we move in love to bring forth a just and sustainable society?
How do we find focus in non-violence with the atrocities surrounding us?
Thich Nhat Hanh reached out to Dr. Martin Luther King, Jr. in 1965 to discuss the Vietnam War. He regarded Dr. King as a Bodhisattva, an enlightened being who strived to better the world for all people.

"In May 1967, one year later, I met Martin Luther King Jr. again in Geneva at a conference called Pacem in Terris—"Peace on Earth"—organized by the World Council of Churches. Dr. King was staying on the eleventh floor; I was on the fourth floor. He invited me up for breakfast. On my way, I was detained by the press, so I arrived late. He had kept the breakfast warm for me and had waited for me. I greeted him, "Dr. King, Dr. King!" "Dr. Hanh, Dr. Hanh!" he replied."

- Excerpted from "At Home in the World: Stories from a Monk's Life,"
Thich Nhat Hanh (2016) pp.72-73.
Retrieved from Plum Village.

Thich Nhat Hanh and Dr. Martin Luther King Jr.'s greeting is a testament to Dr. King's love language. He kept Thay's breakfast warm while he waited for him to make his way through the press. It is truly the little things that matter in life, and it is how we show up for each other and treat each other. We live in a very individualistic society - this American culture, this American Dream - this country founded upon Indigenous genocide and enslaved humans. As a society, what we are missing is a genuinely loving community. We like to talk about being in a community. However, are we truly walking and breathing in the essence of our beloved community?

Continues on Next Page

How to be an Accomplice for Love

By Lilith Owyong, M.A.

The Black Panthers taught us mutual aid by feeding and protecting the community. Black women of the South fed Civil Rights activists from their kitchens, through their windows, and from their hearts. Feeding people is loving people. Sharing strengthens community in human connectedness that surpasses any dream of colonial Americanized capitalistic "success ." Dr. King emulates his call for us to rise together in our beloved community by keeping Thay, beloved brother, and teacher's breakfast warm. These simple examples teach us about the simplicity of love. Love is only as complicated as we make it. Love in action vibrates further than the mere existence of the word itself. That action can be as simple as offering food to another human.

Dr. Bell Hooks met with Thay in 2017. They discussed love and walking in love. Dr. Hooks asked Thay, "how do we build a community of love?" Dr. Hook's shared how when she was in college, Dr. King's message of building community in love faced opposition from militant perspectives. When people are angry or fearful, they act out of that emotion. Violence is imminent. I deeply understand the roots of violence as a marginalized human being who has been racially attacked verbally, physically, and vicariously. My reaction to injustice towards my being and those marginalized like me brings out an angry "Momma Bear ." My anger comes from a place of helplessness and protectiveness of being unable to stop this overwhelming oppression I watch in every facet of American society. I understand the militant perspective as a front-line activist. You have to harden a piece of your heart when participating in non-violent direct action (NVDA) activism to face police riots, national guard, and/or fascists when protecting your intuitive, loving spirit and taking a stand for the collective voices of liberation. Many of us simply can not function with hardened hearts. It causes a psychological and traumatic split in one's being when ultimately our actions are rooted in a place of intrinsic love of community and freedom for all humans.

Those who seek non-violence as a source of social change must continue to take courage in loving action. In the years as an activist, educator, and mother, I have learned many different facets of love. The biggest lesson has been being an accomplice for love - and it is simple. Being an accomplice for love is how we show up for each other, walking mindfully and peacefully and keeping a loved one's breakfast warm.

Lilith Owyong, M.A. - Currently M.A. in Human Development with specializations in Leadership in Education/Human Services; sub-specializations in College Teaching/Teaching Adults. Focus in Early Childhood Education and Social Justice.

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News You Can Use

Robotic Dogs and Laughter Therapy: Combating Loneliness and Isolation While Social Distancing

Robotic dogs, laughter therapy and mindfulness are some of the ways that might help people -- particularly the elderly -- cope with loneliness and social isolation while social distancing, say researchers.

<https://www.sciencedaily.com/releases/2021/02/210217151110.htm>

First Meta-analysis Shows Promise for Yoga, Meditation, Mindfulness in Concussion

Chronic concussion symptoms are notoriously difficult to treat. But a researcher who is also a yoga instructor and has been teaching yoga for 17 years - is hoping that a recent study, the first-ever meta-analysis looking at the use of yoga, meditation, and mindfulness-based interventions for the effective treatment of chronic concussion symptoms, will offer hope to those still struggling with their symptoms.

<https://www.sciencedaily.com/releases/2020/11/201130131439.htm>

9 Marketing Trends You Need to Jump on in 2022

Social media is constantly evolving, and keeping up with the trends is difficult. People who deliberately made marketing plans for 2021 had to accommodate many shifts to make through. A plan must focus on long-term goals and be subdivided into short-term welfare.

<https://www.entrepreneur.com/article/411180>

What You Need To Know About How the Metaverse Will Affect Business

Most major technological trends develop behind the scenes for a long time. Then, at some point, a larger-than-life personality pushes things into more of a mainstream focus. Steve Jobs did it with iPads. Elon Musk is doing it with EVs. That's why, when Mark Zuckerberg announced Facebook's rebrand to Meta, the world sat up and paid attention.

<https://www.entrepreneur.com/article/415480>

4 Better Ways to Think About Wellness At Work Without Mentally Healthy People, Your Business Will Not Thrive.

The terms "mental health" and "mental well-being" are often used interchangeably, but they are different concepts that should be addressed using different approaches. It has become critical for employers to offer more holistic employee benefits that recognize the distinction, particularly as we continue to navigate the COVID-19 pandemic.

<https://www.fastcompany.com/90717496/this-is-most-powerful-way-to-think-about-mental-health-at-work>



**Alumni Association
Co-Chair
Shelli Jackson, Ph.D.**

Saybrook is Hiring!

Associate Chair for Clinical
Psychology Department

Location: Remote

Full-time

[CLICK HERE](#)

Director of Library

Location: Remote

Full-time

[CLICK HERE](#)

Associate Director of
Clinical Training

Location: Remote

Full-time

[CLICK HERE](#)

Faculty Member -
Department of Research

Location: Remote

Full-time

[CLICK HERE](#)

Adjunct Faculty Member -
Clinical Psychology Department

Location: Remote

Full-time

[CLICK HERE](#)

Admissions Counselor

Location: Pasadena, CA

Full-time

[CLICK HERE](#)

Admissions Counselor

Location: Remote

Full-time

[CLICK HERE](#)

Associate Chair for Clinical
Psychology Department

Location: Remote

Full-time

[CLICK HERE](#)

Course Developer and Adjunct
Faculty for Functional Nutrition
Laboratory Testing

Location: Remote

Part-Time

[CLICK HERE](#)

Course Developer and Adjunct
Faculty for Integrative and Functional
Nutrition Department

Location: Remote

Part-Time

[CLICK HERE](#)

Course Developer and Adjunct
Faculty for Functional Nutrition for
Nutritional Genomics Course

Location: Remote

Part-Time

[CLICK HERE](#)

Adjunct Faculty for Integrative and
Functional Nutrition Department

Location: Remote

Part-Time

[CLICK HERE](#)

Saybrook Swag

Check Out Saybrook Swag Shop on Zazzle!

At the Zazzle Saybrook Swag Shop, you will find shirts, sweaters, tote bags, yoga mats, and so much more! Show Saybrook pride and get your Saybrook Swag Today!



Saybrook Hooded Sweater



Saybrook Full Zip Hoodie



Saybrook Basic T-shirt



Saybrook Tote Bag



Saybrook "Flower of Life"
Coffee Mug



Saybrook Yoga Mat

Get 15% Off: Discount Code ATREATFORYOU

[Go to: Zazzle.com/store/saybrook swag/products](https://www.zazzle.com/store/saybrook_swag/products)



Events

May 20 & 21, 2022



MIND-BODY WELLNESS FAIR

*Join us for this "**Free**" virtual Fair using the Remo platform, where we will hear from world-class Saybrook Presenters on humanistic topics of interest and live artistic performances. There will be virtual booths spaces comprised of vendors who have offerings that will be sure to engage the wellness of your whole self - Art, Music, Financial, Family and More...*

The Fair is guaranteed to be informative, interactive and fun!

Be an Event Sponsor or Host a Virtual Booth

Saybrookevents@saybrook.edu

Learn More

May 20 & 21, 2022



MIND-BODY WELLNESS FAIR



MIND-BODY WELLNESS FAIR

May 20 & 21, 2022


Sponsorship Opportunities


Sponsorship Levels & Benefits	Presenting Sponsor \$10,000	Platinum Sponsor \$5,000	Gold Sponsor \$ 2,500	Silver Sponsor \$1,000	Saybrook Friend Sponsor \$500
Exclusive placement as Presenting Sponsor with linked logo displayed on banner at Fair	X				
Free vendor virtual exhibit booth	X both days	X both days	X 1 day		
Ad posted on social media accounts and promotional emails	X	X			
Logo on event marketing materials and Fair webpage	X	X	X	X	X
Prominent location of logo on Saybrook's Unbound website Section	X 1 year	X 1 year	X 6 Months		
Mention in event Promotions Materials and event website	X	X	X	X	
Verbal announcement of sponsorship during event	X	X			
Logo and Name Listed on Table Banner	X	X	X	X	X Name Only


Sponsor Here: <https://app.groupize.com/e/mind-body-wellness-fair-2022>

Reserve By: April 15, 2022

Join us for Mindfulness Meditation Moments


Jan 21 - April 29, 2022
Mondays
Fridays


Facilitated by the
Mind-Body Medicine
Faculty and guest Alumni
of Saybrook University


9:15 am Pacific
11:15 am Central
12:15 pm Eastern

Zoom Link:

<https://tcsedsystem.zoom.us/j/96555778825?pwd=ZUI2Ykd2eE9pbm9XdU11OTRjSDMrQT09>
Meeting ID: 965 5577 8825
Password: 182085

To Join by Audio Only and to find your local number:

<https://tcsedsystem.zoom.us/u/ac2sGhpBw2>

Facilitated by the Mind-Body Medicine Faculty and guest Alumni of Saybrook University

**If you miss the live meditation, we invite you to refer to recorded
podcasts as often as you like to practice on your own at :**

<https://saybrookinsights.buzzsprout.com/>

Saybrook Self-Care YouTube Channel:

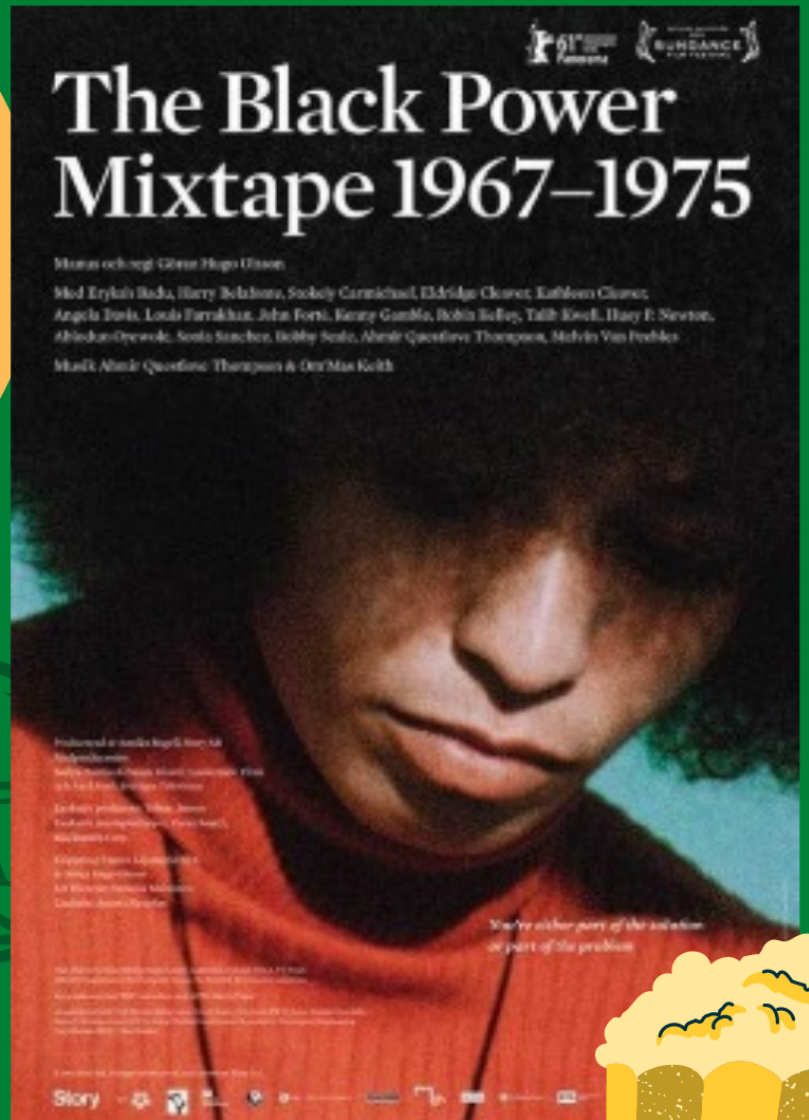
https://www.youtube.com/channel/UCuPctVN1XlkyRE_W_bxvyWQ

*** There will be no audience interaction with the
facilitator. However, please reach out to us following
the event if you have questions by emailing
presidentsoffice@saybrook.edu*

*** We will be audio recording these sessions to provide
these free of charge to the general public at a later
date. By joining these sessions, you acknowledge you
understand that these sessions will be recorded.*



Learn more
saybrook.edu



Friday February 11th
4pm PST/ 7PM EST

With Kahoots Trivia
to Follow!

Join us as we celebrate the history and heritage
of the Black America!

Featured Movie Titles:

The Black Power Mixtape 1967-1975

For More Information and Register Here: <https://bit.ly/3ogawFh>

A \$5.00 Donation is Appreciated. Donations support Saybrook Scholarships.

Spring & Summer 2022 Events

University Relations Presents

A MONTH OF HERITAGE AND HISTORY: BLACK HISTORY MONTH
WATCH PARTY

February 11th 7pm EST **BLACK POWER MIXTAPE 1967 - 1975**
Chronicle the evolution one of our nation's most indelible turning points, the Black Power Movement

February 25th 7pm EST **SUMMER OF SOUL**
The Black Music Festival Eclipsed by Woodstock

Saybrook UNIVERSITY | **50th ANNIVERSARY**

A donation of \$5 per movie is appreciated!
Proceeds go to Saybrook Scholarships
Registration: <https://bit.ly/3ogawFh>



May 20 & 21, 2022

Saybrook UNIVERSITY | **UNBOUND**

MIND-BODY WELLNESS FAIR



Saybrook UNIVERSITY | **UNBOUND**

FILM, BOOK & POETRY FESTIVAL

July 15 - 16, 2022



Filmmakers



Submissions Open to Saybrook and all TCS Affiliates (Alumni, Students, Faculty & Staff)

Submission Details Here:
<https://app.groupize.com/e/film-book-poetry-festival-2022>


Authors



Accepting Submissions:
Jan 15 - Apr 29, 2022

**Be an Event Sponsorship,
See Sponsorship Levels**

Poetry



Questions?
Saybrookevents@saybrook.edu

Follow Us on Facebook:
Saybrook University Film,
Book & Poetry Festival



Hello Alumni!
Advertisement for your various events, courses and general announcements is available to all Alumni. If you are ready to advertise with university relations please notify us! We are more than happy to assist you to get your special event out to the community.





FILM, BOOK & POETRY FESTIVAL

July 15 - 16, 2022

Filmmakers



Submissions Open to Saybrook and all TCS Affiliates (Alumni, Students, Faculty & Staff)

Submission Details Here:

<https://app.groupize.com/e/film-book-poetry-festival-2022>

Authors

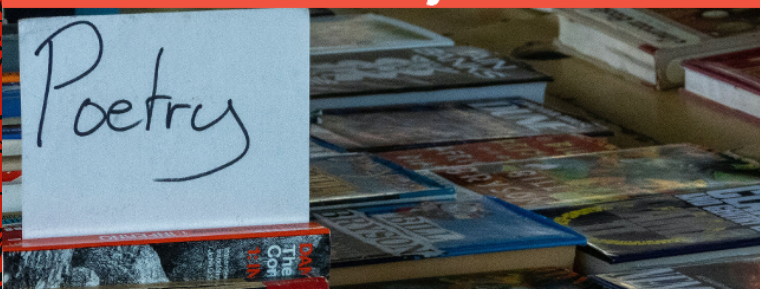


Accepting Submissions:

Jan 15 - Apr 29, 2022

**Be an Event Sponsorship,
See Sponsorship Levels**

Poetry



Questions?

Saybrookevents@saybrook.edu

Follow Us on Facebook:

Saybrook University Film,
Book & Poetry Festival



**Submissions for Film, Book and Poetry
Festival Are Now OPEN!**

**Are You an Author?
Are You a Poet?
Have You Produced a Film?**

**Share It
With Saybrook!**

**Open to all of Saybrook and All TCS Affiliates
Accepting Submissions
January 15th 2022 - April 29th 2022**

[Click Here for Details](#)

Be A Sponsor

Film, Book and Poetry Festival Are Now!

As a sponsor, you will have the opportunity to show your support for Saybrook Students, Faculty, and Alumni. In return showcase your business or brand to our Saybrook Community.

Saybrook UNIVERSITY | UNBOUND

FILM, BOOK & POETRY FESTIVAL

Sponsorship Levels

July 15 & 16, 2022



Star

- Exclusive placement as Producer Sponsor
- Linked logo displayed on banner at event
- 6 free tickets to screenings
- Ad posted on social media accounts and promotional emails
- Logo on event website, prominent location
- Logo on Saybrook website for one year
- Announcement of sponsorship during event
- Mention in Saybrook Unbound publication

\$ 15,000



Producer

- Exclusive placement as Director Sponsor
- Linked logo displayed on banner at event
- 4 free tickets to screenings
- Mention in event promotions on social media
- Logo included on event marketing materials
- Logo on event website
- Logo on Saybrook website for one year

\$ 10,000



Director

- Linked logo included on table at event
- 2 Free tickets to screenings
- Mention in event promotions on social media
- Logo on event marketing materials
- Logo on event website
- Logo on Saybrook website for 6 months

\$ 5,000



Publisher

- Logo displayed on table at event
- 1 free ticket to screenings
- Logo on marketing materials
- Logo on event website

\$ 2,500



Writer

- Name listed on scrolling banner at event
- Logo on event website
- Logo on marketing materials

\$ 1,000

Register Here: <https://app.groupize.com/e/film-book-poetry-festival-2022>

Reserve By: May 31, 2022



Friday February 25th
4pm PST/ 7PM EST



Join us as we celebrate the
history and heritage of the Black America!

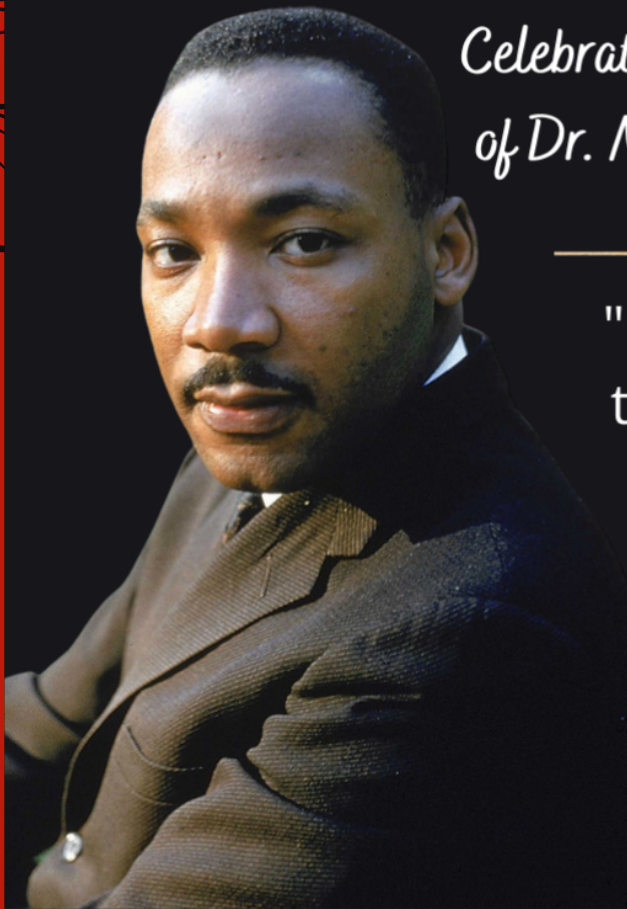
Featured Movie Title:

Summer of Soul

For More Information and Register Here: <https://bit.ly/3rqBfBa>

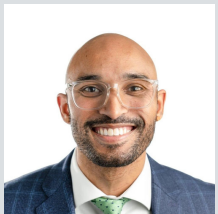
A \$5.00 Donation is Appreciated. Donations Support Saybrook Scholarships.

*Celebrating the Life and Legacy
of Dr. Martin Luther King, Jr.*



"Our Lives End on
the Day when We
Keep Silent on
the Things That
Matter."

Dr. Martin Luther King Jr.



Jeremiah Pearcey, PhD
Alumni Co-Chair



Shelli Jackson, PhD
Alumni Co-Chair



Tori Bowers, PhD
Alumni Co-Chair



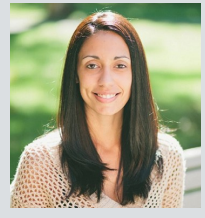
Taylor Williams Capozziello, PhD
Alumni Co-Chair



Jiselle Esparza, PhD
Alumni Co-Chair



Carmen Bowen, MBA
Director of
University Relations



Vanessa Cubano
Associate Director of
Institutional Advancement

Thank you, from the Saybrook University Alumni Council Team!

alumni-saybrook@saybrook.edu



www.saybrook.edu/alumni

Click Here to **Donate** to the **Saybrook Alumni Funded Scholarship**

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