

## ANOTHER BTWEN PROGRAM—PROJECT LEGACY



Through speaking, writing, discussions, and book readings, **Project Legacy** empowers children, teens, and adults to rise above difficulties, embrace their life story, increase self-worth, and build healthy relationships.

Presentations are delivered by the great-granddaughter of Booker T. Washington—and founder of BTWEN.

As a descendant of Booker T. Washington, an author, a mental health professional with a master's degree in psychology, and one who has risen above many challenges, Ms. Rush is a well-sought out speaker.

Project Legacy is available to speak to various organizations, including schools, classrooms, churches, foster care agencies, welfare-to-work programs, teen athletic programs, pregnant teen and parenting programs, and recovery programs.

### WHAT PEOPLE ARE SAYING . . .

*“Ms. Rush is a powerful speaker . . . her message is life changing.”*

**Dr. J. Alfred Smith, Sr., Board of Governors – California Community Colleges, Pastor Emeritus, Allen Temple Baptist Church**

*“Sarah Rush, a living legend, delivered a thought-provoking, inspiring, and timely message that was well-received by the students.”*

**Dr. James Cato, Instructor, College of Alameda**

*“Ms. Rush’s message to all in attendance was inspiring, encouraging, and informative. Her warmth and genuine presence to her audience was enjoyed by everyone . . .”*

**Dr. Lenora Poe, Psychologist**

*“Ms. Rush is so amazing and inspiring. People of all ages will glean something from her message . . . It is so relevant for today.”*

**Ms. Gilford-Beard, Student Center Coordinator, Cal Poly Pomona University**

*“I was so inspired hearing Sarah Rush at Patten University. Her speech made me hold my head up a little higher.”*

**Angela Fears, Alumnus, Patten University**

*“We really enjoyed Ms. Rush. Young people need to be reminded of the great work that has been done by extraordinary people . . .”*

**Ms. Amy Furtado, Past Principal, San Leandro High School**

P.O. Box 3311  
San Leandro, CA 94578



Booker T. Washington  
Empowerment Network, Inc.  
BTWEN

# Booker T. Washington Empowerment Network, Inc. BTWEN



*Presents . . .*

## *UP FROM FREEDOM PROJECT™ and the FREEDOM JOURNEY*

*Connecting the Past  
To Inspire the Future*



BTWEN IS A NONPROFIT ORGANIZATION FOUNDED BY THE  
GREAT-GRANDDAUGHTER OF BOOKER T. WASHINGTON  
TO CARRY ON HIS LEGACY OF LIFTING UP

P.O. Box 3311 San Leandro, CA 94578 510.278.1634  
[www.btwen.com](http://www.btwen.com)

# BOOKER T. WASHINGTON EMPOWERMENT NETWORK, INC., BTWEN

EMPOWERING ORDINARY PEOPLE TO ACHIEVE EXTRAORDINARY LEGACIES!

P.O. Box 3311, San Leandro, CA 94578

Web site: [www.btwen.com](http://www.btwen.com)

Telephone: 510.278.1634

**Mission Statement:** *Expousing the teachings of Booker T. Washington on education, leadership, excellence, personal responsibility, and character building, BTWEN seeks to help inner city youth and their families rise above difficult circumstances—empowering them to discover their extraordinary legacy, and return to their communities to create positive change as leaders, mentors, and role models.*

**BOOKER T. WASHINGTON** was the most influential African-American leader of his time. Born a slave, he rose to become a famous educator, and the founder of the historic Tuskegee University. A man of faith and optimism, he was the best-selling author of *Up From Slavery*, which was so inspiring that it was translated into over 17 languages, and has never been out of print. He was advisor to presidents McKinley, Roosevelt, and Taft. And he was the first African-American invited to dine at the White House, and to be commemorated on a U.S. fifty-cent coin, and a U.S. postage stamp.

**SARAH WASHINGTON O'NEAL RUSH, MA** is the founder of BTWEN, Inc., and the great-granddaughter of Booker T. Washington. Her personal experience of first learning the significance of her history as an adult, and then changing her life, led her to found BTWEN. It's in her bloodline to serve others. In addition to her great-grandfather, her family legacy of famous public servants include her first cousin, U.S. Congresswoman, Diane E. Watson, and her great aunt (who she was named after) Sarah Meriwether Nutter, a founder of Alpha Kappa Alpha (AKA) sorority.



From left to right: Booker T. Washington, Sarah Meriwether Nutter, Congresswoman Diane E. Watson.

## UP FROM FREEDOM PROJECT

### A YOUTH DEVELOPMENT PROGRAM

#### CONNECTING THE PAST TO INSPIRE THE FUTURE

*Up From Freedom Project* is made up of two components, **Project 16**, a character education, coaching and mentoring program, followed by the **Freedom Journey**, a rites of passage following in the footsteps of Booker T. Washington from slavery to freedom.

The program is intended for youth who want to do better, but lack the necessary resources, skills, and support to do so.

**Project 16** is an intensive program, designed to enhance mental, intellectual, physical, emotional, cultural, social, and spiritual well-being.

In addition, **Project 16** prepares youth to go on the **Freedom Journey**, providing them with an opportunity to gain life-changing lessons from history.

Students will have the unique opportunity of not only gaining hands on experience as they help plan this journey, but they will go on this historic trip under the leadership of Booker T. Washington's great-granddaughter.

#### FREEDOM JOURNEY

- ◆ Begins at Booker T. Washington's birthplace in Franklin County, Virginia, where he was born a slave.
  - ◆ We then travel to West Virginia, where he lived, and worked in coal mines as a boy, immediately following slavery.
  - ◆ Our next stop is Hampton University in Virginia, where Washington traveled nearly 500 miles, mostly by foot, to gain his formal education.
  - ◆ From there we travel to Washington DC, where Booker T. Washington was the first African-American to dine in the White House, at the invitation of President Roosevelt.
  - ◆ Our last stop is Tuskegee, AL, where he opened a school so former slaves and their descendants could get educated. Today that school is known as Tuskegee University.
- (Each stop along the trip is a national historic monument.)

## YOUTH PARTICIPANTS GAIN:

- ◆ Increased hope for the future
- ◆ Increased levels of confidence
- ◆ Improved decision-making
- ◆ Ability to set and reach achievable goals
- ◆ Leadership skills
- ◆ Healthy relationship and social skills (i.e. effective communication, conflict resolution, delayed gratification)
- ◆ Opportunities to strengthen academic skills (i.e. reading, math, budgeting, history, critical thinking, and trip planning) and understand how these skills are used in every day life

## YOUTH PARTICIPANTS ARE PROVIDED:

- ◆ Weekly group character education sessions
- ◆ Weekly group trip planning sessions
- ◆ One-on-one life coaching sessions
- ◆ Student workbook, "16 Success Principles," and a copy of "Up From Slavery"
- ◆ Access to needs based case management services for students and their families
- ◆ Follow-up services for one year following graduation from high school

TO DONATE, VOLUNTEER, OR GET MORE INFORMATION, CALL 510-278-1634, VISIT [WWW.BTWEN.COM](http://WWW.BTWEN.COM), OR SEND AN EMAIL TO [WASHINGTONWISDOM@BTWEN.COM](mailto:WASHINGTONWISDOM@BTWEN.COM)