

Sistahs Provide Lessons in Healthcare

BY NICOLE HOOPER
THE PORTLAND OBSERVER

Young women are invited to learn about nutrition, prenatal care and midwifery during a six-month Sistah Care program that starts with an orientation session on Tuesday, Jan. 17.

Sistah Care is the outgrowth of the International Center for Traditional Childbearing, a group formed more than a decade ago by Shafia M. Monroe of Portland.

"It's important that black women get strength and learn about the contributions of black women as health professionals," said Monroe.

Each class starts with a 15 minute walk or some form of exercise to help form healthy habits that can prevent many diseases, like diabetes and hypertension, conditions that are more common in the African-American community. Also Sistah Care students are assisted with finding scholarships and resume help to advance their education and careers.

Roberta Eaglehorse is a stu-



Kamaria Wilson (from left) Shafia M. Monroe and Roberta Eaglehorse promote Sistah Care, a nutrition, prenatal care and midwifery program.

PHOTO BY NICOLE HOOPER/THE PORTLAND OBSERVER

dent in the midwifery program and worked as a doula (birth companion) for almost two years. The program teaches teenage girls about the practices of African midwifery and older student serve as role models for their younger peers.

"This program helps young girls become culturally confident, learn responsibility and show care for their community," said Eaglehorse, who also likes the cultural component of Sistah Care.

Eaglehorse is from Eastern Oregon and is of Native American descent. She has seen how midwives provide valuable services in the minority community. In some areas and back in slavery, the midwife was the doctor, providing all the care for the community making her presence a pivotal one in the community.

Those interested in learning more about the ICTC or the Sistah Care program should visit www.blackmidwives.org or by call 503-460-9324.

FBI Faulted in Muslim Arrest

(AP) — The federal Justice Department's internal watchdog on Friday faulted the FBI for sloppy work in mistakenly linking an Oregon lawyer, a Muslim convert, to the 2004 Madrid train bombings.

FBI fingerprint experts probably were more resistant to re-examining their conclusion that Brandon Mayfield's fingerprint matched one found on a bag containing detonators like those used in the attacks in Spain because of his religion,



Brandon Mayfield

Inspector General Glenn Fine said in the executive summary of a 273-page report that otherwise remains classified.

Rejecting assertions by Mayfield and others, he said, "We did not find any evidence that the FBI misused any of the provisions of the Patriot Act in conducting its investigation."

Mayfield is suing the government, alleging he was singled out because of his Muslim faith.

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