

# Powerful Lobbyist Admits Guilt

## Bribed members of Congress

(AP)—Embattled lobbyist Jack Abramoff pleaded guilty Tuesday to federal charges of conspiracy, tax evasion and mail fraud, agreeing to cooperate in an influence-peddling investigation that threatens powerful members of Congress.

Abramoff agreed with U.S. District Court Judge Ellen Huvelle when she said he had engaged in a conspiracy involving "corruption of public officials." The lobbyist also agreed when she said he and others had engaged in a scheme to provide campaign contributions, trips and other items "in exchange for certain official acts."

Huvelle and lawyers in the case said Abramoff had agreed to make an estimated \$25 million in restitution to his victims and pay \$1.7 million to the Internal Revenue Service for taxes he evaded.

According to the plea agreement, prosecutors will recommend a sentence of 9 1/2 to 11 years,



Lobbyist Jack Abramoff (center) leaves federal court in Washington, D.C. Tuesday after pleading guilty to conspiracy, tax evasion and mail fraud, agreeing to cooperate with prosecutors investigating powerful members of Congress. (AP photo)

providing he cooperates with federal prosecutors in a wide-ranging corruption investigation that is believed to be focusing on as many as 20 members of Congress and aides.

Assistant Attorney General Alice S. Fisher said the Justice Department will pursue the investigation "wherever it goes."

Abramoff's travels with former House Majority Leader Tom DeLay are already under criminal investigation. The lobbyist's interactions with the Texas Republican's congressional office frequently came around the time of campaign donations, golf outings or other trips provided or arranged by Abramoff for DeLay and other lawmakers.

Court papers released Tuesday also detailed lavish gifts and contributions that Abramoff gave an unnamed House member, identified elsewhere as Rep. Bob Ney, R-Ohio, chairman of the House Administration Committee, in return for Ney's agreement to use his office to aid Abramoff clients.

## Bush Loses Military Support

An annual poll by a newspaper group that caters to the military shows support for President Bush and Iraq war is declining.

The 2005 Military Times Poll — associated with the family of newspapers that includes the Army Times — says 54 percent of the active-duty military respondents support the Iraq war, down 9 points from last year. Support for Bush overall fell from 71 percent to 60 percent.

The majority — 64 percent — agreed that the military is stretched "too thin to be effective."

Half said the civilian leadership of the military does not have military personnel's best interests at heart.

The survey was conducted by mail between Nov. 14 and Dec. 23. Because it was voluntary response rather than a random sampling, its findings may not be representative of the military as a whole.

According to the Military Times, the respondents are older, more likely to be officers, and more likely to be career military.

## Hate Crime Suspects Wanted

Four white males are accused of assaulting a 15-year-old Hispanic male in a hate crime attack on Dec. 26 in Vancouver.

Police said it happened at the C-Tran Transit Mall located at the Westfield Shopping Center. The victim told police a white male dished out racial slurs before the attack. The suspects were described as being in their late teens or early 20's with the primary



A police composite of a man suspected of a hate crime.

assaulter described as 6 feet tall, heavy set with chin hair, mustache and long brown curly

bangs. The suspect was also wearing a black hooded sweatshirt with a Shorty's logo and DC shoes. The other suspects were also wearing skateboarding apparel.

If anyone has information regarding this case, they are urged to contact the Vancouver Police Department major Crime Unit Detective Stuart Hemstock at 360-735-8832 and refer to case V05-25452.

## Making New Year Resolutions

### Psychology professor provides tips

Every year comes New Year's resolutions that will make our lives better. Then we struggle for the next 12 months to accomplish our goals or we simply forget about them.



John Ruiz

John Ruiz, assistant professor at Washington State University's department of psychology, says the key to accomplishing a New Year's resolution is to be specific and realistic.

"Choose a specific behavior to work on and have realistic expectations about your abilities," Ruiz said.

For example, if your overall goal is to be healthier, a specific New Year's resolution might be to start walking for exercise. However, before you say, 'I'll walk five miles everyday' be realistic. Are you in good enough shape to walk five miles? Does your lifestyle including work, marriage, etc. allow you time to walk everyday?

"A more realistic goal might be to walk one mile a day, three days a week for a month until you get in shape," he said. "Being specific and realistic gives you a New Year's resolution that you can do."

Ruiz recommends six tips for

success: Find your motivation by remembering why you made the resolution in the first place and it will keep you going on the tough days. Have a plan and be clear about what it will take to reach your goal. Anticipate challenges, be realistic, reward small goals and don't buy into "all or nothing" thinking.

Everyone has a weak moment. Successful people get back up and keep going.

Ruiz says to keep things in perspective — if you are successful for a whole week and have one slip-up — it doesn't take away from the previous seven days of success.

Finally, find support: Surround yourself with others who believe in you and your goal. This helps maintain motivation and gets you through the tough times.

## Cascade Hosts Open House

The Trades and Industry department at Portland Community College is getting hands on with the community.

The public is invited to attend an open house for the department from 1 to 4 p.m. on Friday, Jan. 6 in the

Technology Education Building at the Cascade Campus, 705 N. Killingsworth St.

PCC staff and faculty will showcase hands-on lab training in facilities maintenance, heating and air conditioning, electrical

and fiber optic programs.

Attendees can also learn about becoming a mentor, administering internships or providing a co-op training site.

For more information, call 503-978-5651.

## Submit Accident Reports to DMV Only

Drivers and owners of vehicles involved in traffic crashes will need to submit accident reports directly to DMV, as part of several new laws taking effect Jan. 1.

Previously, accident reports could be submitted to law enforcement agencies, as well as the DMV.

"This new change in law requirements will reduce the num-

ber of people who handle a report before it reaches us, which should reduce the chances that reports are lost or delayed," said DMV Administrator Lorna Youngs.

Are you or someone you know pregnant?

?

**Healthy Birth Initiative can help.**  
Healthy Birth Initiative (HBI) is a program for African American women and their families living in N/NE Portland.

**HBI offers:**

- Transportation to medical and social service appointments
- Home Visits
- Incentives
- Health education classes (free childcare and transportation when attending any HBI group or class)
- Information and referrals to community services

**For more information contact:**  
Healthy Birth Initiative  
5329 NE Martin Luther King Jr. Blvd.  
Portland, Oregon 97211  
503-988-3387 x22242

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Tribute to: Rev. Dr. Martin Luther King, Jr.

**When?** Monday January 16th, 2006  
12:00P.M. - 6:00P.M.

**Where?** Jefferson High School  
School of Champions ~ School of Pride  
The Robert G. Ford Memorial Theater  
5210 N. Kerby, Portland, Oregon

**Who?**

- Nationally acclaimed, Dennis Springer, Janice Scroggins, Linda Hornbuckle, Jeffrey Minnieweather and Friends
- Eddie Faye Gates (Civil Rights, holocaust and political economic speaker)
- A Royal Priesthood (Seattle, WA)
- Jefferson Dancers
- Kukatonon Woodlawn Elementary School
- University of Oregon Gospel Choir
- Inspirational Sound (Eugene, OR)
- Kappa Steppers

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