

Reach for your life’s goals, don’t let them fall by the wayside

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who you are and what you value. It also helps to be realistic in evaluating your goals. In romance, for example, there is no “ideal” relationship or “perfect” mate. But there can be someone who can accept and care about the real you, and who is able to get things right more often than wrong. Similarly, there is no perfect job, but there are work situations that can chal-

lenge you and provide a real sense of accomplishment. Knowing yourself is vital to feeling more fulfilled. What are your personal strengths and interests? Once identified, put time and energy into nourishing them. Rather than trying to be someone you’re not, enhance who you already are. Whatever you do well, do it frequently and proudly and you’ll find that rewards will follow.

If you want to achieve specific goals, it’s vital to take action toward them rather than simply dreaming about them and waiting for things to happen. Even small steps in the right direction make a difference. Maybe it’s a first phone call, rewriting your resumé, or taking a class. While we usually know the end result we want, we often fail to take the first step to get to it.

You also want balance in your life. Saying “no” to excessive demands on your time, talent or goodwill will allow you time for the things you really want to do, without the resentment and anger that comes from agreeing to things you really don’t want to do. Reaching your life’s goals means that you stop letting old beliefs and other’s ideas define who you are and what you have

to do. Instead, accept that you, and only you, can take action to reach the dreams and goals that really matter to you.

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Obituary

NORMAN FAY BIDWELL



Norman Fay Bidwell, 93, Manning, died January 4, 2009. A celebration of life was held January 10 at Fuiten, Rose & Hoyt Funeral Home in Forest Grove. Interment was at Skyline Memorial Gardens in Portland.

Mr. Bidwell was born July 17, 1915, in Hillsboro, to George H. and Mary S. Bidwell. He grew up on a farm in Mountaintale and logged with his father and brothers at a young age.

In 1940, he married Meta L. Kruesi. They made their home on their Hayward Road homestead, where they raised strawberries and blackcaps. He logged for many years for Stimson Lumber and later operated his own logging company.

Survivors include his wife; a son, Royal of Wasilla, Alaska; two daughters, Nancy Knife of Roseburg and Carol Ann Lewis of Fairbanks, Alas.; a sister, Dorothy Eldean Parsons of Bandon; 10 grandchildren; and 12 great-grandchildren.

Remembrances are suggested to Hospice and Palliative Care of Washington County.

Fuiten, Rose & Hoyt Funeral Home of Forest Grove was in charge of arrangements.

JULIE PAULINE BRUCE

Julie Pauline Bruce, 66, Forest Grove, died December 10, 2008. A memorial service was held January 7 at the Church of Christ Hillsboro.

Mrs. Bruce was born March 14, 1942, in Hillsboro, to Theron and Pauline (Boshears) Kent. She graduated from Banks High School in 1960.

She married Jack Barton. They made their home in the Sacramento and Modesto, California area. They divorced and she later married David

Bruce. She moved back to Oregon in 2007.

She was preceded in death by two infant daughters, Juana and Sheila Barton.

Survivors include her son Jack Barton of Eugene, her father and his wife, Divina, of Hillsboro; two brothers, Robert Kent of Forest Grove and Ron Kent of Clackamas; a sister, Nancy Lee of Forest Grove; four grandchildren; and two great-grandchildren.

Remembrances are suggested to New Chapter Make A Wish Foundation in Forest Grove.

Duyck & VanDeHey Funeral Home was in charge of arrangements.

NORMA NELLIE LOCKE

Norma Nellie Locke, 69, Gaston, died January 2, 2009. Graveside services were held January 9 at the Mt. Jefferson Memorial Park in Madras.

Mrs. Locke was born March 5, 1939, in Madras, to Hulbert A. and Ruby M. (Messinger) Miller. She was raised in Madras until the family moved to Timber. She graduated from Forest Grove High School in 1957.

In 1957, she married Wendell Locke. They made their home in the Forest Grove area, moving to Gaston in 1994.

Survivors include her husband; two sons, Keith J. of Hillsboro and Timothy R. of Forest Grove; a daughter, Jan. L. Templin of Vernonia; five sisters; six grandchildren; and five great-grandchildren.

Remembrances are suggested to the Church on the Hill, 700 N. Hill Road, McMinnville, OR 97128.

Duyck & VanDeHey Funeral Home was in charge of arrangements.

ANTON “TONY” SCHULZ

Anton “Tony” Schulz, 82, Forest Grove, died December 27, 2008. A memorial service was held January 9 at the River House of Rood Bridge Park in Hillsboro.

Mr. Schulz was born May 1, 1926, in Dickenson, North Dakota, to William and Katherine Schulz.

In 1948, he married Betty Linster; they later divorced. He served in the U.S. Navy during World War II. He worked as an electrician and electric motor mechanic until he retired.

He was preceded in death by one brother, three sisters and a grandson.

Survivors include three sons, Wayne of Gig Harbor, Washington, Leonard of Roseburg, and Richard of Belmont, California; two daughters, Linda Vonderheit of Eugene and Teresa Pasko of Birkenfeld; three sisters, Eleanor Woodall of Hillsboro, Anna

Redmond of McMinnville, and Lillian Vert of Beaverton, 12 grandchildren; and two great-grandchildren.

Tualatin Valley Funeral Alternatives was in charge of arrangements.

FLOYD DWAYNE STUCK

Floyd Dwayne Stuck, 77, Forest Grove, died December 15, 2008. Services have been held.

Mr. Stuck was born August 19, 1931, in Ringwood, Oklahoma, to Floyd VanRoy and Helen Faye (Prophet) Stuck. He was raised in Okla. and Idaho before the family moved to the Forest Grove/Gales Creek area when he was ten. He graduated from Forest Grove High School. He served in the U.S. Coast Guard.

In 1955, he married Elaine Heesacker. They later divorced. He did logging and mill work before joining the electrical workers union. In 1983, he married Mary Ann Sandberg.

He was preceded in death by a brother, Raymond.

Survivors include his wife; one son, John of Forest Grove; seven daughters, Helen Randle and Amy Stuck, both of Forest Grove, Patricia Warner of Prineville, Evelyn of Gaston, Joan Mangan of Mesa, Arizona; Faye Fletcher of Buxton; Verna Anderson of Carlton; four step-children, Lana Woods, Kara Matz, Darrel Matz, and Sara Johnson; two brothers, John of Gales Creek, and Ronald of Yuma, Ariz.; two sisters, Bessie Donaldson of Garibaldi; and Mildred of Hillsboro; 42 grandchildren; and 22 great-grandchildren.

Remembrances are suggested to the Salvation Army, Cascade Division.

Tualatin Valley Funeral Alternatives was in charge of arrangements.

SANDRA GAIL SUTTERFIELD

Sandra Gail Sutterfield, 60, Yamhill, died December 24, 2008.

Mrs. Sutterfield was born October 5, 1948, in Plain Dealing, Louisiana, to Bobby G. Lewis and Mary Scott-Jennings. She was raised in Missouri, Texas, Arkansas and Louisiana.

She worked as a school bus driver in Tulsa, Oklahoma and as a housekeeper for several years.

She was preceded in death by a son, Jerry Braggs Jr., her father; and a sister, Lisa Sue Sutterfield.

Survivors include her life-long companion, Jerry Braggs of Yamhill; her mother of Yamhill; three step-sons, Larry Braggs of Tulsa, Okla.; Quentin Braggs of Okla., and Spencer Braggs of Texas; three sisters, Karan Jo Sutterfield of Timber, Leslie Sutterfield of Enid, Okla., and Kerry Scott of Tulsa, Okla.; and 14 grandchildren.

Westside Cremation & Burial Service was in charge of arrangements.

FORD F. SWEARINGEN

Ford F. Swearingen, 83, Quincy, died December 18, 2008. A memorial service was held January 10 at Evergreen Memorial Gardens in Vancouver, Washington.

Mr. Swearingen was born December 16, 1925, in Richwood, West Virginia, to Wilbur and Zetta Mae Swearingen. He was raised in Richwood. He served in the U.S. Army during World War II.

He married Cleo Cogar. They made their home in Vancouver, Washington. He was a member of Ironworkers Local 29 for 63 years. He moved to Mist in the mid-1990s where he continued to live until moving to Quincy last summer.

He was preceded in death by his wife and a son, Steven.

Survivors include his son Daniel; two daughters, Beverly Lundeen and Virginia Scott; one brother, Johnny of Oregon; one sister, Jo of Michigan; 11 grandchildren; and four great-grandchildren.

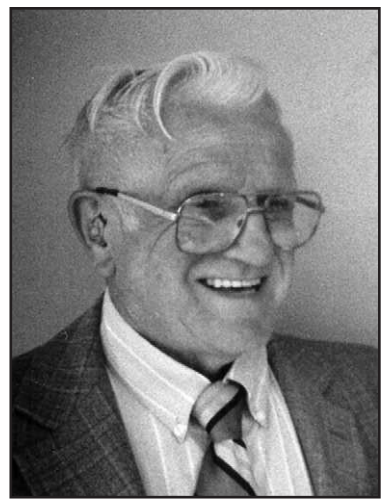
Remembrances are suggested to the VFW of Vancouver Post 7824, or the Salvation Army in Vancouver.

CLAUDE HENRY VEAL

Claude Henry Veal, 86, Vernonia, died January 9, 2009. A celebration of life will be held Sunday, January 18, at 2:00 p.m. at the Seventh Day Adventist Church in Forest Grove. Private interment has been held at the North Cemetery of Clear Creek in Vernonia.

Mr. Veal was born June 18, 1922, in Red Deer, Alberta, Canada, to Herman and Ruby Veal. He was raised in Red Deer. He served in the U.S. Navy during World War II.

In 1946, he married Ruth Elizabeth Schmid. They made their home in



Claude Henry Veal

Washington for 15 years, then Idaho and Arizona, before moving to Eastern Oregon in 1963. They moved to Vernonia in 1971. He logged, was a salesman, owned and operated C & R Gardens in Vernonia and sold chain saws tackle and assorted groceries at Claude’s Saw and Service shop in Vernonia.

He was preceded in death by his wife.

Survivors include a son, Kenneth of Elburn, Illinois; a daughter, Darlene Newman of Portland; a sister, Alberta Lynn of Myrtle Point; his caregiver, Sue Jenkins of Vernonia; six grandchildren; eight great-grandchildren; nieces and nephews.

Remembrances are suggested to Earth Tones Music Therapy, P.O. Box 12029, Portland OR 97212.

Fuiten, Rose & Hoyt Funeral Home in Vernonia is in charge of arrangements.

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