

andersoncleardispatch@gmail.com

Community Notes & News



HAPPY
NEW
YEAR!

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Good Grief by Jamy May Wagner

Charlie Brown from the Peanuts cartoon is well-known for exclaiming “Oh, good grief!” upon acknowledgement of a new problem or annoyance. The expression can be used for something rather small like when you’ve unloaded two baskets of groceries onto the conveyor belt just before the cashier begins to have trouble with the register. You might say, “Oh, good grief! I wonder how long I’ll be waiting here. Maybe I should re-load my baskets and move to another register.”

I have also heard the adage used in a moment of surprise, one typically associated with a surprise that is drastically unexpected, unnecessary, or over-the-top. For example, a woman opens a gift from her husband to find a lovely, yet expensive, pair of earrings. “Good grief!! Those are beautiful! You didn’t have to spend that much money on me!”

But sometimes the expression is used in more serious circumstances like when someone we love moves far away, or a relationship goes bad, or worse yet when someone passes away. In these moments, the phrase is usually uttered in a lower, slower guttural tone of sadness, “Ohhh, goood grief...” and it’s accompanied with a feeling of sorrow or helplessness or finality.

Generally speaking, the new grief is not really perceived as good, at least not in that moment of realization. It’s something to be overcome or survived. It’s an unwanted period of irritation, frustration. It’s a burden of some sort, small or large. Many people want to avoid grief at all costs because we don’t like to feel sad or angry; and we don’t like to be inconvenienced or frustrated. So we spend countless hours and lots of money distracting ourselves from feelings associated with grief, i.e. anger, sorrow, regret, guilt.

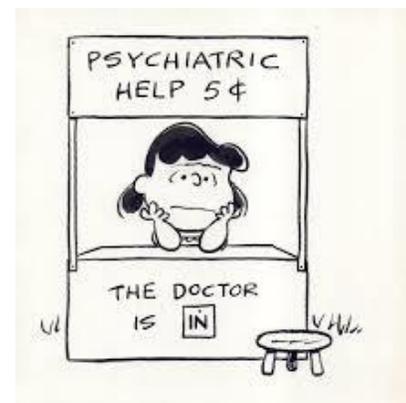
However, instead of avoiding the elements of grief in our lives, it’s often more helpful to embrace them and accept them as opportunities to learn more about life and relationships and ourselves. We should acknowledge our sadness and let ourselves sit still or contemplate or cry for a while if we need to. We should accept our anger and let ourselves feel the desire to hit or scream or run away from it all.

It is in the acceptance of the grief that we are able to deal with the feelings in a rational way. It’s in the recognition of hopelessness that we can make the sensible choice to not bring further trauma to ourselves or to someone else. It

Good Grief, continued

frees us to do something positive about the negative way we feel or the bad situation we're in. It is too dangerous to pretend these feelings don't exist or to brush them off too easily. If they go avoided for too long, significant and lasting damage can be done to the psyche.

Getting through grief of all magnitudes is tough any time of the year, but the holidays often intensify the burdens and sorrows we tend to keep inside our minds. It's okay to look these thoughts and feelings in the eyes! Admit them to yourself and then decide what to do or how to get help to process the situation. The most truly content people in our society are those who are able to balance their emotions with their rationality. And it's at least partly through exposure to grief that we are able to learn this balance in our lives. So, in the end, is grief good for us?



Websites on grief:

<http://www.helpguide.org/articles/grief-loss/coping-with-grief-and-loss.htm>

<http://www.niu.edu/facdev/resources/crisis/whathelpsgrief.shtml>

<http://helpwithgrief.org>

If you have additional questions or concerns about grief, contact jamy@jamymaywagner.com and she'll guide you to appropriate sources for information or help.

Find-Some-Words: Grief

There are ten words related to the topic of the article hidden in this puzzle. Be the first kid (17 or younger) to discover all ten words and explain how the words are connected to the topic, you'll win \$5! All kids who send in a correct response will get their names printed in the next edition of the newsletter! E-mail guesses to:

jamy@jamymaywagner.com.

C	D	W	O	R	O	T	C	O	D
B	O	O	K	S	M	K	H	U	R
L	Q	U	Y	R	O	T	S	A	P
M	S	P	N	V	F	T	J	Y	S
S	F	A	G	S	E	A	Q	D	E
T	E	R	H	S	E	Z	T	N	T
N	I	E	X	C	G	L	L	E	I
E	L	N	B	F	J	F	O	I	S
R	E	T	E	A	C	H	E	R	B
A	B	S	U	P	N	G	Y	F	E
P	D	N	A	R	G	V	H	D	W

**Anderson DMV
will be closed
January 6, 7, 13 & 14.
Sorry for any inconvenience.**

**Sophie Station
is offering Denali Borough, Nenana, and Delta
Junction residents a discount on event tickets and
a hotel room through January 31st.
Contact them for details at 800-528-4916 or 907-
456-3642.**



CITY OF ANDERSON

P.O. Box 3100 • Anderson, Alaska 99744
Phone (907) 582-2500 • FAX (907) 582-2496
coaclerk@mtaonline.net

EMPLOYMENT ANNOUNCEMENT
Part Time DMV Clerk/ City Clerk Assistant

The City Of Anderson is looking for a responsible individual to fill the position of DMV Clerk / City Clerk Assistant to work Tuesdays, Wednesdays and Thursdays 9-4 in the summer and the number of days to be determined during winter months.

Will be required to attend a week of training in Anchorage.

SALARY: 13.00-15.00 DOE

MUST BE 21

Please apply: City of Anderson
260 West First Street, Anderson AK 99744
E-MAIL coaclerk@mtaonline.net

The City of Anderson is an equal opportunity employer.
For more information please call 907-582-2500.

POSTED

DATE 12/3/2015

January Events

4th - Anderson Quilters & Crafters, Clear Sky Lodge, 10 AM-1 PM.

7th - Clear Sky Sportsman's Club Meeting

11th - Anderson Quilters & Crafters, Clear Sky Lodge, 10 AM-1 PM.

12th - Anderson City Council Meeting, 7 PM, City Hall Council Chambers, Anderson.

13th - Denali Borough Assembly Public hearing (6 PM) and Regular Meeting (to follow), Cantwell School. The public is invited to attend.

18th - Birthday of Martin Luther King, Jr.

18th - Anderson Quilters & Crafters, Clear Sky Lodge, 10 AM-1 PM.

19th - Denali Borough Planning Commission Work Session (6:15 PM), Public Hearing (7:15 PM), and Regular Meeting (to follow), Tri-Valley Community Center, Healy. Everyone is invited to attend.

21st - Denali Borough School Board Meeting, 7 PM, Healy School.

22nd - Community Bowling at Clear AFS, 6 PM. Open to general public (with valid ID, current vehicle registration and insurance).

25th - Anderson Quilters & Crafters, Clear Sky Lodge, 10 AM-1 PM.

Borough Services

Denali Borough

Tri-Valley Community Center, Healy AK
Mon-Thu, 9:00 A.M.-4:00 P.M.,
PO Box 480, Healy, AK 99743,
907-683-1330, Fax: 907-683-1340,
<http://www.denaliborough.govoffice.com>

Denali Borough School District

1 Suntrana Street, Healy, AK 99743,
907-683-2278, <http://www.dbsd.org>

Denali Borough Landfill

Tipping Fees: All MSW, C&D and Special
Waste - \$115.00 per ton. Dry automobiles
excluding commercial trucks and buses -
\$25.00 each. All other Special handling
fees are provided within the Denali
Borough Solid Waste Permit.
Hours of Operation: Tuesday-Saturday, 9
A.M. – 4 P.M. Closed on all Borough
Holidays ([click this link](#)). FREE 55 gallon
drums available.

Anderson Services

Anderson City Office

Mon-Thu 10:00 A.M.-4:00 P.M.
907-582-2500

Division of Motor Vehicles

Winter office hours:
Wednesdays & Thursdays
10:00 A.M. – 2:00 P.M.
(If traveling from a distance, please call
ahead: 907-582-2501)

Anderson Post Office

Mon-Fri, 12-3:15 P.M. 907-582-2992

Anderson Volunteer Fire Dept.

907-582-2500

Anderson Public Library

Open Tuesday, Wednesday, & Friday,
5:30-7:30 and Saturday 12-4.
907-582-2628
andersonlibrary@dbsd.org

Classified Advertisements

5 Acres of Land

\$12,500
East end of
Spruce Street,
Anderson
Call 907-399-1910

2,619 Sq. Ft. Home

107 Aspen St., Anderson.
4 bedroom house with 3
baths, kitchen, dining
room, office, game room,
and fitness room, 7020
sq. ft. garage, 1.56 acres,
\$185K.
Call Ross Nelson
at 907-347-6142.

House for Sale

\$119,000
170 C Street,
Anderson. 4 Bed, 1
Bath, Garage, 1,200
Sq. Ft., .23 acres.
AK MLS 123083
Call James Arend
907-378-5447

**Beautiful Log Home
for Sale**

2 bedrooms & huge pantry.
Recently remodeled, new
roof, & new furnace. 48x40
shop with two bays &
apartment. Large yard with
grass. Sale of home comes
with additional lot.
\$125,000 908-378-9841

**12 City Lots in
Anderson**

100'x100'
Not subdivided
/developed. Lots are
located on Aspen Street.
907-745-1860 or
E-mail jauna@
mtaonline.net

Wanted:

Pressure cooker/canner,
Canning/storage jars,
Cast iron cookware,
Clean 5 gallon buckets.
Text 907-888-8401

**For Sale, Rent or
Lease**

4 Bedroom House
w/1.5 baths,
2 car garage on 2.5
acres
Located in Nenana, AK
Contact: Carl Jauhola
(907)347-0114

2 Lots in Anderson

Located at 197 D Street
and reaches back to E
Street.
Connected to Anderson
sewer system. \$8,000.
907-378-9040, 582-
2471 or mreams@
mtaonline.net

Local Businesses

Alpine Plumbing & Heating (Commercial & Residential, Licensed, Insured & Bonded) 907-209-7645.

Dew Drop Inn (Restaurant & Bar)
Closed for winter

Fireweed Roadhouse located on the Parks Hwy milepost 288.5 We offer comfortable lodging, full menu with all-inclusive contractor rates. Come enjoy true Alaskan hospitality in one of the last standing roadhouses. We serve homemade pizzas, burgers, soups and salads. I look forward to serving your family and friends! 907-582-2224 or 907-460-9292 and web:
www.fireweedroadhouse@denali.com

Homefire Country Inn Bed and Breakfast, Past Fire Hall on South D Street, Left on Park Ave, follow to end, last house on right. 907-582-1895.

North Star Independent Baptist Church
Aspen & 1st Street, Anderson.
Kevin Smith (907) 712-4244
Sunday Services: 11:00 AM and 6:00 PM
Wednesday Night; 6:30 PM

Rabideau's Clear Sky Lodge, Mile 280 Parks Hwy, 907-582-2251, Open 10 A.M.-Midnight (Grilling 11 A.M.-11 P.M.).

Scentsy: Wick-less, flameless, soot-free candles, and personal care and laundry products that add scent-sationally to your life! **Velata Fondu:** Chocolate, Cheese & Artisan Rubs. Grab your friends and get together. Velata makes parties fun and EASY! Dawni Corbin
(907) 582-2419 or (907)378-8272
Scentsy Lead Consultant
<https://scentsforalways.scentsy.us>
Velata Lead Consultant
<https://makeminemelted.velata.us>

ViVi Jewelry, The New Cookie Lee, is available in Anderson today. Try it on and take it home. Shop for your favorite styles at guilt-free prices. Book a show and earn free jewelry. I also do fundraisers. Check out my website www.bevivi.com/janis.

Thank you for reading the Dispatch and for your submissions! Please inform us of any errors. Please send your submissions for the next issue by January 10, 2016.