

# Opinion / Politics

— GUEST OPINION —

## 10 reasons not to care what others think

By Ted Lim  
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*“Care about what other people think and you will always be their prisoner.” – Lao Tzu*

It is human nature to want to be liked and accepted. However, this often leads to people worrying too much about what others are thinking about them.

This kind of excessive worrying can have a negative effect on your life. It can be so debilitating that it interferes with your ability to feel at ease with yourself and around others. Do not let it prevent you from living your life to the fullest potential.

Here are ten reasons why you should not care about what others think:

### 1. It’s Not Their Life, So It’s None Of Their Business

People are entitled to think whatever they want, just as you are entitled to think what you want. What people think of you cannot change who you are or what you are worth, unless you allow it to.

This is your life to live. At the end of the day you are the only person who needs to approve of your own choices.

### 2. They Don’t Know What’s Best For You

*Nobody will ever be as invested in your life as you.* Only you know what is best for you, and that entails learning from your own choices. The only way you will ever truly learn is through making your own decisions, taking full responsibility for them, and that way if you do fail, at least you can learn from it wholeheartedly, as opposed to blaming somebody else.

### 3. What’s Right For Someone Else May Be Completely Wrong For You

It’s important to recognize that someone’s opinion is often based on what they would do. This alone is the problem. What is best for somebody else, can be the worst thing for you. What one person considers garbage can be another person’s treasure. We are all so unique. Only you know what is right for you.

### 4. It Will Keep You From Your Dreams

If you are constantly worried about what other people think, you will never get to where you need to go in life. You are going to have to do things that don’t always meet people’s standards. You will come into situations where you have to put your pride and your reputation on the line to get what you want. If you are constantly worried about what people are thinking, you will never have the will to do what’s right for you.

### 5. You’re The One Stuck With The End Result

In life, you are the one stuck with the consequences of your decisions. For example, if someone suggests you buy some stocks, but you just don’t feel like it’s the right choice, you are the only one who will live the consequences. If the stock falls and

you lose a lot of money, you are the one that will have to live with the fact that you didn’t follow your inner call. *When people give you their suggestions or even orders, there is no risk for them.* They don’t have to live with your choices—but you do.

### 6. People’s Thoughts Change On A Regular Basis

We are constantly changing. Some philosophers and theorists suggest that we are in a constant state of flux, so much that we cannot even say we have one, specific ‘self’ (or a fixed personality). People’s thoughts, ideas and views change on a regular basis.

That means even if somebody does think badly of you at the moment, there is a good chance they will think differently in the near future. So basically, people’s thoughts don’t really matter.

### 7. Life Is Simply Too Short

You only have one life to live, so why would you spend it worrying about other people’s opinions? Do whatever you want, be whoever you want. You’re not going to see these people after you’re dead. You probably won’t even see them in a year from now. Live your life without worrying about other people’s thoughts and opinion, and you will live your life to the maximum.

### 8. You Reap What You Sow

Worrying too much about what other people think of you can become a self-fulfilling prophecy. Frequently, people indulge their need to be liked so much so that it actually dictates to the way they behave. Some become people-pleasers or so submissive that many people are turned off. The behavior you use as an attempt to ensure you are liked may actually cause you to be disliked.

### 9. Others Don’t Care As Much As You Think

People generally don’t think outside themselves a great deal of time. It is a sad but simple truth that the average person filters their world through their ego, meaning that they think about most things in terms of “me” or “my.”

This means unless who you are or what you have done directly affects another person or their life, they are unlikely to spend much time thinking about you at all.

### 10. The Hard Truth: It’s Impossible To Please Everybody

You can’t please all of the people all of the time. It is impossible to live up to everyone’s expectations so there is no point in burning yourself out trying to do so. Just make sure that one of the people you please is yourself!

### Conclusion

The weight of others’ thoughts can become a burden for you. It can inhibit you from living your life, because your entire being (your personality, your thoughts, your actions) are controlled by an idealized standard of what people want to see. When you become so obsessed with other people’s opinion of you, you forget your own.

You can make a conscious effort to stop giving a damn; to let yourself free. It’s a skill that needs to be practiced, like meditating. But once you truly understand how to let go, you will see the world as entirely different.

Once you give up catering to other people’s opinion and thoughts, you will find out who you truly are, and that freedom will be like taking a breath for the first time.

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— LETTERS TO THE EDITOR —

### What has happened to this country?

To the Editor:  
I am so terribly discouraged by the behavior of the ideologs in Washington. The people there were elected to represent ALL of the people in their districts. They have turned into a group of sour grape eaters. It’s time they stop acting like spoiled, entitled, petulant children who are guided by their own poor judgement and lack of respect.

As I watched the speech of Rep. John Lewis (D-GA) I am appalled by his race baiting and tantrum throwing. This man was is a contemporary of the icon Dr. Martin Luther King. Apparently he has forgotten his roots in the civil rights movement of the 1960s.

I never saw the disrespect from Dr. King

that Rep. Lewis [and his ilk] is showing to the President -elect. It is totally disheartening to see the way the privileged people in DC are behaving before the coming Inauguration. It is so worrisome that our elected officials are disrespecting the office of the President, no matter how you feel about the person. Did you see this kind of action against President Barack Obama at either of his inaugurations? I can tell you for sure there was none.

It’s time for the power mongers in DC to shut up and do their jobs like adults, not petulant children. We have bigger problems than pressing the divide between races in this country. This rots the core of our very existence.

Respect the office, if not the man.

**Peggie Longwell**  
Baker City

## Cattlemen respond to Cascade-Siskiyou Monument expansion

By Katie Schrock,  
Communications  
Director for the OCA

It is with sad acknowledgment that the Oregon Cattlemen’s Association reports to you that an expansion of the Cascade-Siskiyou National Monument in southern Oregon was designated by President Barack Obama; a decision that will have a rippling effect on ranchers, farmers, outdoor enthusiasts and beyond.

The Oregon Cattlemen’s Association has worked diligently in opposition to the idea of the 42,000 additional acres of natural habitat and privately owned property being designated into the already existing Cascade-Siskiyou National Monument. Our trepidation with this monument designation is an opinion also shared by the Jackson County Board of Commissioners. The local Commissioners sent a letter to President Obama requesting that the Cascade-Siskiyou National Monument Expansion be left on the cutting room floor.

**Common Misconception:** When a monument designation occurs, the government tells us that current grazing practices will continue to be allowed. The Reality: What happens is that when there is a transfer in ownership or management, those agreements don’t have to be honored. Eventually,

these grazing permits will be ended.

If the roads are not immediately cut off, they eventually become unusable due to limited infrastructure improvements and loss of basic maintenance. These roads are not cut off just for ranchers or loggers, it becomes cut off for birdwatchers, hikers, and outdoor enthusiasts as well; an area that is promised to them to be a natural conservatory for them to enjoy nature.

Almost a third of the land within the designated monument area is privately owned and these landowners are assured that this will not change. The government will eventually gain these lands, however, as owners become “willing sellers” due to an inability to access and profit off their own land.

“Land that has been in their family for generations will inevitably be sold for pennies on the dollar,” said Jerome Rosa, the Executive Director of the Oregon Cattlemen’s Association. “Our western heritage and love for the land is something we greatly value within our association. This is a huge hit for our members, our communities, and our state.”

The bottom line is that the Antiquities Act of 1906 (16 U.S.C. 431) needs to be changed.

Its purpose was to protect important historical sites and objects, which has been greatly overshadowed

with the misuse of our current and recent past presidents to leave their own selfish environmental legacy.

The Oregon Cattlemen’s Association is disappointed to share this news with you as it means a loss of grazing lands, timber production, jobs and an injured economy as the bleak future of Jackson County.

### Statement from the Department of the Interior:

Today’s 48,000-acre expansion of the Cascade-Siskiyou National Monument builds upon the original monument’s goal to protect the area’s extraordinary biodiversity. Located in southwestern Oregon and established in 2000, Cascade-Siskiyou was the first monument designated solely for the preservation of its biodiversity. The monument is an ecological wonder, home to an incredible variety of rare and endemic plant and animal species, and representing a rich mosaic of forests, grasslands, shrub lands, and wet meadows at the convergence of three mountain ranges.

In October, Deputy Secretary of the Interior Michael Connor attended a public meeting on the proposed expansion hosted by Senator Jeff Merkley (D-OR) in Ashland, Oregon. In addition to Senator Merkley’s leadership, Senator Ron Wyden (D-OR) and then-Senator Barbara Boxer (D-CA) had written in support.

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