



## Things we should care about – and things we shouldn't

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Given all that's going on in the world today – and especially in our country – it's easy to feel overwhelmed. So, to help readers separate the wheat from the chaff, I thought I'd share my take on what we should stop worrying about so we'll have more energy to focus on the issues that arguably warrant our attention.

Let's start with things that don't matter.

Cracker Barrel. If you were conscious last Fall, you no doubt heard about Cracker Barrel's questionable attempt to appeal to more customers by updating their logo. Judging from the reaction of some, you would have thought they were murdering kittens. Look, as long as their chicken and dumplings stay the same, I could care less about the sign out front. And neither should you.

Bad Bunny. He's going to perform at the Super Bowl halftime show. Apparently some have taken that to be a sign of the apocalypse. He's one of the world's most streamed artists (nearly 20 billion in 2025; he's topped that list four times since 2020). When you can make that claim, we'll let you perform at the most over-hyped twenty minutes in broadcast history. Until then, shut up.

Taylor Swift and Travis Kelcie. Yawn. Taylor is right up there with Bad Bunny when it comes to role models for our nation's youth; young girls in particular seem to think her songs are pretty good. And Travis is a decent enough football player, I guess. So they're getting married. Big whoop. There were around 2 million weddings in the United States last year. What makes theirs so special?

Nobel Peace Prize. I'm old enough to remember when it was a prestigious honor that meant something. Martin Luther King, Jr. Nelson Mandela. Mother Teresa. But given the rather dubious recipients over the last few years, together with the political escapades that perennially permeate the selection process, I've decided it's now, at best, worthy of a brief mention on AM Kentucky.

Immigration. Let me go out on a limb here and hypothesize that most of those reading this column, with few notable exceptions, are either immigrants or their descendants. We need all the help we can get in this country right now. Whatever happened to helping the tired, the poor, the huddled masses yearning to breathe free? I say we put up a giant welcome sign and greet anyone who wants to come here with open arms.

OK. Now let's move on to the challenges and concerns that keep me up at night. See if you can relate to any of these:

Affordability. Been to the grocery store lately? Bought a car? Paid rent? Ouch. The cost of living for most Americans continues to skyrocket while our politicians stay busy catering to their rich friends and donors – the majority of whom wouldn't know where to find milks and eggs at the supermarket if their lives depended on it. Wake up.

Vaccines. Removing vaccination mandates, especially for children, is one of the most stupid and misguided policy changes we've made during my lifetime. Vaccines prevent disease and death. Met anyone with polio lately? Smallpox? Know of any kids who have come down with - or died from - measles, mumps, whooping cough? Well stay tuned. If RFK Jr. and his band of incompetents have their way, you will soon.

Health Insurance. I personally know several hard-working people whose premiums have recently skyrocketed in tandem with their deductibles. Some are having to choose between medical care and putting food on the table. Several countries now have longer life expectancies, and it's not due to their dietary habits or exercise regimens. It's because they have access to quality health care without having to beg, borrow or steal to get it.

Domestic terrorists. What a crock. The only domestic terrorists I know wear tacky uniforms and face masks and carry pepper spray. This is not Russia, China, or North Korea. We don't need a bunch of police academy rejects running around threatening our families and our communities. When did "to serve and protect" become "comply or die"? Asking for a friend.

Greenland/NATO. Of all the completely moronic nonsense being proposed at the moment – and I am aware the list is getting longer every day – this is perhaps the worst. Denmark has long said we can establish all the military bases in Greenland we want; we just can't own the land on which they sit. Reasonable. Moreover, NATO has been the most successful alliance in the history of the world. Jeopardizing it to massage someone's exaggerated ego is irresponsible and dangerous.

So there you have it. If you're stressing about the wrong things, you have no one to blame but yourself. We all have a limited amount of anxiety. Let's use it wisely.



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