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English 11

6 November 2017

Freedom to Take a Knee

America is known as the land of the free, and people come here to live out their American dream. America has a long past and it has come a long way since the Salem Witch trials. Today people can see people being persecuted for exercising their first amendment rights, by taking a knee during the national anthem. In *The Crucible* by Arthur Miller nobody was allowed to express themselves like they are allowed to now. People should be able to take a knee since they live in a free country. Nobody should be forced to stand if they feel like they shouldn't. America is still Puritan deep in its roots, and people still seem not to accept the fact that not everybody will think the same.

There are many ways of expressing yourself and having individuality, you can do it by your words, clothes, or by your actions, NFL player Colin Kaepernick decided to express how he feels about the state of America by taking a knee during the National Anthem. "The topic that Kaepernick said drove his protest — wrongdoings against minorities — was often lost amid the takeaways that dominated several local talk shows and commentary on national websites in recent days"

(<http://www.latimes.com/sports/nfl/la-sp-chargers-kaepernick-20160901-snap-story.html>).

Kaepernick decided the best way to show people how he feels about minority issues was by taking a knee. He wants people to be aware of important issues. "Why, I am not sure it is, sir.

There be no blush about my name” (11). Puritans were not able to freely express themselves. If anyone would go out of line the entire village would know of it. America is a free country so people here have the right to express themselves.

In 1789 The Constitution was established, it was created to protect our rights, since people all have a different ideology, The first amendment protects our right for freedom of expression. “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances” (first amendment). Colin Kaepernick was exercising his first amendment right. People should be able to practice it without having people criticize them. “And what shall I say to them? That my daughter and my niece I discovered dancing like heathen in the forest?” (9). Puritans had really strict beliefs, and dancing was seen as a sin. If people found out that Abby was dancing in the forest they would no longer have respect for her or Parris. They did not have the freedom of going against any of the rules of their religion. People should be able to stand up for what they believe in.

If somebody feels that they shouldn't stand during the National Anthem people should respect that, instead of causing a mass hysteria. “There be thirty-nine now- She suddenly breaks off and sobs and sits down, exhausted” (53). Everyone was being accused of witchcraft even the least likely of people. Most were given unfair trials and were not able to defend themselves. “. . . opted out of the final season of his contract with the organization in order to become an unrestricted free agent, the 49ers announced Friday”

(<http://bleacherreport.com/articles/2695566-colin-kaepernicks-agents-inform-nfl-teams-qb-will-o>

pt-out-of-49ers-contract). Kaepernick was fired for taking a knee during national anthem. He was doing what he felt comfortable doing, so he can send a message to everybody. People should decide what is right for them to do during it.

Colin Kaepernick used his status to show America how he feels about the way minorities are being treated. His individuality caused a mass hysteria. During the Salem Witch trials if people had any form of individuality they would be accused of witchcraft. People had to follow an ideology. Today people have the freedom to express themselves and are able to decide if they should stand or kneel during the National Anthem. Some people might disagree and think that all people must stand, but they need to remember people have the freedom to take a knee.