

## Opinion: Don't stand up by sitting down

Posted by [Jacqui Atkielski](#) On 09/01/2016

**HOLLYWOOD, Md.** -- There are more productive things people can do to protest civil issues than sitting down and acting childish.

This is not the first time San Francisco 49ers quarterback Colin Kaepernick has chosen to sit during the national anthem, [according to this article](#).

The athlete would not stand up during the preseason game on Aug. 26 to show pride in a flag for a country that oppresses black people and people of color, said Kaepernick.

"To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder," he said.

It was selfish of the athlete to sit there and disrespect those who came before him and fought for freedoms the rest of the world dreams of. Kaepernick have made his team and the NFL look bad for continuing to pay him for his ungrateful behavior.

He did not help those oppressed by sitting down and disrespecting the flag. He reminds me of the 'all-or-nothing' politicians who refuse to work with each other to make this country a better place.

Instead of sitting on his rear, and effectively showing his rear to the world, why not volunteer at a homeless shelter or a food pantry? He got the attention he wanted for sitting during the national anthem. He tweets and pretends to be an activist, instead of working with his hands to directly help those 'oppressed' people.

Kaepernick said that he was aware of what he was doing and that he knows it will not sit well with a lot of people, including the 49ers. He said that he did not inform the club or anyone affiliated with the team of his intentions to protest the national anthem.

"This is not something that I am going to run by anybody," he said. "I am not looking for approval. I have to stand up for people that are oppressed. ... If they take football away, my endorsements from me, I know that I stood up for what is right."

It's acceptable to be upset about what is going on around the nation. Instead of looking foolish on television, why not do some good with his waning celebrity status before it's eroded completely? He should have followed [Michael Jordan's lead](#) and donated money to organizations that can better help those in need instead of making his team look foolish for continuing to keep him.

Over the past few months, his relationship with management has turned sour. He requested a trade last spring, which never came. The athlete has also been recovering from operations to his non-throwing shoulder, hand and knee. His recovery has left him unable to compete with Blaine Gabbert for months and has him seemingly in a bind to regain his starting job.

[According to this article](#), he 'looked as rusty as you'd expect from someone who has not played since last November.'

Maybe the media that broke this story spent too much time on his off-field antics instead of focusing on the pregame activities. Keep in mind the NFL also released a statement that players are encouraged but not required to stand during the playing of the national anthem.

Niners coach Chip Kelly said Kaepernick's decision not to stand during the national anthem is "his right as a citizen" and it wasn't in his rights as a coach to tell him not to do something.

I've had my say, now what's yours? Let's share.

---

Copyright © 2019 thebaynet.com. All rights reserved.