

Sharp Mind

We are all capable of having a sharp mind. With that aside,

- Behind closed eyes,

almost every service member fights an invisible war.

They've seen things they didn't want to see, go to places they didn't want to be,

And most times, our minds keep a little piece of war within its own walls.

- It's not our fault.

It is our duty. To serve our country and do it proudly.

As long as I have my Army brothers and sisters around me,

I can get hurt & I will heal, and I will do it gladly.

- But what if I told you that there is another battle,

That not only service members in the military have to handle?

It happens every five minutes in every single country,

And it can happen to everyone. Isn't that a handful?

- It bears the same pain of PTSD,

and the scars never heal, and are hardly ever seen.

It happens to kids, and it happens to teens,

and it happens to adults & everyone in between.

Justin Cepeda

- Sexual assault is a crime that CAN be avoided.

When it happens, the victims are ashamed and don't come forward.

They don't see the help they need, they're tired of being exploited;

They feel judged by those who know, so they try to avoid it.

- What's worse is that this happens to our sisters and brothers,

And not just our relatives related to our mothers,

But the ones we serve among and who look out for each other.

The worst part is that we endorse it, ignore it & blame one another.

- Take your SHARP seriously. Do that and you'll be fine.

We may have issues now, but it can get better with time,

Stand up for what's right and don't leave comrades behind.

That's how you start to live with an Army SHARP mind.