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## THE PEOPLE'S PATRIOT PROJECT

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# PATRIOT PRESS

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"We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and gallantry with which all of them ennobled their nation as they became champions of a noble cause."

- Ronald Reagan

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## WELCOME

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Welcome to The People's Patriot Project's official monthly Newsletter!

Thank you so much for your support and collaboration! We are glad to have you here!

In this Newsletter, you will find information on the who, what, when, where, and why behind The People's Patriot Project.



If you or someone you know needs help,  
do not hesitate to call.  
**WE ARE HERE FOR YOU**

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## CONNECT WITH US

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The People's Patriot Project



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[https://thepeoplespatriotproject.org/  
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Crisis Hotline: 988-1  
PPP: 763-238-5971

# We Be People...

WE, THE PEOPLE, THE PEOPLE'S PATRIOT PROJECT, have adopted the Mission of Honoring and Empowering those who have served by being the shock and awe when combating the silent and deadly enemy of our veterans and first responders, the enemy that leaves mortal and invisible wounds.

## CORE VALUES

- Aid those who sacrificed for us
- Support the families of civil servants
- Heal the traumas of service
- Share the burdens of our community
- Create opportunities for Patriots

## OUR VISION

Our Vision is to provide a community and network of support, with the necessary tools, insights, and resources to aid in the rehabilitation of veteran and current service members and civil servants to go through a recovery process and transition into real-world opportunities and situations.

WE DO WHAT WE DO IN THE NAME OF HONOR FOR THOSE WHO HAVE SERVED; COMBATING THE SILENT, INVISIBLE, AND DEADLY ENEMY OF OUR VETERANS AND FIRST RESPONDERS, THE ENEMY THAT LEAVES MORTAL AND INVISIBLE WOUNDS.

WE want to help provide more fulfilling life memories and experiences by providing resources and facilities that will show an appreciation for the sacrifices and service these members have already provided to our country and community. Adding to their memories and experiences for the main purpose as they have sacrificed their livelihood to promote the life securities and freedoms we all share as Americans.



# WE GOT YOUR 6 @ 6

Every week at 1800 central time, we share our guests' stories on our live streamed Podcast. We come together to discuss anything from tragedy to triumph, music and laughter, and so much more. There is nothing separating us from the mission we set out to conquer! So tune in every Sunday at 6pm on Facebook and Youtube and be a part of the solution with us!

This month, we have some awesome guest speakers and musicians who want to do just that! Listen in as they offer empowerment and healing in the body and mind through peer support, intervention, mental and holistic wellness, art, music, self discovery, and so much more. There is something for everyone this month of August!

## NOVEMBER GUEST LINEUP



DATE	EPISODE NUMBER	GUEST
02-November-2025	#277	Anthony Raimondi, Conservative Ant
02-November-2025	#277	Chas Evans, Chas Evans Music
09-November-2025	#278	Jason McNamara, The No More 9 to 5 Club
09-November-2025	#278	Phil Beaver, Phirejets
16-November-2025	#279	Josh Holm, Steel Hope Foundation
16-November-2025	#279	Chuck Briseno, Musician
23-November-2025	#280	Sarah Lee, Way Point Vets
23-November-2025	#280	TBD
30-November-2025	#281	Madhuri Govindu, Psychotherapist
30-November-2025	#281	TBD



*Happy  
Veterans  
Day*

From THE PEOPLE'S PATRIOT PROJECT

Thank you for your service!

## When the War Follows Us Home

By Lauren Iozzio

It's something unspoken, unseen, unaided—  
A promise so heavy, yet quietly shared.  
The courage, the duty—so few who will dare,  
To give all they are, for the freedom we wear.

They're taught not to falter, not once to waver,  
Our country depends on each quiet savior.  
We pray for their safety, we miss them each night,  
While they carry our burdens through endless fight.

But when they return, they don't find the same view—  
There's an emptiness now, where once honor grew.  
Misunderstood, broken, and not quite revealed,  
They were taught not to fear—but they're never healed.

Stripped of emotion, of purpose, of peace,  
They're told that the fight ends, but it never quite cease.  
They said nothing could hurt us, we'd build a new life—  
Yet the pain and the silence around us are rife.

They say that they care, they say they all see,  
But their words don't align with our harsh reality.

It's time to stand up, to truly be tough—  
For our veterans—oh, how we're not doing enough.



## THE GODFATHER'S BOOTH

With Derrick Iozzio



Wow, it is near the end of 2025! November is here, and so are thoughts of holiday events and family gatherings. For many, this brings happy thoughts, and that something we call holiday cheer.

For others, the holiday season can bring about feelings of dread and sadness. This is especially true of those who are dealing with mental health issues. According to an article in NAMI (National Alliance on Mental Illness):

“And sadness can be challenging to cope with when all around you people are singing about how this is “the most wonderful time of the year.” How do you handle so many movies and ads broadcasting family and togetherness if you’ve lost a loved one or you feel all alone? What do you do with so many messages about everything being “merry and bright” when, in most places, it is quite literally cold and dark?

The truth is that, for many, this can actually be the most difficult time of the year. In 2014, NAMI found that 64% of people with mental illness say the holidays make their conditions worse. A 2021 survey showed that 3 in 5 Americans feel their mental health is negatively impacted by the holidays. And as we face a second holiday season during the COVID-19 pandemic, we know that more people than ever will be grieving someone or something during this time. “ (<https://www.nami.org/from-the-ceo/the-most-difficult-time-of-the-year-mental-health-during-the-holidays/> )

The weeks between Thanksgiving and New Years are said to be the “happiest time of the year.” But for many people, the holiday season is actually the saddest or loneliest time of year.

From financial strain to family dysfunction, the holidays can amplify existing problems. They can also introduce new issues, like the pressure to pick out the perfect gift or the pressure to host large holiday gatherings.

So it's no surprise that research shows mental health problems increase this time of year. A 2014 survey by NAMI found that 64% of people with an existing mental illness say their symptoms worsen during the holidays.

So if you find yourself feeling anxious for the holidays, you are certainly not alone. Here are a few steps you can take to prioritize your mental health during this hectic season:”

### 1. Accept Your Feelings

The holidays can bring up a range of emotions for people. Sometimes you can even experience seemingly contradictory emotions all at once. Try your best to acknowledge and accept your emotions rather than place judgment on them. It's OK to feel happy; it's OK to feel sad; it's even OK to feel both happy and sad. Give yourself compassion and allow yourself to sit with whatever you're feeling.

### 2. Maintain Healthy Habits

For many people, the holidays lead to a massive disruption in your day-to-day routine. But maintaining healthy habits like going to therapy, getting enough sleep and exercising are critical to keeping your mental health on track.

### 3. Set Boundaries

People like to be generous during the holidays, but that generosity doesn't have to come at the expense of having healthy boundaries. If hosting an event or buying an expensive gift is too stressful, it's OK to say no. It's also OK to limit the time you spend with family that you may have a complicated dynamic with.

### 4. Make Time to Connect

Connection and meaning are critical to our mental health. Make time for your important relationships and connect with yourself through self-care.

You can even connect with loved ones who are no longer with you through a family tradition or a personal remembrance ritual.

Patriot Pride!

## A QUEST FOR HIS LAST REQUEST

By Steven Bates

He laid in the VA, collapsed, reposed.  
His body connected, IV'ed, and hosed.  
Electrified, monitored, respirators on,  
There wasn't much time before his will was gone.

He raised up his finger, barely a twitch.  
Was it gesture or reflex, I couldn't tell which.  
His eyes followed the lift with a watery plea.  
I felt there something he begged to tell me.

I leaned forward, my ear to his lips.  
His hands reached for my arm with cold icy grips.  
His voice, weeks unused, now croaked alive.  
And he whispered these words that ignited my drive.

"My sons have hated me for all of their lives,  
Through all of my marriages, all of my wives.  
See, I left their mother when they were quite young,  
From that point on neither one was called son."

She filled them with hatred, destroyed my gifts,  
Demanded more money, and created huge rifts.  
I went to go see them at age two and three,  
And I'm sorry to say that's the last they saw of me.

I could've, I should've, if I'd been a better man,  
Tried harder to see them, to make a strong stand.  
Explain just what happened, why I had to leave,  
But then tragedy struck and caused them to grieve.

Their mother, still young, died tragic at home.  
No chance of goodbyes, no warnings to bemoan.  
Her passing brought pain and tortured their souls  
And I wasn't there to fill the void's darkest holes.

So now that I'm passing I must make amends,  
And show to my sons that their hatred has ends.  
I must say I'm sorry from a voice not my own,  
And if you'll echo my feelings, my soul could be known."

I promised the old man I'd search for his kin  
But with work, school, and family, I had no clue when.  
Then slowly his face took on a morbid, sad state  
As he resigned to the fact his request had to wait.

He sucked in a breath, rather large, filled his cheek.  
Then blew it out slowly, and in a voice soft and meek,  
"Isn't there some way they could know 'fore I die?  
Is there ever a chance for me you could try?"

I swallowed a gulp, I promised that old man  
I will do all I could, make every effort I can  
To find his two boys, relay his regrets  
Tell them he's sorry, ease all his frets.

So I went home that night, and packed for a trip.  
Kissed goodbye to my wife, while off to sleep she would slip.  
Started my car, pulled out of the drive,  
Wondering just now if the old man's still alive

I drove to his eldest, quite simple it was.  
He'd no reason to hide from his father for cause.  
He had a young wife, a daughter of two  
Introducing myself, I stated "How do you do?"

"I'm not here to cause drama", but I could see in his eyes  
These words from his Father came at no big surprise.  
"Of course, he's repentant, of course he feels blame.  
Of course, he sent you to beg pity on his shame."

"I don't need apologies, I don't need his guilt.  
I made it just fine without him or his ilk"  
But as I listened intently to this young adult son  
I thought of the veterans his dad lay dying among.

So I stopped the young man in middle of his rant  
And brought him to speed on his Father's death cant.  
I told of the sorrow, of his wish to make peace  
Before his frail body would give up its lease.

He stopped for a moment, emotions in place,  
Then choked back a comment as a tear hit his face.  
"Is he really dying? Is this really his end?  
Is his life truly over and you're his last hope of a friend?"

I described the deathbed, the VA, my quest, and  
How I promised their Father I would give it my best.  
He smiled ever weakly then held out his hand.  
Thanked me for coming, shook firm like a man.

His eyes teared up slightly as I spoke well of his Dad,  
Of the lives that he's touched, the adventures he's had.  
He stopped me mid-sentence as I bid him goodbye  
And told me these words after a long awkward sigh.

"I don't think I'll ever forget what he's done,  
But tell him I love him and am proud I'm his son."  
You've done him this service, this Quest like no other  
I thank you for me, my mother, my Brother. "

"I'll pass on your message to my Dad's other son,  
And grant you completion of a Quest you've well done  
Now go, tell my Father that all is absolved  
That his Last Request caused my heart to evolve."

"I know that he meant to always stay in our lives,  
And that I constantly blamed him for his many wives.  
He may not have been there, but he did pay support,  
Even though it was ordered and required by court."

"He wasn't a deadbeat, he paid what he owed,  
But according to Mother, he was worse than a toad.  
I know now she hurt, felt pain from his leaving,  
But now I've since learned some of her 'truths' were deceiving."

"I've come now to peace with my mother and dad,  
Now that I've heard both the stories they've had.  
I forgive both of them of whatever reason or fault  
That caused the actions of their feelings to halt."

"You may now return to the man I now call my Dad.  
Inform your Quest is completed, my Sir Galahad.  
Your honor intact, your mission complete.  
He may now leave this world to stand at God's feet."

I got in my car, slowly turning the key, and  
Thought to myself, what did I just see?  
A Father's great sorrow, and his son's pardoning,  
Of the guilt and the burden they've been carrying.

I returned to the hospital, went straight to his bed,  
But found the father was elsewhere instead.  
It seems once I left he had smiled once more  
And passed to the next life as I walked out the door.

He knew that my mission, my Quest I'd fulfill.  
And forgiveness he'd have if by only sheer will.  
So I stopped by to see him at the grave where he lay  
And I thanked him for the lesson I learned on that day.

The lesson was simple - don't wait till the end.  
Don't hope your sorrows are the quest of a friend.  
The chance may not come that your hopes will be heard  
And forgiveness will happen from a solemn sworn word.

Seek out those you've wronged, or you think you've offended.  
Make sure any grievance or feuding has ended.  
Rest on your deathbed without fear or regret,  
And go to your Maker with a soul clear of debt.

Then I thought of the ultimate Last Request that I knew  
Was "Father, forgive them, for they know not what they do".  
I know should I ever be asked once more for such quest  
I will give it my all, He gave us His best.

# SPONSOR SPOTLIGHT

OUR MISSION CAN ONLY EXIST WITH THE HELP AND SUPPORT OF PEOPLE LIKE YOU!

IF YOU OR ANYONE YOU KNOW WOULD LIKE TO BE A NEWSLETTER SPONSOR - SEE BELOW.

THANK YOU FOR YOUR CONSIDERATION AND THANK YOU FOR YOUR SPONSORSHIP.



## WE APPRECIATE YOU!

FOR MONTHLY SPONSORSHIP, PLEASE MAKE THE PAYMENT VIA VENMO OR PAYPAL @THEPEOPLES PATRIOTPROJECT

1/4 PAGE \$10.0

1/2 PAGE \$ 25.00

FULL PAGE \$ 50.00

# RESOURCE SPOTLIGHT

Check out our Resource Spotlight—a space to share valuable tools, communities, and connections that support mental health and healing.

## Poemspeak.org



Poemspeak, founded in December 2017 by Steven Bates and his wife, is a nonprofit organization born from the life-changing realization that a single poem can save a life. After learning that his own writing had helped a fellow veteran reconsider suicide, Steven chose a mission greater than fame—he chose to heal through words. Officially recognized as a 501(c)(3) in February 2018, Poemspeak shares free books and poetry with those battling PTSD, depression, and suicidal thoughts. Our mission is simple: remind those who are suffering that they are not alone. We seek and distribute poetry that offers hope, compassion, and understanding—because sometimes, a few honest words can make all the difference.

## Veterans Supporting Veterans



Check out the Veterans Supporting Veterans Group on Facebook. Shout out to Phillip Cook once again for recommending this awesome group. This public, supportive community offers a safe space for veterans and their caretakers. With over 10,000 people reached, it's a place to find understanding, encouragement, and connection (and even some laughs) from people who truly get it.

Know a helpful resource we should feature? Whether it's a helpline, Facebook group, or local service, we want to hear from you! Let's keep building a stronger, more connected community—together.