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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



WEP3RADIOLIVE



[https://thepeoplespatriotproject.org/  
home](https://thepeoplespatriotproject.org/home)



Crisis Hotline: 988-1  
PPP: 763-238-5971

# We the 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!

## OCTOBER GUEST LINEUP



DATE	EPISODE NUMBER	GUEST
05-October-2025	#273	Steve Lansing, Veterans Empowerd
05-October-2025	#273	Col (ret) Wayne Quist, Veterans Empowerd
12-October-2025	#274	Malissa Egan., Valor Healing
12-October-2025	#274	TBD
19-October-2025	#275	JJ Hardy, Author of Speak Up. Show Up. Lead.
19-October-2025	#275	TBD
26-October-2025	#276	Rnger Rick, Through Tragedy Comes Light
26-October-2025	#276	TBD



**VETERANS EMPOWERED**  
*Treating the Unique Needs of Those Who Served*

**VALOR HEALING**

# DIRECTOR SPOTLIGHT

Meet the faces behind the scenes. Those who work tirelessly to achieve THE PEOPLE'S PATRIOT PROJECT's purpose of addressing, educating, coordinating, providing aid, relief and resources to civil servants injured, misplaced and/or in need of support, due to the service they have provided to their country and communities. Those who seek to educate themselves and others on the issues that face our country.



MARK E. PETERSEN  
FOUNDER

Born in the rugged landscapes of Montana and raised in Wyoming, Mark E. Petersen has always embodied the spirit of service and resilience. Straight out of high school, he answered the call to duty, serving 14 years in the U.S. Army and Army National Guard. His military experience laid the foundation for a lifelong commitment to leadership, advocacy, and community building.

Mark holds a degree in Psychology and Education, with credentials in both Physical Education and Social Studies, and a Master's in Education. His early career was driven by a passion for helping troubled youth, leading to the development and construction of several residential treatment centers for young men—spaces built with purpose, compassion, and a vision for change.

After settling down and starting a family, Mark continued his service as a member of his local fire department. It was during this time that the vision for THE PEOPLE'S PATRIOT PROJECT was born, emerging from his former LLC, Providence Farms Enterprises Incorporated. Fueled by a deep desire to support veterans and first responders, Mark launched a movement that has since grown into a national force.

Under his leadership, The People's Patriot Project has achieved remarkable milestones:

**WE GOT YOUR 6 @ 6:00** – A nationally ranked livestream/podcast with over 250 continuous episodes.

**WeP3 RADIO** – The nation's only radio station dedicated exclusively to veteran and first responder music, featuring over 200 artists.

**Wreaths Across America** – Proud coordinators for Fort Snelling National Cemetery.

Hundreds of partnerships with boots-on-the-ground influencers and collaborators across the country.

Mark's legacy is not just in the programs he's built, but in the lives he's touched. With a son now serving in the Army and a daughter entering the medical field, his commitment to service runs deep. His mission is clear: to cast a beacon of hope, opportunity, and pride for those who've served and sacrificed.

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**ANDREA EICHMANN**  
**EXECUTIVE DIRECTOR**

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Andrea Eichmann was born and raised in Southwestern Minnesota. She is a wife, mother of five, and grandmother. She has over 25 years of experience teaching youth and confirmation age in her church. She is currently a seventh and eighth-grade Language Arts teacher.

Andrea met Mark Petersen and was inspired by his vision to help veterans and first responders. She has become one of the spearheads of the growth and dynamic planning of the People's Patriot Project. She is thrilled to be working with a team of supportive and striving people to make the mission and vision of the project a success.

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**LEE WILLIAMS**  
**MEMBER AT LARGE**

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Lee Williams is a veteran who was born in Brazil, raised in Louisiana, and has lived in Minnesota for almost 30 years. He has a family history of military service, and his grandfather served at Pearl Harbor. Lee served in the Louisiana Army National Guard from 1987 to 2003, and he is now a Right of Way manager for the Minnesota Department of Transportation's Metro Transit Section. He purchases property for light rail and bus rapid transit projects. Lee is married and has three daughters.

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**DERRICK IOZZIO**  
**COMMUNICATIONS DIRECTOR**

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Derrick is an Army veteran and former first responder. Originally from New Jersey, Derrick enlisted out of high school and served in the Army for nine years. After being honorably discharged as a Staff Sergeant (E-6), Derrick went into civilian law enforcement and served for seventeen years.

The experiences from the military and law enforcement were the foundation that led Derrick to pursue a degree in psychology and become a state-certified mental health peer specialist. Derrick continues to serve by addressing mental health issues, the suicide crisis, and homelessness. He facilitates mental health peer support groups, both in person and online.

Every one of us can do something. No degree is needed, and no special training is required. We just have to be willing to take the time to listen, to care, and to offer support. Join me and WeP3 to make a difference.

**There is HOPE! There is HELP! Patriot Pride!**

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**ADAM BIRD**  
**CONSULTING DIRECTOR**

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Adam Bird is the founder and CEO of Heroes Media Group, a digital media branding platform that provides a voice for community heroes and those who support them. Adam earned his bachelor's degree in business management and is an experienced entrepreneur with a passion for creating jobs and reorganizing the way media is consumed. He was born in Wisconsin and developed a love for the outdoors at a young age. After high school, he enlisted in the Army National Guard and served until 2007. He is now a single father and is committed to using his platform to help others.

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**LUKE PORTER**  
**MEMBER AT LARGE**

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**MATTHEW BIRR**  
**DIRECTOR OF PURPLE HEART**  
**RELATIONS AND OUTREACH**

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Matt grew up in Fridley, Minnesota, and served in the Army in Afghanistan. He was injured in a gunfight and received a Purple Heart. He is now a director of the People's Patriot Project, where he keeps everyone on their toes. Matt is a funny and inspiring person who loves to make people smile.



While I didn't serve in the military myself, I'm proud to come from a family with a strong tradition of service. I'm based in the Twin Cities, where I run Moving Tree Media, a company that helps small businesses and nonprofits tell their stories through video and social media. I began volunteering with The People's Patriot Project in 2025, supporting their mission by creating video content, managing social media posts, and helping share the powerful stories of veterans and first responders. It's an honor to play a small role in helping these heroes be seen and supported. Outside of work, I enjoy spending time with my family, flying my drone, and cooking. I believe in the power of storytelling to build community, spark understanding, and create change, and I'm grateful to be part of a team that's doing just that.

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# BOARD MEMBER SPOTLIGHT

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We are excited to introduce the newest members of our Board of Directors and celebrate the continued service of our existing leaders. Their combined experience, diverse perspectives, and commitment to our mission are what drive our organization forward allow us to advance our goals, and champion our values of community and network. For this month, we will introduce our newest members of THE PEOPLE'S PATRIOT PROJECT, but be on the lookout for future introductions of existing members. We're looking forward to the exciting work ahead!

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## BETH KING SOCIAL MEDIA MANAGER

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Walking the Road Together: A Journey of Service, Healing, and Purpose

It's an incredible honor to introduce myself as a new member of The People's Patriot Project. Becoming part of this mission-driven organization feels like both a natural next step and a full-circle moment in a journey that began over two decades ago.

In 2002, I started volunteering with the USO at Walter Reed Army Medical Center in Washington, D.C. Like so many others, I felt a deep pull to support our service members in any way I could. At the time, I didn't realize just how life-changing that experience would become.

While volunteering, I met my husband, James King, who had recently been evacuated after being severely injured by an IED blast in Ramadi, Iraq in 2004. His injuries were extensive, life-altering, and painful – physically and emotionally. He often says that moment was both the worst and best thing that ever happened to him. The worst, for the obvious reasons: pain, trauma, and an uncertain future. But the best, because it led us to each other. From that hospital room and those early, uncertain days, we built a life grounded in love, service, and purpose. Today, we have three beautiful children and a shared passion for the veteran community that continues to shape our lives.

Over the past 20 years, James and I have been actively involved in a variety of efforts aimed at supporting veterans, service members, and their families. From advocacy to peer support, from behind-the-scenes organizing to boots-on-the-ground outreach – we've seen firsthand both the heartbreaking needs and the incredible strength within the veteran population

In the last two years especially, our mission has taken on even greater clarity. Together, we have been building a veteran-centered community that promotes healing through laughter, authentic connection, and peer support. We've learned that humor – even dark, messy, irreverent humor – is often one of the most powerful tools for healing. When veterans gather and feel safe enough to be themselves, without judgment or pressure, they begin to open up. They begin to heal. And so do the families around them.

This journey has brought us into contact with many remarkable individuals and organizations that are committed to the same vision – one that recognizes a simple but profound truth:

“It takes a warrior to heal a community, and a community to heal a warrior.”

The mental health crisis facing veterans today is too big for any one group to fix alone. We've always believed that real impact happens when we come together – when we lay down egos, combine resources, and commit to collaboration over competition. Veterans and their families don't need fragmented services; they need a united front.

That's why joining The People's Patriot Project means so much to me. This organization isn't just about checking boxes or raising awareness. It's about action. It's about creating a space where veterans are seen, heard, and truly supported. It's about showing up consistently and standing in the gap – whether through outreach, education, advocacy, or simply being there when someone needs to know they're not alone.

As I step into this new role, I bring with me not only years of experience but a heart that understands the highs and lows of this life. I've seen the impact of trauma, the strain it puts on families, and the long road toward healing. But I've also seen the power of community, the strength of those who refuse to give up, and the beauty that comes from shared purpose. I'm excited for the journey ahead and grateful for the opportunity to serve alongside the incredible team at The People's Patriot Project. Together, we can do more than support veterans – we can change lives.



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**LAUREN IOZZIO**  
**FINANCIAL OFFICER**

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As a proud dependent of a U.S. veteran, I've built both my life and career around the core principles of service, education, and empowerment. I hold a Bachelor of Arts degree in Anthropology and Sociology from Texas A&M University and a Master of Science Degree in Social Justice and Criminology from Delta State University. Through my studies, I developed a strong passion for examining the ways in which cultural backgrounds, personal trauma, and systemic barriers influence people's lives, opportunities, and mindsets. I've always been driven by a desire to not only help people but to truly understand how our environments, histories, and experiences shape who we become.

Throughout my career, I've worn many hats, all centered around teaching, mentoring, and leadership development. I've served as a K-8 classroom teacher on the Pine Ridge Reservation for 5 years, where I worked closely with Indigenous youth to support culturally responsive education and self-determination. I also have the privilege of teaching as an undergraduate professor at Delta State University, where I guide students through complex social justice issues with empathy and academic rigor. In my current role as a Coaching Consultant with ThinkVirtues, I work with veterans nationwide, helping them reconnect with their purpose and navigate personal and professional transitions.

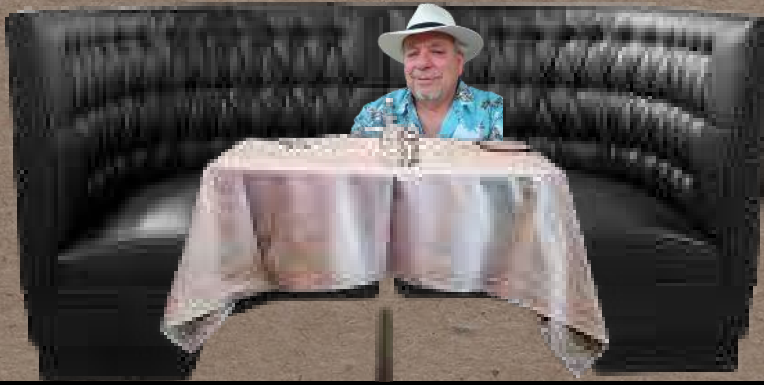
Additionally, I serve as the Financial Officer for The People's Patriot Project and am the face behind this Newsletter—both new roles that allow me to give back to the veteran community in a meaningful and sustainable way. In this capacity, I help steward resources that support mental and emotional health, resilience, and empowerment programs for veterans and their families.

My work is grounded in a lifelong commitment to learning, growth, and personal development. I believe deeply in the power of education, authenticity, self-actualization, and self-determination as tools for personal and community transformation. Supporting those who have served is not just a mission—it's a personal calling rooted in gratitude, purpose, and a desire to honor the legacy of those who've given so much.

Let us show up for ourselves so that we may show up for others!

## THE GODFATHER'S BOOTH

With Derrick Iozzio



### TRICK OR TREAT MASK YOUR MENTAL HEALTH?

OCTOBER MARKS THE ARRIVAL OF THE FALL SEASON. FOR MANY, THE ANTICIPATION OF HALLOWEEN, COSTUMES, AND THE TRICK-OR-TREAT PHENOMENON IS ON OUR MINDS. WHEN WE WERE YOUNGER, WE PUT ON OUR COSTUMES AND SET OUT TO GO DOOR TO DOOR ASKING STRANGERS FOR CANDY OR TREATS. WE NEVER GAVE IT A SECOND THOUGHT, JUST EAGER TO FILL OUR GOODY BAGS WITH THOSE SWEET MORSELS.

WHERE DID WE GET THE "COURAGE" TO SEEK TREATS FROM STRANGERS? WAS IT THE IDEA THAT WE WERE IN DISGUISE BECAUSE OF OUR COSTUMES AND MASKS? WE HAD CONTESTS FOR THE "BEST" COSTUME, THE MOST "ORIGINAL", ETC. IT WAS ALL FUN FOR OUR YOUNGER SELVES.

FAST FORWARD TO THE PRESENT; ARE WE DONNING A MASK TO DISGUISE OUR MENTAL HEALTH? IS IT AN ATTEMPT TO HIDE OUR DIAGNOSIS FROM OTHERS? IS YOUR "COSTUME" IN THE FORM OF ISOLATION? OR MAYBE ANSWERING "I'M FINE" OR "I'M OKAY" WHEN INSIDE WE ARE NOT OKAY.

THE TRUTH IS THAT YOU CANNOT MASK YOURSELF FOREVER. THE TRUTH IS THAT THERE IS HELP AND THERE IS HOPE. DON'T GET "TRICKED", ASK FOR HELP. THIS HELP CAN BE IN MANY FORMS, THERAPY, MEDICATION, AND HOLISTIC APPROACHES. YOU CAN FILL YOUR TRICK-OR-TREAT BAG WITH ANY OR ALL OF THESE. YOU DO NOT HAVE TO FACE THIS ALONE; WE GOT YOUR 6!

REACH OUT!  
PATRIOT PRIDE!

IF YOU ARE IN CRISIS- DIAL 988.

# GHOSTS, GOBLINS.. AND THE MASKS WE HIDE BEHIND

By Beth King

It's October—the season when the spooks, goblins, and costumes come out. Many of us are already planning what to wear for that upcoming Halloween party. But today, I don't want to talk about the costumes we buy at the store—I want to talk about the everyday masks we wear.

You know the ones. The mask you put on when someone asks, "Are you okay?" and you smile and say, "Yeah, I'm fine," even though your world feels like it's falling apart. The mask you wear when your partner asks, "What's wrong?" and you answer, "Nothing," even though you're silently struggling, or holding on to something heavy inside.

We've all worn that mask. Sometimes it feels easier than admitting the truth. But here's the thing: those masks get heavy. They isolate us. And they rob the people who care about us of the chance to be there when we need them most.

This month, let's normalize letting the mask fall. Let's practice being vulnerable—with our friends, our family, our partners, and even ourselves. Strength doesn't come from pretending everything is fine. Strength comes from being brave enough to say, "Actually, I'm not okay right now."

So as the costumes come out this Halloween season, I challenge you to check in—on yourself and on the people around you. Ask the hard questions, and when someone gives you the brave truth instead of the easy mask, meet it with love and support. You never know the difference it could make.

# OCTOBER MENTAL HEALTH CHECK



stop fearing the unknown  
start facing your ghosts



do not get tangled up  
with worry  
unwind and let go of  
things out of your control

DON'T FRET ABOUT THE FUTURE  
BE OPEN TO THE POSSIBILITIES  
AND OPPORTUNITIES



don't allow others to drain your  
energy  
surround yourself with those who  
support, love, and uplift you



never forget your  
power  
always remember  
your gifts



don't hide behind a mask this halloween  
lean into the best version of you



stop poisoning your thoughts  
instead cure and heal the parts of  
you you have been neglecting



# 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

This month, we're launching our Resource Spotlight—a space to share valuable tools, communities, and connections that support mental health and healing.

Our first featured resource is 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.

## Veterans Supporting Veterans



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.