

EXHIBIT 1

Dear Judge Chutkan,

I am writing you this letter for a few reasons. I feel like once I am standing in your courtroom a lot of my thoughts and feelings may not be conveyed in the way I would like. I want you to know how much I wish I could go back to that day and make different decisions. Entering the Capitol was an egregious error that I will spend years regretting and want to say to you that I am truly sorry and do apologize. I see now that most people will never understand why myself, and others chose to enter the building that day. I know now there were people in the building that had different intentions than I did, so I only speak for myself and what was in my mind and heart.

It is important to tell you I did not touch or harm or even threaten anyone. I walked in with a large stream of people. I had no familiarity whatsoever with the building interior, so I just followed behind the crowd. I immediately saw many phones and cameras in peoples' hands elevated in the air, so I took out mine again and started to film as well. I had no concept of time while I was in the building. I never knew how long I was in the Capitol or even what part I was in. My only goal was to reach the Rotunda to take photos and videos. In my mind, after reaching the Rotunda I had accomplished my goal. I had done what I thought at that moment was being patriotic. I know now that was a mistake and again want you to know how regretful and sorry I am.

I am embarrassed by reading now some of the things I said to friends on social media during that time. I hope you can understand that it was only talk. I'm physically only a shell of the guy I used to be. I am almost 52 with a wrecked body, so this is where my mouth gets me into trouble occasionally. It is hard to admit to myself, let alone a stranger, that all I do now mostly is talk a lot of mess. The messages were trying to sound tough and even included stories of things I never did to sound tough and act as if I was more involved than what I actually was. I never attacked, hurt, or even touched anyone ever at any political event that I've ever been to - especially in Washington DC. I used social media to create a Persona through memes and political posts. I barely follow sports anymore, so this became my hobby as I thought it was my way of doing my part, since I'm not a hero that serves this country like my friends have and still do.

I was never there to attack anyone, especially the police. I have total respect for Police Officers and the Military. In fact my Father is a retired police sergeant and I was raised to always have respect for law enforcement. I have never been part of, or ever attempted to join any extremist groups. I have always loved our country and just thought I developed my own method to help defend my beliefs and the beliefs of many. I was the best man at my longtime friend's wedding. He is a retired Marine sergeant with multiple bravery awards including a Purple Heart. Another extremely close friend is still active as an E8 in Special Forces Green Beret with multiple awards including Bronze Stars for Valor. With guys like them in my life, as well as several others I could mention, Your Honor you would know I truly meant no disrespect to this country. I only know now I did nothing to prove it that day.

Some of the worst memories of this ordeal will be the embarrassment I have caused for my parents, sister, family members, and especially my daughter. None of them deserve the issues and stress I have brought into their lives because of my poor choices. My father was taken by ambulance Monday, November 28, and as I write this letter is still in the hospital. I can't help but wonder what the stress of my upcoming hearing is doing to his health. My parents are 78 and 76, and have been married 56 years. Unfortunately they are both in failing health. I absolutely hate knowing what I did still affects their lives. I have always treated politics as an important interest and hobby. This dates all the way back to my peers voting me Class Treasurer in my senior year of high school. I have met and shook hands with lots of politicians including Bob Dole and George W. Bush. I have always had people look up to me and count on me for leadership, especially in sports. I was always picked as defensive captain of the multiple football teams I was part of. From high school, to college, then two years of Semi-Pro. I boxed at the amateur level for ten years, then fought professionally in West Virginia Tough-Man competitions. Speaking publicly about fighting may seem completely absurd to most people, but to me it is just a part of my past as an athlete.

Out of college, for close to 12 years I owned my own commercial cleaning company, a small business with 10 employees. I did real estate in the early 2000's for Northwood Realty. I was head of security for Hard Rock Cafe Pittsburgh for a time. I've also worked as a Private Investigator for a large attorney firm in Pittsburgh. A good friend who actually ran for Democratic State Senator some years back hired me for the position. I used to volunteer for youth ministries through my church. I worked over 3 years as a Juvenile Counselor at "The Academy" in Baldwin, PA until 2012. This job ended because I was driving a school van transporting students to the Homewood C.I.S.P. program. At approximately 4:30pm my van was hit with gunfire. This unfortunately ended my days of counseling. I then started my career path in the Oil and Gas industry. I started at the bottom, working weeks on end. I lived in hotels out of town with no days off, sometimes up to 50 or 60 days straight. I would travel across the country from North Dakota to Texas, PA, Ohio, and West Virginia. My work is dangerous and filled with hazards. Let's just say I have had many scary experiences on well pads that gave me the incentive to move up the ranks as fast as I could. Getting out of the field became my new goal. I used my leadership skills to navigate quickly to high management levels. In a job that typically takes many years to acquire I had done it quickly. This made me proud and financially secure.

However entering the Capitol has ruined and destroyed my career. These last 2 years have been devastating. My girlfriend and I lost our baby after a 6 month pregnancy. I lost my dream job. My income and my security. My life insurance. My savings. My truck. My home. Everything I own is in a storage unit. I have missed funerals, weddings, special events, and most importantly, quality time with my loved ones. My poor choices have caused me severe anxiety, depression, stress, and triggered health issues like high blood pressure. I have quit watching or paying attention to any type of politics. I am disgusted with and permanently off all social media. I am done caring or paying attention to any of the ongoing drama in our country. I will continue to focus on my daughter and parents. It will take years to attempt to recover what I have lost. I believe that some of us will never see things in the same way or perspective. What I do believe is we should respect each other and find the common ground in each other. If you look hard enough I believe it is always there somewhere.

I hope Your Honor that you can understand that I have had my life changed forever. I only hope I can start making positive strides again very soon. My promise to you is to continue to grow and become a better person. I just hope you have the trust in me to do so. I will continue to adhere to the strict guidelines of Pre-Trial services and wait for your decision on the 19th of December. In closing I appreciate your time in reading my letter. It is written with all sincerity. If I could please just ask you Your Honor to consider the penalties I, and more importantly, my family have already incurred over the last 2 years when considering my sentencing. I would be grateful to you for that. I honestly have remorse for my actions and I truly do apologize to you and our country.

Sincerely,

Kenneth D. Grayson Jr.