

# **EXHIBIT**

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Timothy Sheehan

[REDACTED]  
San Diego, CA, 92107

Re: Noah Bacon

To: The Honorable Christopher Cooper  
The U.S. District Court for the District of Columbia  
333 Constitution Avenue N.W.  
Washington D.C. 20001

My name is Timothy Sheehan and I have known Noah Bacon and his family for over 22 years. Because of this close relationship, I am well situated to comment on Noah's character and standing in the community. While I have not lived near Noah in many years, I can speak to what I know from our relationship that began in childhood and has continued through regular trips and meetups over the years. While I personally find the actions of those who participated in the attempted insurrection on January 6th, 2020, to be reprehensible, I also firmly believe that society would be vastly better off with Noah able to continue to work and give back to his community rather than being locked away in prison.


Since a young age, Noah naturally gravitated to the role of mediator. During pickup football games in his backyard, Noah would find a way to break up fights and settle disagreements while somehow staying out of them himself. In Boy Scouts, Noah was the natural pick to lead our patrol and did so for the did so for the entire 3 years we were in Scouts together. Noah took to the position naturally, constantly thinking of others and looking out for the smaller/weaker members of our patrol. Mature beyond his age, I distinctly remember a 13-year-old Noah making sure a group of 11–13-year-olds peed before we went on a long hike. In our early 20s, a bunch of friends went camping on George Head Island of the coast of Maine a few summers in a row. Noah was the only person who could captain the boat and as a result was directly responsible for the well-being of everyone on the island. Noah naturally directed a group of 10+ college aged kids to form a fire line to move our luggage onto the beach and ensure we left the island how we found it.

For most of his adult life, Noah has been seriously interested in healing others. This has taken the forms of deep research into the impacts of diet, to becoming highly trained at leading yoga and meditation classes. While many of Noah's approaches are non-traditional, I believe he

has a passion for helping others in this way. Noah led yoga classes for my group of friends and has used a form of mindfulness-based healing on me that gave me instant emotional relief over a recent break up. I know Noah taught yoga/ meditation classes for senior citizens and received high reviews for his work with this community. If Noah can continue to work on himself outside of prison, I believe he can continue to be a valuable member of his community through whatever work he can find.

Noah loves and is deeply loved by his family including his parents Rob & Sonia, and his two younger sisters Sofia and Maggie. Over the 22 years I have known him, I have never seen him commit or condone violence and can't even him remember speaking poorly about anyone behind their back. As far as I have ever seen or heard, Noah respects women and those of all races, ages, and backgrounds. While Noah made a grave mistake on January 6th, he has worked hard to improve his standing in community since then. He has been working any job he can get and has been taking online classes to improve his employment opportunities. I'm hoping you will consider these factors, and the potential for restoration rather than incarceration, when deciding on a sentence.

Regards,

  
Timothy Sheehan