

EXHIBIT #1

LETTER FROM PAULA CONLON

To: Hon. Jia M. Cobb
United States District Court
Courthouse 333
Constitution Avenue, NW
Washington, DC 20001

Re: United States vs Paula Conlon

To the Honorable Judge Jia M. Cobb:

My name is Paula Conlon. I am the named guilty party in the above case. I would appreciate if I may have the opportunity to convey some things about who I am as a person and humbly ask you to consider taking them into account when making your ruling in this case.

I am the 5th born child in my very large Irish Catholic family of 9 children in total. I was blessed to have had two of the most loving, caring, patient and understanding parents any child could have prayed for. My father was a Civil Engineer and he was the Chief Engineer at Dulles and Reagan National Airports, before he retired after 33 years of service. My mother was a Registered Nurse and practiced at University Nursing Home for 13 years and then the next 11 years for Montgomery County in the clinics that served low income clientele in all areas of family medicine. Both of my parents had a heart of gold. Both also had a firm faith as Christians and their caring nature always portrayed kindness and a sense of caring for others. These two individuals, through their example, portrayed a clear path in regards to what it would take to become successful adults. I am happy to say all my siblings, and including myself, have succeeded in following in our parents' footsteps to the best of our abilities.

Growing up in such a large family was not always easy. There were times when it was difficult to have individual one on one time with our parents. We also learned at a young age that if we were going to get the things that didn't fall under necessities, we were going to need to get a job and earn the money for the extras. Growing up, our family had 3 separate news paper routes that we delivered papers for. As soon as our parents deemed us old enough to safely handle the job, we were given part of a route in which we were responsible for. This was our first source of our own income. Our father was always involved and I remember fondly of how he would always get up with us each Sunday morning, putting inserts in 100's of papers, then drive us around and help with the deliveries because of how heavy the papers were on Sunday's. That's just typical of the kind of father we had.

At 13, I got my first independent job as a server in a small sit-down counter/diner that was located in the back part of the drug store "People's" which has been renamed to the drug store we all know as CVS. I worked my way up to a cashier on the register in the main part of the store and continued to work there throughout High School. I attended The Academy of the Holy Names in Silver Spring, MD. This was an all girls Catholic High School. We all attended Catholic School from grades 1 thru 8 and then my parents gave us the opportunity to choose between private or public high school. This was largely due to the cost of private school and my parents wanted to ensure we were committed before they put out the money for tuition.

I married right out of high school. While previously dating, my soon to be husband had joined the Navy and we had found out that he was to be transferred to California. We were in love and wanted to be together, so we got married and moved to California together. I had 3 children by the time I was 23. Also during my time in California I went to school in Oxnard and graduated after one year as a Certified Medical Assistant. I knew that I would still need an education in a profession that would allow me to be

able to help support my family.

It was also around this time that I began to struggle with personal issues and alcohol was becoming a real problem and struggle for me in my life. At 24, I began going to Alcoholic Anonymous support groups and I was able to remain sober for the next 21 years. My first marriage ended after 10 years. Afterwards I met a man in AA and we fell in love. We were both in recovery and going to AA, he eventually moved into the house I had purchased when married and I got pregnant again at the age of 28 with my 4th child. Shortly after having my son, my then boyfriend relapsed back to drinking and it became a series of small stents of sobriety for him and then he would begin drinking again. Eventually I had to make the very difficult decision to have him move out because the pain was becoming too great and I had four children that needed me. I ended up raising my youngest son on my own and without any financial assistance from his father, eventually after 13 years he did get sober again and has been able to maintain sobriety since that time.

Later down the road, I married again and I was afforded the opportunity to be able to apply for full time nursing school. I was accepted at the age of 36. I worked 25 hours a week, went to school fulltime, maintained my household and raised and tended to 4 children under the age of 18. Those were my most challenging days at times. I did well in nursing school and graduated at the age of 38. I passed the NCLEX exam on my first attempt and from there I started a career in Emergency Nursing for the next 15 years, and the last 6 years I have worked in a Nursing Home setting.

I have faced many challenges along the way; several failed marriages and a very bad relapse to alcohol in 2016 that lasted about 9 months. This relapse had many contributors but the main one being that my youngest son, Devin, had also developed a horrible drinking problem right out of high school. My son went from a straight A student all his life and MVP of all his sports teams to a full blown alcoholic in a very short period of time. The 10 years I endured some of the most painful experiences a mother could possibly endure, up to and including that my son was shot by the Montgomery County Police on the very court that I had raised my family and lived on for 30 years. My son was in a blackout and he was wielding a broken BB gun and since there was no way to tell the difference in the weapon he was holding, the police had no choice but to shoot my son. He was shot 2 times and ended up on a ventilator in the ICU for 13 days. He miraculously survived that ordeal. The stress of those years got to me very badly and that's why eventually I, too, picked up a drink again. It was my Mother's support and my faith in a loving God that finally allowed me to find sobriety once again and I have remained sober since March 13, 2017. I am an active member in Alcoholics Anonymous, I attend meetings and I have a sponsor. God has been my one true source of strength that allowed me to get sober again and He has also been my source of strength throughout this ordeal that I am currently facing.

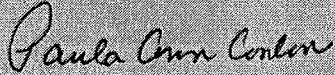
I work as a Nursing Supervisor currently. For the last 3 months I have been at a new position at Peak Health Copper Ridge in Sykesville, Maryland. Before that, I worked at Diakon Senior Living for 3 years where I remain an employee on an as needed basis. I worked throughout the pandemic. It was a tremendously difficult time in my career as I had to care for and watch over 50% of our patients succumb to COVID. One of the hardest aspects for me during that time was the inability for loved ones to be able to come and hold their loved ones hands as they were dying. It was so difficult for me to see the pain and heartache that so many people were facing. I had the privilege to be able to hold their loved ones hands for them. I gave of myself every day during that time, until I felt I had nothing left to give. It was draining both physically and emotionally during those long months.

I am grateful the hardest days are behind us now. I was grateful that God could use me as a catalyst for so many suffering families. Although nothing can make up for the loss so many people experienced during that time.

Your honor, in closing, I would just like to tell you how incredibly wrong I was in the decisions I made on January 6. I got caught up in the moment. I never for one second had any intention when that day

started out of ever entering the Capitol Building. When I did enter I realized within seconds what a mistake I had made and I left within just a few moments. The decision to enter is one of my biggest regrets. I apologize to the court from the bottom of my heart. I have paid a huge consequence for my terrible decisions that day and I am heartfully and sincerely so very sorry for my part. I hope you can find mercy when making your ruling. Something like this will never happen again where I will be involved. I would be so grateful for the opportunity to allow this to come to an end now and please believe me when I say how deeply sorry I am and that I have truly learned from this horrible mistake.

Very Sincerely Yours,

A handwritten signature in cursive script that reads "Paula Ann Conlon".

Paula Ann Conlon