

[REDACTED]
8 June 2023

Re: US v. Armstrong III, CR 22-45 RCL

Your Honor:

I am Ken Armstrong's oldest brother and want to offer some words about his character.

I understand he has pleaded guilty to illegally entering the Capitol Building 1/6/21. I believe that he has not tried in any way to escape or deny responsibility for his actions. I feel he is a far greater person than these actions would suggest.

He really cares for others. He really follows his commitments.


Parents. He learned the travel film industry from our parents, not so much due to interest as that he was committed to supporting them doing what they loved as their health failed. He shepherded our father through months of depression after our mother died, driving him to appointments, keeping him in contact with his friends, cooking for him, managing the house and helping to put their business to rest. This was truly an heroic task, spanning several years, taking compassion and tenacity and patience. He was so reliably kind and helpful to them, a relief for me, too, since I live in the east.

Work. After our father died, Ken started his own aquaponics business from scratch. He hired local community members, many of whom were under- or unemployed, to help build his farm's infrastructure. He felt very strongly that his earth friendly method of farming should produce health food and healthy work. As one of his most valued workers developed a serious medical problem, he frequently took time off his job to care for her. He might take the employee's daughter to school, or to after school programs, ensuring that she maintained her growth and development while her mother recovered. And when his business crept to a standstill with the arrival of Covid, he continued operating his farm, himself delivering countless bags of fresh produce to food shelves throughout the Bay Area.

What he did in Washington was a serious crime. I just don't see him as a bad or angry person. He's a guy who cares about family, about the greater world and his local community, about making and keeping commitments. I feel he will accept whatever sentence is given to him with grace, and will recommit to working hard, keeping his community going.

Thank you, your honor, for considering my words as you consider his sentence.

Sincerely,



Brad Armstrong

June 8, 2023

The Honorable Judge Lamberth
In Care of David Rizk
Office of the Federal Public Defender
450 Golden Gate Ave., 19th Floor
San Francisco, CA 94102

RE: US v. Armstrong III, CR 22-45 RCL

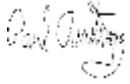
Dear Your Honor Lamberth:

My younger brother Kenneth Scott Armstrong, III was arrested and charged with criminal activity related to being on the grounds of the US Capital on January 6, 2021. This was a serious error of judgement and deed on his behalf, and I know that he understands the gravity of his terrible behavior and will not repeat any such behavior because he believes it was wrong and understands that a functioning society must obey its laws. I am writing to offer you insight into the traits of Ken Armstrong that make him a good human being and positive contributor to society, apart from his misdeed on January 6, 2021.

Ken is an extremely thoughtful and empathic son, friend, mentor, and entrepreneur. Before our father Scotty's passing, Scotty was devastated by our mother Bettine's death; Ken diligently looked out for him with work-companionship (traveling the world with him and tour groups), and with frequent visits to his house for dinner and conversation. Being a good son was invaluable to helping our father get through his grief and recover. Ken's friends seek out his company, as he is a well-read, upbeat, and engaging conversationalist who enjoys intellectual discourse. Despite breaking up with his former live-in girlfriend Jessica, Ken remains in weekly contact with her to mentor her daughter Emma, as the two became close during Emma's formative years, and I believe that Ken is her male/stepfather role-model. And with regard to the positive contributions to society of Ken's entrepreneurship, after our father passed away, Ken taught himself how to build and operate an aquaponic farm, which he has run for many years now. The farming techniques involve a closed system wherein fish emulsion in water feeds vegetables in a closed loop. The plants remove emulsion as food, which cleans the water, which is then returned to the fish. Ouroboros Farms supplies the highest quality vegetables to some of the most acclaimed local Bay Area restaurants. Ken's self-taught expertise has become acclaimed in the industry, and he has consulted to high profile companies such as Google, Air BNB, Etsy and more. He has given presentations at organizations such as The Rotary Club, the Elks Club and numerous garden clubs. He teaches popular classes in aquaponics at the farm which range from beginner classes to commercial applications, and he hosts between 2 to 3 school tours each month which represent grade ranges from kindergarten to college level.

While I acknowledge that Ken committed a Class 2 Misdemeanor crime, I know he has owned that what he did was wrong, and hope this letter offers some insight into the good sides of Kenneth Armstrong and his positive impact on society and his communities. For more information, I can be reached at [REDACTED] or [REDACTED].

Sincerely,

A handwritten signature in black ink, appearing to read "Paul Armstrong". The signature is written in a cursive style with some loops and flourishes.

Paul Armstrong

From: MaryAnn Gutoff
[REDACTED]

To: The Honorable Judge Lamberth

Your Honor:

While I realize that Ken Armstrong has pled guilty to demonstrating in the Capitol Building and I do not support his choice, I do support him as a friend who I have known since he joined my church community in 2010.

I am part of the service arm of the church called "The Love Awakening," which is designed to support the local community through acts of service. For many years, Ken was an active member of this church group. One of our regular activities (until the Pandemic shut us down) is making monthly visits to senior living homes, where we sing golden oldies for the residents and then visit with them one-on-one after the performances.

Ken is a very good-hearted and generous person. For example, when I was starting my healing practice, he gifted me with \$600, which I used as an "angel fund" to provide free sessions to people who couldn't otherwise afford them. His anonymous gift supported me in getting my practice rolling and supported people who needed sessions.

He started an aquaponics farming business about 10 years ago. His mission was to bring fresh healthy food to more people while using 1/10 of the water used by conventional farming. He has persevered through business ups and downs, supplying organic greens to restaurants on the coast and in the San Francisco Bay Area. Each week, instead of conveniently composting the excess, Ken donates the produce he doesn't sell to local food banks. He also offers this very high quality organic produce to church members at the end of every Sunday service. People pay only what they wish to donate and then Ken donates the proceeds to the church.

He also took his former girlfriend's daughter under his wing after their breakup and continues a very positive and supportive relationship with her in his role as honorary stepdad. They still get together for dinner once a week and Ken provides backup rides to school when called upon. I know Ken's consistent love & support is very important to young Emma.

I sincerely consider Ken to be a productive and actively positive member of the community. I thank you for taking his many contributions into account at his sentencing.

Sincerely,
MaryAnn Gutoff



Dr. Laura Enfield
Licensed Naturopathic Doctor & Acupuncturist

June 7, 2023

To: The Honorable Judge Lamberth

RE: *US v. Armstrong III*, CR 22-45 RCL

Your Honor,

I am writing on behalf of my friend Kenneth Armstrong III. I have known Ken since 2010. We met at a function called the Love Awakening Festival. It was an annual gathering put on by our church. He then came to church the next day. It was from this point on that he started regularly attending church and we became close friends.

I understand that Ken has plead guilty to parading, demonstrating, or picketing in a Capitol Building and the seriousness of this charge. I would like to share with you how I know Ken as a person.

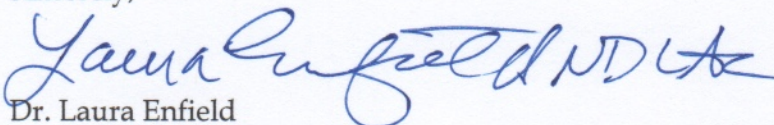
Over the past 13 years that we have known each other I find Ken to be a generous, caring, and gentle person. He has spent his career as a farmer training others about the environmental and social benefits of aquaponic farming. He is passionate about his farm and the food that it produces, which is delicious.

Ken also had a long-term relationship that in the long run didn't work out but he did develop a close and caring relationship with his girlfriend's daughter. Emma was about 9 or 10 years old when Ken and her mom first started dating. Ken gladly stepped in as a positive male figure in Emma's life. He cultivated a supportive and loving relationship with Emma that has maintained to this day.

The last thing I'd like to share is about Ken's willingness to lend a helping hand. There have been numerous times where I've asked for help and he has said yes with no question. One time was when I wanted to repaint my office and another was when I needed help moving things in my office. Neither of which were fun but he willingly said yes.

Your Honor, I know that Ken has committed a serious crime and I hope that this little glimpse into his true nature will be considered when imposing the sentence. Thank you for your time.

Sincerely,


Dr. Laura Enfield

The Rodan Foundation

Reverend Clarke Carraway



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BURLINGAME, CA 94010
carraway@rodan.org
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(650) 347-8911

June 6, 2023

The Honorable Royce Lamberth

Re: US v. Armstrong III, CR 22-45 RCL

Dear Judge Lamberth,

Ken Armstrong has been a valuable member of our church for 13 of our 42 years in Burlingame. I am aware that Ken has pleSd guilty to parading and demonstrating in a federal building, as Ken has sought counsel from me after this incident.

Over the years Ken has demonstrated great dedication, integrity and compassion for his fellow man. Concerned about the food sustainability of our environment, Ken, during his early years with our church founded Ouroboros Farms, an aquaponic farm in Half Moon Bay. A generous individual, Ken provided housing and employment to many in our church. After Ouroboros Farms became established, Ken began sharing his produce weekly with our congregation after our church services, a practice he continues today.

Ken has thrived in leadership roles he has grown into in our church. Several times a year he leads our church services, and in my recent absence, he has given inspiring lectures in the last two months, lectures that inspire our congregation to dig deeper in their religious awareness.

I look forward to continue working with Ken, assisting him as he learns and grows from his triumphs and failures.

Sincerely,

Reverend Clarke Carraway
Minister

CEC/sls