

# Exhibit 7

The Honorable Richard A. Jones

Dear Judge Jones,

I fully accept responsibility for my actions from five years ago. I was going through a difficult period in my life and was making reckless choices. This was a mistake that I wish I could take back, but unfortunately I am unable to. I made a costly and terrible decision that affected my family, friends, career, and relationship. This was not the first time I've made a mistake, however this is the one that impacted me more than anything else has in my life.

The conduct in this case occurred at the same time as the conduct that led to my earlier conviction in King County. I believe that the criminal justice system worked in that case. I pleaded guilty, served my sentence, underwent a psychosexual evaluation, and participated in therapy. I learned the root causes of the issues that led to my past reckless behavior, and learned how to successfully deal with them. During these last five years, I have made significant improvements to my mental health with regular counseling and therapy. I have built a better support system to deal with my faults and flaws. I have not engaged in any illegal conduct during this time. Instead, I built a life with my partner and have been working consistently as a valued employee in an industry that needs workers. I am a highly-skilled tradesman and aircraft avionics electrician.

The poor decisions I made in the past do not represent who I am today. I have made a better life for myself today, and believe I am, and will continue to be, a contributing member of society.

I am asking the Court to impose a sentence that allows me to focus on therapy and continue working. Therapy and strong relationships are the most helpful resources I have. My family and therapists are the most powerful tool that I have at my disposal. I am fully committed to improving myself and those around me through continued perseverance and guidance from my peers.

Today is my rock bottom, tomorrow is my hike back up the mountain. Thank you for your time and consideration,

Matthew John Grabowsky

A handwritten signature in cursive script that reads "Matthew Grabowsky".