

EXHIBIT 1

VICTIM IMPACT STATEMENT

Victim: Victim-Witness Coordinator FCI Pekin
Bureau of Prisons
USAO Number: 2018R00023
Court Docket Number: 18-CR-00069

Insert the impact of the crime here (or, if a separate victim impact form is attached, please use that form to describe the impact of the crime):

Mr Grimes, I pray that you get the help you need. I have been through a lot in my life and this ordeal has by far been the worse situation. I havent slept a full night in months. The recurring dreams keep playing over and over like a broken record in my head that I wake up in cold sweats. I even sometimes wake up erratically crying from dreams where the image is of you trying to kill me for telling on you. When I hear the clingy sound of keys, my heart beat races and I immediately become very anxious and nervous. Because of all that has occurred from this situation, I do not respect men in authoritative roles anymore. The emotional distress has caused me to believe that those type of men abuse their power therefore resulting in a lack of trust. I have isolated myself from others and I often times feel as if the walls of the world are closing in on me. All of this has led me to disclose to my family what has happened to me which was very uncomfortable for me to do. I also disclosed to my family that I am seeing a mental health therapist in order to help me with coping mechanisms and solutions for PTSD (post-traumatic stress disorder). I was unable to cope with what you did to me and I'm still suffering from it today. I've watched television shows and saw things, like my situation, happen in the movies. I never in a million years would have thought something like this would have happen to me. You abused your authority and power,

you abused your position of trust, and you manipulated me into getting and satisfying your own personal desires. I thought you were someone with respect and integrity who gave wise counsel and advice while being genuinely concerned for me as a person. I was definitely wrong. All of your persuasion and manipulation and control were for your personal gain at the expense of my well being suffering. What has happened to me has changed the course of my life forever. I am a different person both mentally and emotionally which in turn has affected me physically resulting in ailments occurring in my body that I've never experienced before. I want to scream and cuss at you. I want to tell you how much I hate you. At the end of the day, what good would that do because I feel like you could care less. I hope you know deep down inside of me that I'm forever changed, and I have a long road of recovery to get back to a place that I love myself. What you did to me was disgusting, it wasn't right and has hurt me to my core. I hope you turn from your wicked ways. I wasn't strong enough to tell someone sooner about all that was happening and the pain and anguish you caused me. I have forgiven myself. I also must forgive you because that is what God says I should do. I pray that in time I can forgive you. I am an over comer and I am determined to over come what has happened to me, one day at a time. I believe whatever sentence you receive, you deserve it. The day I started to heal was the day I could talk about what happen without being afraid