As a concerned citizen of Portland Oregon I would like to advocate for reform of our police force. We need to limit police violence against people they are supposed to protect.

De-escalation protocol, NO choke holds, stop no-knock warrants for minor offenses, an officer's record of conduct and any reprimands, killings or discharge from duty should be in his / her file for employers to see.

All officer training must include de-escalation classes re certifying every year that the officer is listen to perform the duty of protecting the citizens. More funding for root causes - housing, health care, equality in lending, work and education, opportunities. The democratic proposal on honest police reform includes such items as :

- "....setting national standards, such as mandates for federal uniformed officers to wear body cameras and banning chokeholds.
- "....overhaul qualified immunity for cops so it's easier to sue them in civil court.

Let's follow the reforms and others proposed in June 2020 in the Justice in Policing Act 2020 the democrats developed. We don't have to re-invent, we need to implement what has already been proposed.

House Democrats unveiled legislation to offer a blueprint for reforming policing policies in what is expected to be a massive bill focusing on holding law enforcement officers accountable for any misconduct and increasing transparency.

The bill, led by the Congressional Black Caucus, was announced in a press conference with House Speaker Nancy Pelosi, Senators Cory Booker and Kamala Harris, and other congressional Democrats. The bill is 136 pages, and includes reforms to make it easier to prosecute police officers for misconduct in civil court. Text of the bill, called the Justice in Policing Act 2020, was provided to CBS News by a House Democratic staffer.