Happy Birthday, Rex! I actually woke up this morning and thought about you, then FB informed me that it was your birthday. So, I took that as a sign...that I should communicate to you what was on my mind.

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Here are some snippets that made sense to me: "Most police recruits spend about 60 hours on how to shoot a firearm, but they only spend eight hours learning how to de-escalate situations. But 9 out of 10 encounters that officers have on a daily basis are simply by having a conversation..."

Ray Rashawn of the Brookings Institute, who spoke of a training program at LASSR (Lab for Applied Social Science Research) at the University of Maryland for police officers.

KING: Tell me what LASSR means.

RAY: So LASSR is the Lab for Applied Social Science Research. It's at the University of Maryland

He also said: "one big recommendation I have - police officers need housing assistance that mandates that they live in the metropolitan area where they are policing because community policing isn't about getting out, playing basketball with a kid in your uniform; community policing oftentimes is what you do when you're not on duty, the way that you're invested in a neighborhood."

This all made sense to me. And I thought, What can I do to help. Then, I thought of you. Because you were very invested in the city and as a public safety director, would understand where reform is needed. I know it takes money to spend more time training police, but what is the norm now is not adequate, when bad apples get through to do damage and take it out on the public. Tear gassing peaceful protestors, just because they wanted [them] to go home? Really!

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I felt the sting of the "tear gas", all the way to 5 Points, as I was riding through downtown as it happened... I saw the crowd, they were peaceful, just weren't ready to leave at 8 pm, which was the advertised end time of the planned protest event, per my FB reminder. We can do better.

So, I'm asking a favor, Rex. Look into it. LASSR or some innovative police training that can make a difference. And figure out how to legislate the funds to make it happen.

Please.