

# TRUTH BE BOLD

## THE REEDERS BLOCK NEWSLETTER

[THEREEDERSBLOCK.COM](http://THEREEDERSBLOCK.COM)

Amazon Employee Dies after Being Stabbed at Amazon Warehouse in Berkeley: A Video News Report by FOX 2

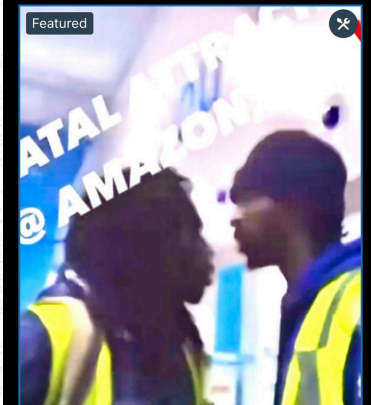


Photo of Patrick Thrower (Left) and Kenneth Anderson-Lane (Right) arguing moments before the fatal stabbing.

### TOP STORY: AMAZON WORKER DIES AFTER BEING STABBED BY COWORKER DURING FIGHT OVER FEMALE COWORKER

An Amazon employee stabbed another Amazon employee to death at one of Amazon's warehouses in Berkeley, MO on Sunday, January 12. 41-year-old man Patrick Thrower stabbed a 31-year-old man during an altercation over a female coworker. The victim died of a single knife puncture to the heart. The coworker has been charged. The story is covered by video by [FOX 2 News of St. Louis](#) in the article and in text by TheReedersBlock.com.

Video of the argument and part of the physical altercation just before the incident are available in the [article](#). Check it out, and subscribe.

### RIDDLE ME THIS

What is the answer to the riddle? Take some time, kick back and mull it over with your favorite drink and a friend. Relax a little.

The Hint: Read it twice.

Email your answer to be featured in the next issue's answer reveal.

Last Issue's Answer Reveal: Money is what people make, save, change and raise.



Mississippi has  
four S's and four I's.

Can you spell that  
without using S or I?

### THREE JEWELS

Everybody can do anything better than anybody else, until it's time to prove it.

Your odds of being born were 1/400 trillion, so you're not here by accident.

"Love" is an action word.



# HEALTHY REEDER TIPS

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### RELIEVE ALL YOUR STRESS WITH ASHWAGANDHA SUPPLEMENTS



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Sometimes, you want to relax, and you want to do it naturally. If you have trouble doing that every so often or just want to heighten the benefits of relaxing, check out ashwagandha. Ashwagandha is a plant found in Northern Africa and a few other rare places in the world. Traditionally, ashwagandha was used for stress and pain relief by natives. Unlike Tylenol or Advil, this plant is natural and does not have health risks associated with it. Conventional pain relief medicines have been linked to kidney and liver issues. People who have certain health conditions may be restricted from taking ibuprofen or acetaminophen. Ashwagandha is also believed to improve cognitive function and act as a sexual health supplement for men and women.

Luckily, ashwagandha is a naturally occurring plant, and you can readily get it in at least three forms. NaturesLab.com sells an organic powder version that is USDA certified, according to information available on the company's [website](#). Nature Made has a capsule version available on its [site](#). If you'd prefer to drink it as a tea, Full Leaf Tea Co.'s [Organic Ashwagandha Root](#) might be the thing for you.

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#### THE TAKEAWAY

CHECK THEREEDERSBLOCK.COM FOR THE LATEST UPDATES. THIS NEWSLETTER IS 100% HUMAN-WRITTEN. REMEMBER, IF YOU SEE AN ERROR, THAT'S WHAT MAKES US HUMAN. THANKS FOR READING.