

# TRUTH BE BOLD

## THE REEDERS BLOCK NEWSLETTER

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### AMAZON EMPLOYEE SHOTS COWORKER TO DEATH

Amazon employee Gilbert M. Lopez, 21, has been arrested in connection with the shooting death of another Amazon employee over "drama" in Pasco, Washington, according to the Tri-City Herald.

#### What Happened

Wednesday, October 22, 2025, 18-year-old Javier Adrian Romero planned to meet up with Gilbert M. Lopez for a fistfight to settle a dispute. Romero had agreed to fight Lopez at 7 am on East Hillsboro Street off Highway 395 after Lopez allegedly "insulted" a friend of Romero's.

According to court documents, when Lopez pulled up, Romero walked to Lopez's truck. Witnesses told investigators that's when the door opened and Lopez fired twice, killing Romero. It all started a few days prior and involved three men, including Lopez and Romero. Allegedly, Romero overheard Lopez talking badly about one of Romero's friends in the bathroom at work. This started an argument.

Officer Alexander Mino-Ramirez said in an affidavit, "Javier and Gilbert agreed to fight. Javier challenged Gilbert to a fight in the parking lot, and Gilbert told him to meet him at the gas station."

They agreed to fight on their lunch break on the date in question. Lopez arrived first at the gas station, along with a friend, and parked and waited.

The two went inside the gas station and got lunch. Then, they waited for Romero near the gas pumps. Romero's friend had spotted the two and called Romero to let him know.

Lopez and his friend saw Romero arrive and walk towards Lopez's truck. Lopez's friend says that's when he saw Lopez holding a gun behind the door. When the door opened, Romero allegedly shot twice.

Read the rest of this harrowing story [here](#).

### RIDDLE ME THIS

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

The Hint: It's not cheese.

Last Issue's Answer Reveal: "Fire" thrives when you feed it but dies when you water it.

**Nobody empties me,  
but I never  
stay full for long.  
What am I?**

### THREE JEWELS

You are the greatest thing that has ever happened to you.

There are lessons in life that can be learned only by doing.

What you are capable of is determined by you and your perception of you.



# HEALTHY REEDER TIPS

## THE REEDERS BLOCK NEWSLETTER

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The American protein powder business has grown into the multibillions. As Americans look to supplement their workouts and protein intake, they are increasingly turning to these protein-dense powders. However, a recent study found protein powders contain dangerous levels of lead, but there is hope.

### THE LEAD IN PROTEIN POWDER

Consumer Reports has been running studies of protein powders for about 15 years. Its most recent study tested 23 protein powders and ready-to-drink shakes from well-known brands. As in its past study, the organization found high levels of heavy metals.

As noted in the report, more than two out of three of the products they analyzed contained levels of lead that experts say exceed what is "safe to consume in a day — some by more than 10 times." These results, they say, are worse than 15 years ago.

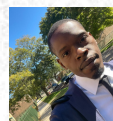
"It's concerning that these results are even worse than the last time we tested," said Tunde Akinleye, the CR food safety researcher who led the testing project. Not only were the levels of lead higher, but there were fewer products with undetectable amounts.

Read the rest of this article [here](#).

### 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.

### THOUGHTS FROM THE EDITOR



PROTEIN POWDER CAN BE A GOOD SOURCE OF PROTEIN, BUT LEAD POISONING ISN'T WORTH IT. IF YOU MUST BUY IT, STICK TO THE ONES THAT HAVE UNDETECTABLE LEVELS OF LEAD. REMEMBER THAT "PLANT-BASED" DOESN'T MEAN "LEAD-FREE" OR SAFE. BULK UP SAFELY.