



ASSIST's Helping Hand Newsletter

Terrorism Survivors Helping Survivors

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JUL TO SEP 2025

Infrasound

By Worley (Lee) Reed



Infrasound Effects

ASSIST is dedicated to helping injured survivors of terrorism with legal, medical and financial assistance based on available organizational funds. ASSIST endeavors to fill the gap between government entitlements and real need.

The American Society for the Support of Injured Survivors of Terrorism, Inc. Newsletter is published quarterly at Lake Wales, FL. The Chief Editor is Bret W Reed, Administrative Officer.

ASSIST is a IRS Approved 501 (c) 3 Public Charity. Contributions and dues are tax deductible as prescribed by law. Please see your tax professional for details.

Please send correspondence to ASSIST, 4371 Dinner Lake Blvd, Lake Wales, Florida 33859-2135

On August 7, 1998 at about 10:36 AM, I was leaving General Services Officers Compound (GSO), Nairobi, Kenya, when I heard what I thought was a jet sonic boom. I immediately became uneasy and concerned without apparent cause. I scanned the sky for the jet and saw the distinctive thin black cloud of a car bomb attack in the direction of the Embassy Chancery. Al Qaeda truck bombed our Embassy. I always thought my uneasy feelings were simply a false memory generated by the intense memories of what

followed that day.

Recently, I read an article about Infrasound: the sound waves between zero to twenty hertz produced by explosions, earth quakes, atomic explosions as well as other causes. Infrasound quickly traveled the 1.9 miles between the Chancery and GSO with almost no loss in strength. The sound also easily passes through walls

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We are grateful to the US Department of Justice and the National Organization for Victims Assistance (NOVA) for their support and leadership in the area of victims' rights.

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and other barriers. My uneasy feeling was caused by exposure to the Infrasound wave.

Infrasound—sound waves below 20 Hz—is inaudible to humans but can have profound physiological and psychological effects, especially when generated by high-energy events like terrorist bombings or specialized weapons. Here's a breakdown of what we know:

Physiological & Neurological Effects

- **Disorientation & Nausea:** Exposure to infrasound around 7 Hz has been linked to nausea, dizziness, and a sense of unease. This was famously observed in Dr. Vladimir Gavreau's lab, where a ventilation fan emitting infrasonic waves caused illness among researchers.
- **Resonance in Organs:** At high intensities, infrasound can cause internal organs to resonate. In extreme cases, this could lead to ruptures or organ damage due to vibrational stress.
- **Cognitive Impairment:** Victims of suspected directed energy attacks (like those in Havana)

reported symptoms such as headaches, ear pain, vertigo, and cognitive deficits. These effects were often triggered by pressure sensations and inaudible sound exposure.

Psychological & Behavioral Impact

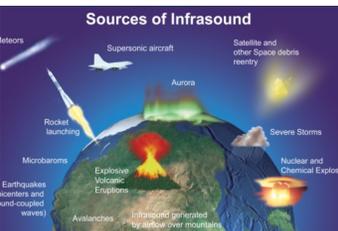
- **Fear & Anxiety:** Infrasound has been used in psychological warfare to induce dread, confusion, and panic. Its ability to create a sense of uneasiness without a clear source makes it a potent tool for crowd control or intimidation.

- **Sleep Disruption & Fatigue:** Prolonged exposure can interfere with sleep cycles and lead to chronic fatigue, even when the source is not consciously perceived.

Infrasound in Bombings or Sonic Weapons

- **Energy Transfer:** Explosions, especially large-scale bombings, can generate infrasonic waves that travel long distances and penetrate structures. These waves carry energy capable of disturbing physical objects and biological systems.

- **Weaponization:** While not common in conventional terrorist attacks, infrasound has been explored as a weapon—sometimes called “sonic bullets” or “acoustic cannons”—to disa-



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ble or disorient targets without visible damage.

Here is a fascinating and underexplored intersection—where acoustic physics meets humanitarian law and medical ethics. Here's how infrasound effects from bombings or directed-energy weapons are being addressed (or not) under international law and medical response frameworks:

International Law Perspective

According to a 2025 study in the *Journal of Conflict and Security Law*, the use of infrasound, ultrasound, and microwave-based weapons may violate several core principles of international law:

- **Prohibited Use of Force:** If infrasound weapons cause physical or psychological harm without a declared war or legitimate military objective, they may qualify as unlawful use of force under the UN Charter.
- **Superfluous Injury or Unnecessary Suffering:** The Geneva Conventions prohibit weapons that cause excessive harm relative to their military utility. Infrasound-induced diseases, paralysis, or cognitive damage could fall under this category.
- **Failure of Distinction:** If infrasonic waves affect civilians and combatants indiscriminately, they violate the princi-

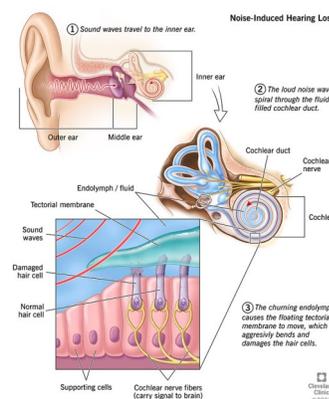
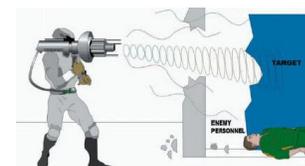
ple of distinction—a cornerstone of international humanitarian law.

- **Human Rights Violations:** Articles 2 and 3 of the European Convention on Human Rights (right to life and prohibition of torture) may be breached if such weapons are used in peacetime or against civilians.

Medical Response Protocols

A comparative study of health protection criteria for airborne infrasound exposure found that:

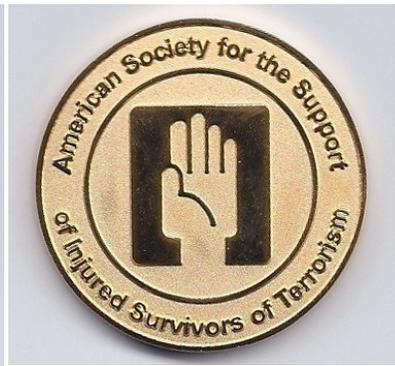
- **No Unified Global Standard:** Unlike audible noise (20 Hz–20 kHz), infrasound exposure lacks consistent international thresholds for safety.
- **Clinical Recognition Is Limited:** Symptoms like nausea, disorientation, and cognitive fog are often misattributed to psychological stress or environmental factors. This delays diagnosis and treatment.
- **Emergency Protocols Are Underdeveloped:** Most disaster response frameworks focus on blast injuries, burns, and trauma—not on invisible acoustic effects. There's a growing call for:
- **Infrasound-specific triage criteria**
- **Neuroacoustic screening tools** □



ASSIST

Memorabilia

The ASSIST memorabilia below are available from ASSIST, 4371 Dinner Lake Blvd, Lake Wales, Florida 33859. Please add \$4.50 to your total order for shipping and handling. All profits from the sales of items goes to support terrorism survivors.



ASSIST Coin (front and back) \$10.00

ASSIST Lapel Pin \$4.00



ASSIST Hat Adjustable \$10.00



ASSIST T-Shirt \$10.00 L and XL Based on Availability of Size

ASSIST Calendar

Jul 4—Independence Day

Jul 13—nine U.S. soldiers and at least 15 NATO troops die when Taliban militants boldly attack an American base in Kumar Province, which borders Pakistan 2008

Aug 7—East African Embassy Bombings 1998

Aug 18-19—15 suicide bombers attack US troops in Afghanistan 2008

Aug 26—Suicide bombing at Abbey Gate of Kabul airport killed 13 U.S. servicemembers and over 170 Afghan civilians 2021

Sep 1—Labor Day

Sep 11—9/11 2001

Sep 11—Benghazi, Libya: militants armed with

antiaircraft weapons and rocket-propelled grenades fire upon the American consulate, killing U.S. ambassador to Libya Christopher Stevens and three other embassy officials. 2012

Sep 13—Attack on US Embassy, Damascus, Syria by 4 gunmen stopped by DSS and local guards 2006

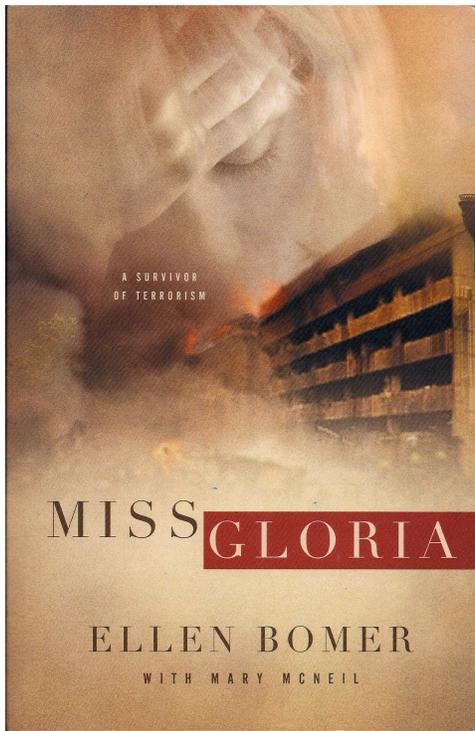
Sep 16—Bombing in New York City by suspected Communists 1920

Sep 16—Yemen: a car bomb and a rocket strike the U.S. embassy in Yemen as staff arrived to work, killing 16 people, including 4 civilians. 2008

Sep 20—Beirut US Embassy Annex Bombing 1984

Sep 22—Fall Starts (autumnal equinox)

Note: If we inadvertently omit an important date, please contact us and we will correct it.



Miss Gloria details the struggles and triumphs of a wonderful lady blinded by the Al Qaeda attack on the United States Embassy, Nairobi, Kenya on August 7, 1998. We highly recommend this book as a must-read.

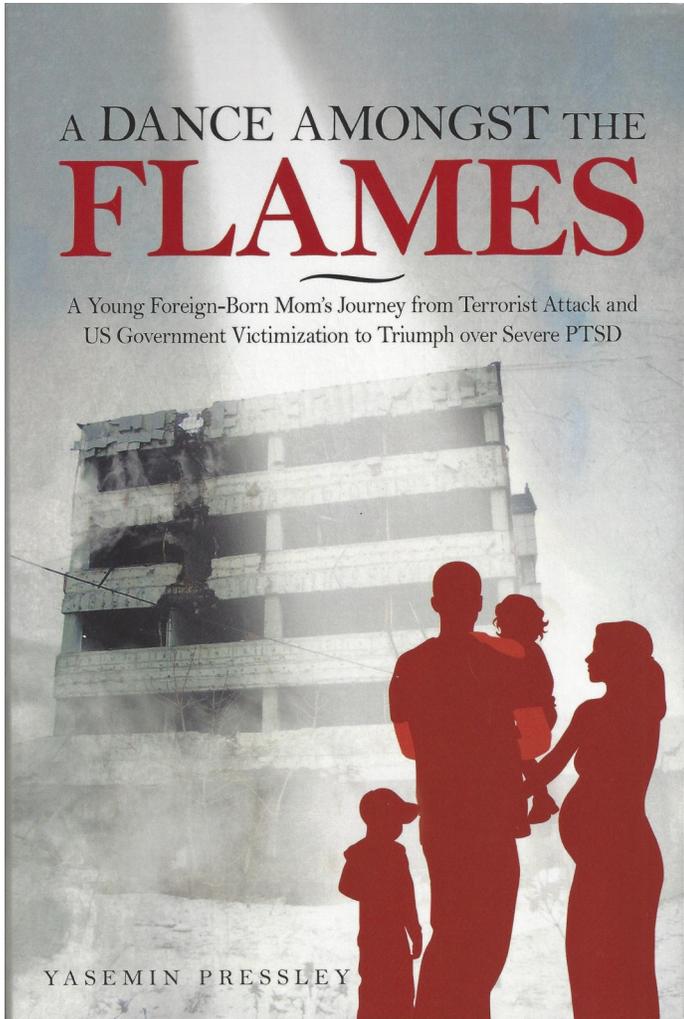
The book is available from the publisher: Redemption Press, 1730 Railroad St, Enumclaw, WA 98022 www.redemption-press.com as well as on Amazon Dot Com. http://www.amazon.com/Miss-Gloria-Terrorism-Ellen-Bomer/dp/1414113668/ref=sr_1_3?ie=UTF8&qid=1431978093&sr=8-3&keywords=Miss+Gloria



If you are seeking someone to help you manage your terrorism compensation or other funds, UBS has helped us find creative and safe investments. Our contact is Ms. Holiday Hayes, telephone: (202) 585-5372.

This is an unpaid endorsement by the ASSIST Staff, and does not necessarily reflect the opinion of the ASSIST Board or ASSIST membership.

ASSIST has a new website: <http://www.assist-survivors.org> .



BIOGRAPHY/AUTOBIOGRAPHY/MEMOIR

Ten percent of the proceeds from this book go directly to organizations that honor the injured American military women and men, from their darkest days to every step of their recovery. We need to do all we can to protect their family union and the future of their children.

Yasemin, a young Muslim Turkish girl, falls in love with a handsome American named Frank in Ankara, Turkey. After they marry and have two children, Yasemin joins her husband working at the U.S. Embassy in Nairobi, Kenya.

She can sense that her lifelong dreams are finally within reach. But external forces were set in motion to derail her plans - terrorists bombed the American Embassy in Nairobi on August 7th, 1998, while she and her husband are inside.

Frank is critically injured and flown to Germany for hospitalization. Yasemin follows with her family, physically unharmed but severely suffering from the effects of PTSD. It is then that she is confirmed pregnant with their third child, with Frank on death's doorsteps.

What follows is a tale of grief and struggle, but also of tremendous joy. From her diagnosis and struggle with PTSD treatments to Frank's physical therapy and abandonment by the State Department, Yasemin's story winds between betrayal and renewal as she searches for meaning in her new circumstances, and ultimately turns to God.



Yasemin was born in Ankara, Turkey, where she spent her formative years with her family and met her husband, Frank. She has a degree in urban planning. Yasemin volunteers as a leader in a Christian organization, which leads women from all backgrounds to God. Yasemin and Frank have three children together and reside in the southern United States.

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A Dance Amongst the Flames is a highly recommended new book about the unique experiences of a terrorism survivor. The book is available at your local bookstore or through Amazon® at https://www.amazon.com/Dance-Amongst-Flames-Foreign-Born-Victimization/dp/0578581515/ref=sr_1_1?crid=20YC01N2RX455&keywords=a+dance+amongst+the+flames+by+yasemin+pressley&qid=1576686264&sprefix=A+Dance+Am%2Caps%2C160&sr=8-1 . A preview of the book can be found on Youtube at <https://www.youtube.com/watch?v=ikt9Hk01818> .

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