



ASSIST's Helping Hand Newsletter

Terrorism Survivors Helping Survivors

VOLUME 2, ISSUE 3
OCT TO DEC 2025

We Live in the Past

By Worley (Lee) Reed



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 ☐

Editor's Note: For our Holidays Edition of our Newsletter, we are publishing a series of shorter articles instead of our normal one article. Many therapists recommend that terrorism survivors should write their thoughts and ideas as a form of therapy. Your writings can be public or private at your option. This newsletter is our efforts to do just that. One of my English teachers told me that the secret to good writing is to pretend to be talking to another person as you write. This is what I am doing now with you.

Our Staff want to take this opportunity to wish you a happy and safe Holiday Season.

☐

We actually live in the past. While this

seems absurd at first, it is actually the truth. I received my BS Degree in Physics and Mathematics, so occasionally my thoughts and observations drift back to science.

As I took a few moments of quiet time to think, I had an epiphany. Light, sound, nerve conduction all have measurable speeds. While they are very quick, it takes time for them to travel from one point to another location. By definition "now" is occurring in the present. Anytime that lapses past now is the past.

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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.

We live in the Past

By Worley (Lee) Reed



Light travels at 671 million mph so it takes about 1.3 seconds for it to travel from the earth to the moon, 8 minutes 20 seconds to go from the sun to the earth, and 87,400 years to cross the Milky Way. When you look at the stars, you are actually seeing how they appeared thousands of years ago.

The speed sound travels depends on temperature and what it is traveling through. At sea level 68° F in the air, it goes 767 mph.

The speed of nerve conduction varies from 131 f/s to 230 f/s. The time that expires between the light striking the retina to the mind process the meaning is 30 to 400 milliseconds.

So, when you stand three feet away from a mirror in the bathroom, you are actually looking at a past version of yourself. Light shines on you from a light source. It reflects on your face than takes six nanoseconds to return to your retina. A nanosecond is one billionth of a second. Your biological nerve system processes take 0.15 to 0.30 seconds to process the image. The entire process can take up to one-third of a second.

Sound is even slower. It takes about five thousandths of a second to travel six feet. The biological process speed is 0.1 to 0.3 seconds from the eardrum to the brain process the sound. So sound can take up to two thirds of a second to complete the process.

Smell is even slower. It can take up to one-half a second to process a smell

from your nose to your brain.

Biological Perspective

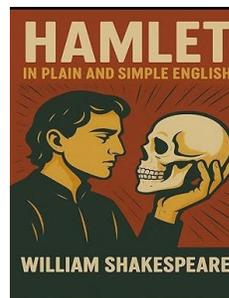
- Vision: ~0.25 seconds
- Hearing: ~0.2 seconds
- Smell: ~0.5 seconds

That's why smells often feel like they "creep up" on you — your brain takes longer to identify them compared to sights or sounds.

How your mind processes vision, hearing and smell is unique. If you have cataract surgery, the doctor normally places a nearsighted Len in one eye and a farsighted Len in the other eye. Your vision then appears to be normal. Your mind chooses the clearest input and displays it to your brain. You can read and see distant objects easily. If you cover one eye, it will be either nearsighted or farsighted.

You have been asking yourself, why is this so important to me? It is important because reality can be different than what one perceives to be reality. What is more simple than seeing, hearing and smelling? But as you have just seen, they are not simple processes. They distort time and space yet your mind simply translates all of them to be the present time. The reality is they are all representations of an immediate past. We live in the past.

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy." Shakespeare's Hamlet □



Holiday Safety

By Joyce Reed

Holiday Safety

By Joyce Reed

Why is safety so important for the Holidays?

Traffic & Travel Risks

- Traffic fatalities rise during holidays: Independence Day averages 159 deaths per day, Labor Day 156, and Memorial Day 139—all higher than non-holiday averages.
- December driving dangers: About 9% of all traffic deaths in December occur during Christmas week.
- Thanksgiving travel surge: Crash rates increase by 13% compared to the prior week, and spike 65% on the Sunday after Thanksgiving when millions return home.
- Volume matters: Over 100 million people travel by car around Christmas and New Year's, creating congestion and higher accident risk.

Household & Fire Hazards

- Cooking fires: Thanksgiving alone sees 1,600 cooking-related fires annually, the highest of any day.
- Christmas tree fires: These cause about \$10 million in property damage each year.
- Decorating accidents: Falls from ladders and electrical mishaps are common, with thousands of ER visits tied to holiday decorating.

Product & Toy Safety

- Toy-related injuries: In 2023, there were 154,700 ER-treated injuries among children 12 and under, with non-motorized scooters accounting for 53,000 cases.
- Holiday-specific risks: Over 206,400 injuries have been linked to toys during holiday seasons. Comparison to Rest of the Year
- Traffic: Holidays consistently show higher daily fatality averages than non-holiday periods.
- Fires: Cooking and decoration-related fires spike during Thanksgiving and Christmas compared to normal weeks.
- Household injuries: Toy-related and decorating accidents are concentrated in December, unlike other months.

Key Takeaway

The holiday season combines increased travel, higher alcohol consumption, fire hazards from cooking and decorations, and toy-related injuries, making it riskier than the rest of the year across multiple safety categories. □



Contact a Veteran

The Holiday Season has a high rate of single veteran suicides. Take time away from celebrating to call, text, email, or visit a single veteran in your family or community. Human interaction shows the veteran that someone actually cares about them. Invite them to your celebrations, if possible. You could be giving the veteran the gift of life. □

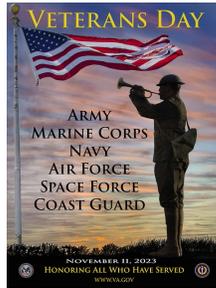




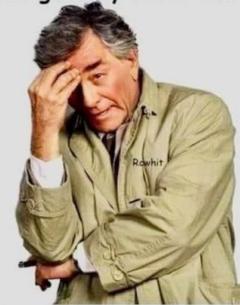
The NOVA 52nd Annual Training Event will be held at the Westgate Hotel in Las Vegas, Nevada (3000 Paradise Rd, Las Vegas, NV 89109). July 21-23, 2026

Book Your Room: Attendees **MUST** use the passkey link provided in their registration confirmation to book in the NOVA room block with the government rate (\$126 plus tax). Note: NOVA is not affiliated with third party booking sites. More details see www.trynova.org

The Good Life Section



So let me get this straight, I go to the grocery store and buy:



A pound of sliced ham in a plastic bag, a loaf of bread in a plastic bag, a gallon of milk in a plastic jug, a pack of napkins in plastic wrap, a store-made salad in a plastic tub, a plastic bottle of mustard and ketchup, but they won't give me a plastic bag to carry it home because the plastic bag is bad for the environment?

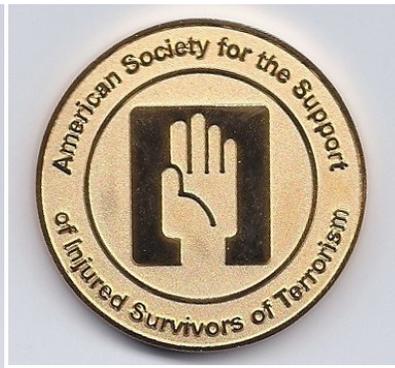


Happy Holidays from the ASSIST Staff

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

Oct 13—Columbus Day/Indigenous People's Day

Oct 23—Beirut US Marine Barracks Bombing 1983

Oct 31—Halloween

Nov 2—Daylight Savings Time (Set your clock
back one hour)

Nov 4—Tehran "Students" seize US Embassy 1979

Nov 4— Election Day

Nov 11—Veterans' Day

Nov 27—Thanksgiving

Dec 7—Pearl Harbor 1941

Dec 12—Kuwait City Truck Bomb US Embassy 1983

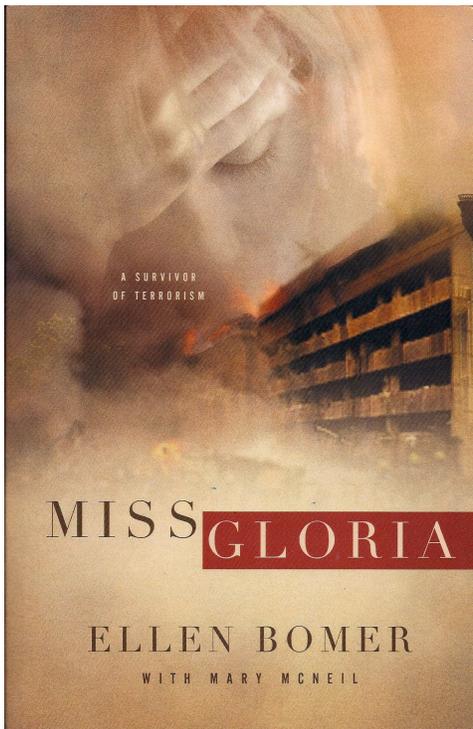
Dec 14-Dec 22— Hanukkah / Chanukah

Dec 24—25—Christmas

Dec 26—Jan 1—Kwanzaa

Dec 31—New Year's Eve

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.

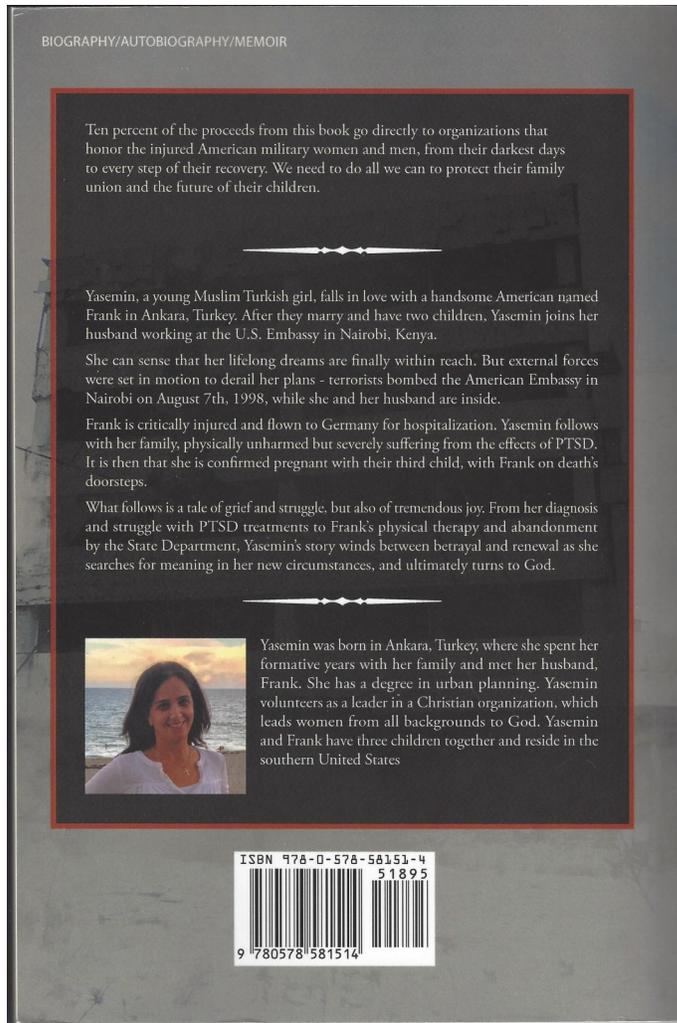
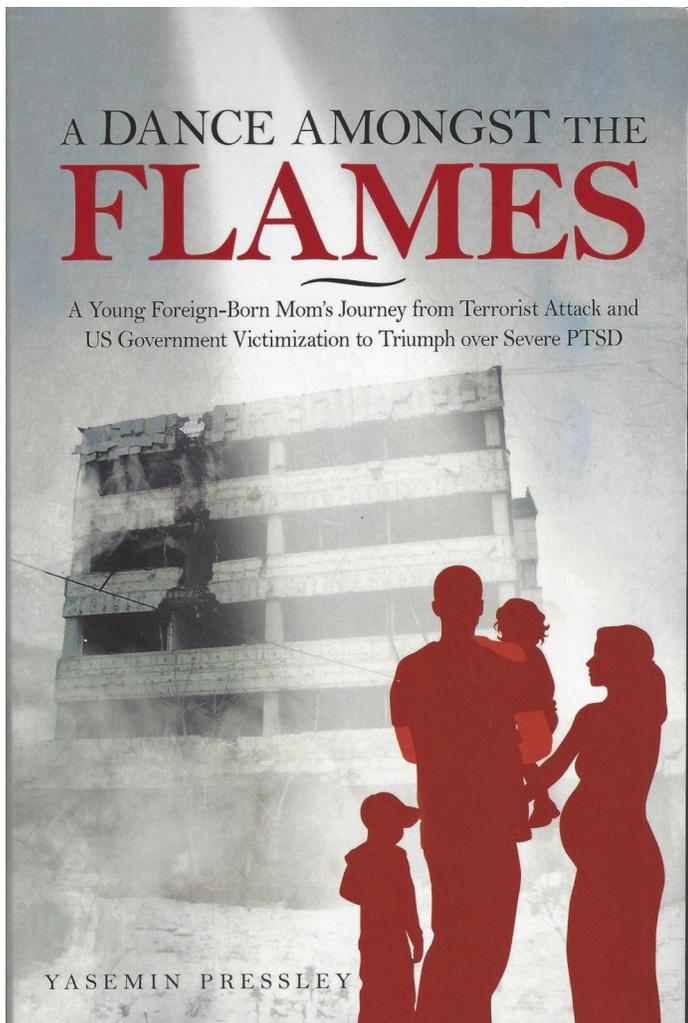
The book is available from the publisher: Redemption Press, 1730 Railroad St, Enumclaw, WA 98022 www.redemption-press.com as well as on Amazon Dot Com. http://www.amazon.com/Miss-Gloria-Terrorism-Ellen-Bomer/dp/1414113668/ref=sr_1_3?ie=UTF8&qid=1431978093&sr=8-3&keywords=Miss+Gloria



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. Holidae 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> .



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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Terrorism Survivors Helping Survivors



WE ARE ON THE WEB!

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survivors.org](http://www.assist-survivors.org)

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