



The Road Report & More

Health, Science, & Climate Action

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Global Climate Strike!

A big applause to everyone who participated in the global climate strike over the weekend! Personally, I was on a train (low carbon transportation) to San Luis Obispo, CA, where I gave a climate talk at a movie showing of *An Inconvenient Sequel* hosted by the Sierra

Club. It was a terrific event, but only one of many around the world. In total, millions of people joined the climate strikes from country after country. Featured above, is a photo that was sent to me by those who gathered in my home town of Tustin, CA. Meanwhile, in New York City, an estimated 250,000 people took to the streets, joined by about another 100,000 in London, and a similar number in Berlin, Melbourne, and other major cities. Youth climate activist Greta Thunberg is largely to credit for the recent spark in climate activism among youth, although each and every participant is to credit for the movement that has evolved. While this is a powerful demonstration of support for climate action, let us keep in mind that such effort cannot end with a mere day of protest. It's when protests translate to action at the political and institutional level that we can expect real and long lasting change. Thus, stay energized and carry the climate strike to your local congressperson. Demand climate action and ask them to support [HR763](#) or other meaningful climate policy that has been introduced at the local or federal level!

Sea Level Rise at the Marsh

Recently, Athina and I had the opportunity to interview Rick Nye, the refuge manager at the Seal Beach National Wildlife Refuge, about sea level rise and other impacts taking place at

the local marsh. Rick took us on an amazing boat tour around the refuge, explaining the ways in which sea level rise and land subsidence are threatening the future of the refuge and the endangered species that inhabit the area. [Click here](#) to watch our full interview with Rick, and [click here](#) to learn how you can volunteer to help save the refuge! Please share this video on your social media to help raise awareness about the impacts of climate change.



SEPTEMBER SALE!

FREE shipping of my book *Beyond Debate* this month for anyone who lives in the United States. With only one week left of the sale, don't miss out! If you already own *Beyond Debate*, consider gifting a copy to a friend, coworker, family member, or elected official! After all, action begins with information. So if we want climate action among the public, we need climate

information to reach the public. Please help in this cause. If you think information can't change the minds of skeptics, think again. A few months ago, I had a friend tell me that he gave this book to his climate-skeptical dad. After reading the book, his dad threw away his past perceptions of a climate hoax, instead becoming concerned about climate change and even attending one of my local climate talks. As an active climate communicator, this was among the most rewarding experiences I could've asked for. On the flip side, *Beyond Debate* offers value

even to age-old environmentalist. There is always more to learn, even when you think you've learned it all. [Click here](#) to pick up your copy on sale today!

Carbon Footprint

As Washington reverses environmental policies, many ask “how can I help to reduce my personal carbon footprint?”

Thus, here are some changes that not only require little effort, but can also reduce your expenses. One of the most effective ways to reduce your carbon footprint is to eat less meat and dairy.

According to the [Earth Institute of Columbia University](#), livestock is

responsible for about 15% of human-related greenhouse gas emissions globally. Interestingly, influential figures are now providing incentives for their fans to adopt plant-based diets to reduce their carbon impacts. Beyonce and Jay Z recently made a pledge with [The Greenprint Project](#) to eat plant-based meals for breakfast as well as go meatless on Mondays to reduce their carbon footprints. Fans who pledge to follow the project's sustainable diet can win concert tickets "for life" for their shows. Another way to reduce one's carbon footprint is to purchase local foods that are in season. Foods not in season are often transported long distances using fuel intensive methods, and require intense refrigeration. Shopping locally and in season offers fresher and more inexpensive options. Lastly, don't forget to adjust your thermostat in both winter and summer to save you money and reduce your energy-related greenhouse gas emissions. If you're concerned about climate change, these are all key ways to align your concerns with personal behavior! Cheers to taking positive steps!



Fruit & Veggie Blends

Since fruits and vegetables are packed with nutrients, they are regarded as an excellent way to meet our calorie needs. What's more, given their low calorie density compared to many other foods, they can fill you up without fattening you up! This is true with

an important exception. In recent years, awareness of the health benefits of fruits

and vegetables has manifested into the trend of blending these foods into tasty health smoothies and shakes. This is excellent in terms of delivering needed nutrients into the body. In terms of total health, however, this is not the best dietary plan as it can translate to weight gain. How, you ask? [Click here](#) to keep reading!

**Happy fall season,
Dr. Shahir Masri**

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