

The Road Report & More

Health, Science, & Climate Action

Dr. Shahir Mastri



The Road Ahead

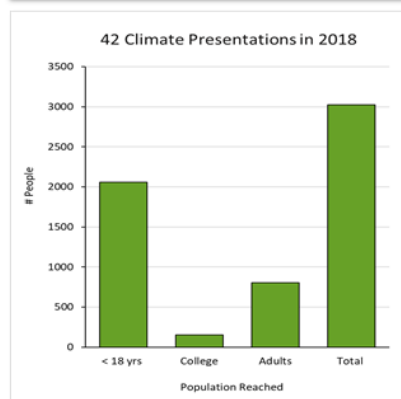
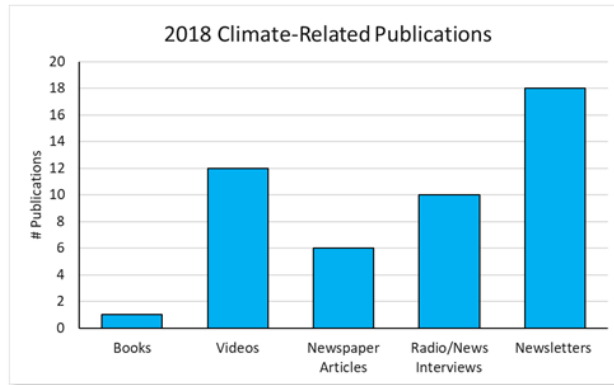
I hope everyone is off to a great fall season. It certainly feels like fall in California. While our palm trees don't turn orange, the mornings have certainly grown crisp. It's a transition I welcome as it lends itself to nice outdoor

exercise. As fall marks the end of summer and vacation, attitudes and temperament can easily slip to the downside. But remember that vacations come in all shapes and sizes. A mere weekend getaway can be enough to restore your energy and instill newfound inspiration. I experienced this just weeks ago, when a short train trip north offered me the mental break I needed to realign myself with goals and dive in with new ambition. In the time that has elapsed, I've already made headway in launching a new business and attracting interest in a new writing project. As you might have guessed, I'm considering writing a new book that chronicles my last year of climate outreach across the country, diving into "lessons learned" as well as the many climate impacts I saw firsthand. I'll keep you posted if and when things materialize!

Your Dollars at Work!

Just as publicly traded companies publish performance results for their shareholders, I want to give

those of you who donate to support my climate work that same respect, transparency, and sense of connection with our collective cause. Thus, I sat down this week to quantify how we did in 2018. That is, who did we engage with our climate outreach, what were our deliverables, and what were our costs? Aka, where did your dollars go? After some analyses, I produced a 4-page report full of easy-to-read graphs, pie charts, and highlights. The graph above shows a breakdown of certain 2018 highlights, made possible by all of you! For every \$100



We reached over **3,000 people** across the U.S. with in-person presentations!

- + 2,000 kids
- + 150 college students
- + 800 adults

you donated, I'm proud to report that our project delivered one climate presentation to an average of 30 people, as well as one additional deliverable (i.e. climate video, collected surveys, published climate news article). Not bad considering we were mostly on the road paying for transportation, housing, and food! To all who donated, I thank you deeply and have recognized you in a special "thank you" section at the end of the report (if you're a donor and don't see your name, please email me). [Click here](#) to read the brief 2018 report on my website. If you're impressed by our productivity, please keep in mind that our work continues. This year marked another national climate outreach project, while 2020 is shaping up to be more of the same. While I'm still working part time at the university, I continue to dedicate lots of unpaid time to bring educational climate videos to the public, give presentations, write news articles, and maintain this newsletter. While free content is useful to viewers, it's not easy for unpaid content creators. If you'd like to support these efforts and be thanked in my 2019 project report, please [click here](#) to show your support. I thank you greatly!

Podcast on Climate

Recently, I was interviewed by Jen Novakovich, host and founder of The Eco Well Podcast. Jen is a Canadian cosmetic chemist who, like me, has focused much of her



recent career not just on science, but the communication of that science to the public. While her podcast usually focusses on the cosmetics industry, Jen recognizes the threat of climate change and understands its far-reaching potential to impact all people and all industries, including her own. In this 43-minute podcast interview, Jen asks me about the main causes and impacts of global warming, about climate denial, and we discuss my book *Beyond*

Debate as well as my national outreach project across the country. To listen to the interview, [click here](#) where you'll find the podcast located at the top of my "interviews" page. Please share on social media!

Why Go Electric?

When we talk about climate change, electric vehicles (EVs) often come up. Yet, common misconceptions on the pros and cons of EVs can be confusing and deter consumers from taking needed steps in the energy transition. Yet, going



EV is more than just green, it can also cut your costs. On average, it costs about [half as much](#) to drive an EV compared to gas-guzzler in the United States. How so? Well, consumers in the U.S. pay an average of \$2.78 per gallon of regular gasoline while EV users pay \$1.21 per "e-Gallon" (cost of fueling an EV compared to a similar gas vehicle). With the average American also consuming about 500 gallons per year, the annual expenditure for gasoline consumers totals to over \$1,300/year. EVs avoid a large fraction of this added fuel cost. Although EV users do not have to worry about increasing gas prices, they do have to look out for battery degradation which changes in cost depending on different EV models. Additionally, most households do not have 100% green sources of electricity to charge their EVs, which means most EVs still contribute to greenhouse gas emissions. With that said, total life cycle analyses of EVs vs conventional gas vehicles still show the carbon footprint to be much lower for

EVs, even in the most fossil fuel dependent states. For more on this latter point, [click here](#) to pick up a copy of my book *Beyond Debate*, where I've dedicated an entire chapter to the topic of EVs *versus* conventional gas vehicles.



Milk: Does it Do a Body Good?

I won't speak for the globe, but it seems nearly everyone in America grew up on milk. Milk with cereal, milk with cookies, milk in eggs, and just plain ol' milk in a glass.

Most of us never questioned this norm, and have carried it with us into adulthood. You can probably still replay those 'Got Milk?' commercials in your memory! However, from a health standpoint there are in fact more reasons NOT to drink milk than to drink it. Don't take it from me, ask Dr. Walter Willett who chairs the Department of Nutrition at the Harvard School of Public Health. Let's look at some key drawbacks he describes. [Click here](#) to keep reading!

Cheers,
Dr. Shahir Masri

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