



## The Road Report & More

Health, Science, & Climate Action

Dr. Shahir Mastri

### Las Vegas Finale!

With the Road for Climate Action officially drawing to a close, there could hardly have been a more fitting place to have our last event than Las Vegas. Better yet, it was hosted at a brewery, where I didn't hesitate to pick up a celebratory brew.

Incidentally, Las Vegas happens to be where our whole climate journey kicked off nearly a year ago. It's the only city we visited twice during our more than 4 months on the road. In the picture above, Athina and I are celebrating the close of a successful journey, through which we gave over 60 climate presentations, met with dozens of communities, and collected nearly 1,000 climate surveys. The picture captures a long awaited day of relaxation, reflection, and joy. Notice the pyramid in the background. We decided to treat ourselves to an exciting room at the Luxor Hotel. Don't worry, we didn't charge the room using donation money! With the journey now complete, what now? After 2 weeks off the road, my mental battery is nearly recharged and I'm turning my focus to writing, research, and local climate outreach. I had a terrific climate event at a local church on Sunday, and there will be more to come. As I send you this newsletter, I am officially celebrating my 33rd birthday. Thus, this is my birthday newsletter! Should you want to buy me a birthday beer, consider instead [clicking here](#) to leave a \$5 donation which I'll put towards my next climate outreach project! =)



**The California Climate**



## Expedition

Recently, a group of cyclists ventured 550 miles from Oakland to Los Angeles to learn about climate change impacts and solutions firsthand. The cyclists, who are part of the California Climate Expedition project, were led by UCLA climate scientist

Alex Hall. The mission was to raise awareness of the critical issue of the climate crisis. During the expedition, cyclists witnessed sea level rise, wildfire damage, and other destructive climate-related impacts to California, as well as sustainable practices that are both economically and environmentally beneficial. Practices that improve environmental quality without sacrificing financial gain are already being implemented by Californians. For instance, the team visited California's Department of Water Resources to learn about a restoration project that absorbs carbon dioxide from the atmosphere and mitigates the sinking of land. With climate policy, this project could financially incentivize farmers to convert their land (threatened by sea level rise) to carbon-sequestering wetland habitats, providing a win-win for the environment and farmers. This example is nothing short of exciting! In total, the biking project has raised nearly \$20,000, all of which will go to the Norman J. Powell Sustainability Fund, improving water management sustainability operations in Los Angeles County. [Click here](#) to learn more about the California Climate Expedition!

## Cedars Hanging in Balance

While cedar trees are a common sight in the Pacific Northwest, they're generally not characteristic of Montana. One exception is this magnificent old growth cedar forest in which trees are upwards of 600 years old! This forest has flourished thanks to a unique micro-climate in the mountains of northern Montana. In speaking with a local expert, however, we learned that the climate of this area has changed in recent decades such that it no longer favors the growth of cedars. Fortunately, this unique treasure is mature enough to maintain its health in



spite of its changing surroundings. Why am I telling you this? Warmer temperatures and melting snowpack have contributed to an increase in the size and frequency of major wildfires in the area. According to the expert, if a wildfire happens to rip through this precious forest, it is a forest that we would be unlikely to see regenerate. A treasure lost for good. This is just one of the many examples of our natural world that hangs in balance as we continue to emit greenhouse gases and destabilize the climate. Let's get to work to prevent further change! [Click here](#) to learn more about climate change at Glacier National Park.



## 20 Down, 30 To Go!!

My Amazon reviews climbed from 13 to 20 after my last newsletter! Thus, I'd like to thank everyone who took the time to leave me a review. My summer goal is to hit 50 Amazon reviews. If you're a proud owner of my book *Beyond Debate*, please do me a big favor and [click here](#) to leave me an Amazon review! Many people turn to Amazon reviews to determine whether they'd like to buy a book. Thus, as I strive to get this book onto the bookshelf of every climate activist, skeptic, and those in

between, it's important that people be able to turn to Amazon reviews to see if this book is right for them. Many of you have praised *Beyond Debate*. If you can please reflect this sentiment in the form of an Amazon review, it would be greatly appreciated as I continue to advocate for the climate. It only takes a minute! Simply [click here](#), log into your Amazon account, and leave your review. Thank you so very much!

## Whole Grains Whole Health

We've all heard that whole grain products are healthy. Yet, it seems many people remain unaware as to the variety of health benefits of eating whole grain, and what makes whole





grain healthy in the first place. With that said, I thought I'd take this opportunity to expand on the topic by sharing a past blog of mine. Through the blog, you'll discover that whole grains are not luxury items, but instead are critical components to good health which should be incorporated into your every meal. Ideally, whole grains will replace the far less healthy refined grains that have become commonplace in many peoples' diets. [Click here](#) to read the full blog article and learn what whole grains are and why they're so important!

**Cheers to good health!**  
**Dr. Shahir Masri**

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