

## The Road Report & More

Health, Science, & Climate Action

Dr. Shahir Mastri



### Mid-Summer Update!

I hope everyone is enjoying their summer! As my climate travels have drawn to a close, I'm excited now to be focusing more effort on building my website into a valuable resource that serves environmental activists, educators, and others looking to tap into important science-based information about health, the environment, and climate change. During the next couple months, I'll be optimizing the efficiency

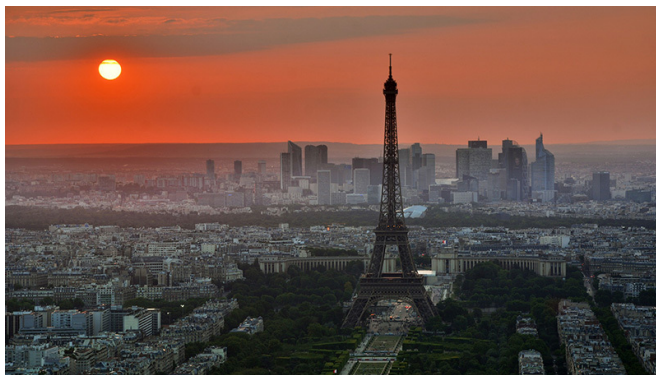
of my website for all of you, as well as adding more resources, uploading my presentations, developing a newsletter archive, and editing and publishing more articles, videos, and other content to continue my goal of climate education and outreach. One such video documenting my interview with a Peruvian local is featured below. As for the picture above? I just returned from a few days of backpacking in the Sierras, and just wanted to share the beauty!

### Video Interview: Climate Change in Peru

This spring, I visited Peru, where I not only explored the country, but also interviewed

and surveyed the local population about climate change. In this new video above, I interview a Peruvian mountain guide about climate impacts in the Andes. Glaciers are melting, farmers are struggling, and peoples' livelihoods are at stake.

[Click here to watch the video](#), and please share with others! For a written summary of climate impacts in Peru, check out this [brief report](#) prepared by USAID.



## Heatwaves Abound

This summer has brought much of the world into record-breaking heat. In June, India saw one of its longest heat waves, resulting in over 30 deaths. In some areas, extreme heat lasted for over 30 days, with

temperatures in New Delhi reaching 118°F. Another city, Churu, exceeded 122°F that same month. Scientist Raghavan Krishnan of the Indian Institute of Tropical Meteorology [reported to CNN](#) that heatwaves are becoming “more intense” and “frequent.” To lessen the impact of the heatwaves, the National Disaster Management Authority launched initiatives to open homeless shelters, adjust government working hours, and paint roofs white to reduce heat retention. These initiatives have resulted in a reduction from 2400 deaths in 2015 to 250 in 2017, and could perhaps spare more lives in the future. As the past week has shown, elevated heat is not just in India. Much of Europe too has fallen under harsh weather, with over 110°F temperatures causing Paris to set a new temperature record. Nighttime minimum temperatures also reached record highs. The situation has been compounded by the lack of AC units in many homes. Heatwaves around the world are affecting not just people, but wildlife too. According to a [National Geographic article](#), eucalyptus leaves are retaining less water due to increasing temperatures, which poses a major threat to koalas, as these creatures depend on eucalyptus leaves for hydration.

## Youth to Action!

I'd like to introduce you all to a young, passionate environmental leader from Claremont High School in California. Mercer Weis approached me at an Earth Day Festival in LA this spring, eager to bring about positive environmental change through writing. He already founded the "Voices for Change" environmental club at his school campus, in order to provide daily eco-tips and useful environmental information for the student body. Yet still he wanted to do more. I am excited to welcome Mercer aboard my small volunteer team dedicated to mobilizing environmental action through education and outreach. I am also proud to publish his first article on my website, which discusses U.S. mercury emissions and the need for public oversight to safeguard important policies. [Click here](#) to read his full article, and [click here](#) to sign the associated petition! If you or anyone you know would also like to join our volunteer outreach team, please let me know!



CO2 can't be measured with accuracy. [Click here to hear the full interview.](#) Doug also wrote a nice article about climate change and my book, which you can [view here.](#)


7/28/19 // THURSDAY // ISSUE NUMBER 1

# VOICE FOR CHANGE


---

**OBAMA'S LIFESAVING MERCURY REGULATIONS ARE COMING TO AN END**

---



Mercury pollution will reach record highs without the regulations Obama set in 2011.



These factories are the main sources of mercury pollution. Mercury pollution harms people of all ages.

---

## Overview of the Recent Changes to Mercury Emissions

Mercer Weis 7/28/19

After seven years of saving lives from the reduction in mercury pollution, the Trump Administration recently dealt a blow to public health. In 2011, the Obama Administration established a regulation called the Mercury and Air Toxics Standards. Environmental groups have estimated that we have cut mercury emissions by 85% since the United States enacted the standards. Sadly, earning millions of dollars in health benefits was not enough to keep the standards alive. The Trump Administration claims that they will be investing in cleaner energy alternatives instead of cutting mercury emissions. However, our nation needs to focus on the problem at hand and address the harms from fossil fuels. The value of these standards has been very clear. They have contributed to cleaner power plants, improving the health of Americans, and reduced toxic pollution. These are just a few of the major health investments that this rule has made. Ending this limit on mercury emissions will result in our country taking a step backward.

Mercury, a chemical listed in the top 10 among the most harmful pollutants, contributes to a colossal amount of harm. The main organs affected by mercury include the brain, lungs, heart, and kidneys, causing symptoms such as:

1. Impairment of peripheral vision
2. Disturbances in sensations
3. Lack of coordination
4. Impairment of speech, hearing, walking
5. Muscle weakness

Studies done by the University of Health Sciences, Medical Information, and Technology found that 70-85% of U.S. citizens inhale substantial mercury pollution. This pollution immediately enters the blood stream, where it can instigate an assortment of problems. This impactful issue has not only been recognized by the United States. The United Nations created the Minamata Convention, asking international governments to regulate their production of mercury in industrial activity. 11 nations that have complied with this convention have seen positive outcomes. That is where you come in. As we speak, the EPA is trying to make it more difficult for communities to speak out about harmful pollution. Express your opposition to this move by [clicking here](#) to sign a petition!

## Upcoming Climate Talks

Though I took July off from giving public talks, I'll be kicking back into gear starting tomorrow. So come pay a visit in Irvine tomorrow as Climate Reality Project hosts a great event called "Fighting Climate Change through Permaculture & Education." I'll be one of two speakers. [Click here](#) to view my full event calendar, accompanied by date and location details. And if you'd like to see your group or community scheduled on my calendar, please reply to this newsletter and let's bring a presentation to your neighborhood. Only by raising awareness can we mobilize the public to action!

**September 19th**

Newport Beach, CA  
Newport Bay Conservancy

**August 24th**

Orange, CA  
Location TBA

**Aug 15th**

Tustin, CA  
St. Joseph Church  
[More Info](#) >>

**July 29th**

Irvine, CA  
Irvine United Congregational Church  
[More Info](#) >>

To a great week ahead,  
Dr. Shahir Masri

[DONATE](#)

©2019 shahirmasri.com | 714-675-9792 | North Tustin CA | 92705

[Like](#) [Tweet](#) [Pin](#) [+1](#) [in](#)

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by  
[GoDaddy Email Marketing](#) ®