

# SKY LINES

Monthly Report of the Ventura County Air Pollution Control District 

December 2014

## New report from the Intergovernmental Panel on Climate Change

**From Copenhagen, November 2, 2014**

A new report from the Intergovernmental Panel on Climate Change (IPCC), released November 2, concludes that human influence on the climate system is clear and growing, with impacts observed on all continents. If left unchecked, climate change will increase the likelihood of severe, pervasive and irreversible impacts for people and ecosystems. However, options are available to adapt to climate change and implementing stringent mitigation activities can ensure that the impacts of climate change remain within a manageable range, creating a brighter and more sustainable future.

These are among the clear findings of the Synthesis Report that distills and integrates the findings of the IPCC Fifth Assessment Report produced by over 800 scientists and released over the past 134 months, the most comprehensive assessment of climate change ever undertaken. The IPCC is

the world body for assessing the science related to climate change. It was set up in 1988 by the World Meteorological Organization and the United



Nations Environment Programme to provide policymakers with regular assessments of the scientific basis of climate change, its impacts and future risks, and options for adaptation and mitigation.

The Synthesis Report confirms that climate change is being registered around the world and warming of the climate system is unequivocal. Since the 1950s many of the observed changes are unprecedented over decades to millennia. The report expresses with greater certainty than in previous assessments the fact that

emissions of greenhouse gases and other anthropogenic drivers have been the dominant cause of observed warming since the mid-20<sup>th</sup> century.

The impacts of climate change have already been felt in recent decades on all continents and across the oceans.

The more human activity disrupts the climate, the greater the risks. Continued emissions of greenhouse gases will cause further warming and long-lasting changes in all components of the climate system, increasing the likelihood of widespread and profound impacts affecting all levels of society and the natural world, the report finds. *(Continued p. 3)*

**Happy  
Holidays  
To  
All**

# APCD Calendar

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## **AIR POLLUTION CONTROL BOARD**

Second Tuesday, 1:30 p.m.  
Board Chambers  
Administration Building  
800 South Victoria Avenue  
Ventura

Upcoming meeting:  
December 9, 2014  
January 13, 2015

## **APCD ADVISORY COMMITTEE**

Fourth Tuesday, 7:30 p.m.  
Large Conference Room  
669 County Square Drive  
Ventura

Next meeting: To Be  
Announced

## **CLEAN AIR FUND ADVISORY COMMITTEE**

Anacapa Conference Room  
669 County Square Drive, 2<sup>nd</sup>  
Floor, Ventura

Next meeting: To Be  
Announced

## **APCD HEARING BOARD**

Mondays, 5:30 p.m., as  
needed Board Chambers  
Administration Building  
800 South Victoria Avenue  
Ventura

Next meeting: To Be  
Announced

## **SOUTH CENTRAL COAST BASINWIDE AIR POLLUTION CONTROL COUNCIL**

Santa Barbara APCD  
260 North San Antonio Road  
Santa Barbara

Next meeting: December 17,  
2014

For more information, call  
Mike Villegas at 645-1440.

## **APCD RULE WORKSHOPS**

See Rule Update section.

## **Air Pollution Control Board**

Linda Parks, District 2, Chair  
Carmen Ramirez, Oxnard, Vice Chair  
Steve Bennett, District 1  
Kathy Long, District 3  
Peter Foy, District 4  
John Zaragoza, District 5  
Mike Morgan, Camarillo  
Jonathan Sharkey, Pt. Hueneme  
Doug Tucker, Fillmore  
David Pollock, Moorpark  
Cheryl Heitmann, Ventura, Alternate

## **Ventura County**

**Air Pollution Control District**  
669 County Square Drive, 2<sup>nd</sup> Floor  
Ventura, CA 93003

## **Air Pollution Control Officer**

Michael Villegas

## **Skylines**

Editor – Barbara L. Page  
Desktop Publishing – Terri Duke

## **Directory**

General Information **645-1400**  
Fax **645-1444**

Website **[www.vcapcd.org](http://www.vcapcd.org)**

Agricultural burning and smog  
forecast 654-2807

Complaints 645-1445  
7am – 5pm, Mon-Thurs

Complaints (recording) 654-2797  
Monitoring Division 645-1410  
Permit processing 645-1401  
Permit renewal 645-1404  
Public information 645-1415

Email address: [info@vcapcd.org](mailto:info@vcapcd.org)

It makes a clear case that many risks constitute particular challenges for the least developed countries and vulnerable communities, given their limited ability to

cope. People who are socially, economically, culturally, politically, institutionally, or otherwise marginalized are especially vulnerable to climate change.

*(To read the entire news release, visit [http://www.ipcc.ch/pdf/ar5/prpc\\_syr/11022014\\_syr\\_cope\\_nhagen.pdf](http://www.ipcc.ch/pdf/ar5/prpc_syr/11022014_syr_cope_nhagen.pdf))*

## Airlines

### **New Year, new look.**

Beginning this January, *Skylines* will become a bi-monthly newsletter. Editions for 2015 will be available online in February, April, June, August, October, and

December. Along with this new schedule, the content is also going to change. The newsletter will concentrate on features, the District calendar, and newsworthy APCD items along with some

state and national updates. The division updates will be available online as part of the Division's page.

## Some tips for a “green” holiday



**Recycle wrapping paper,** or better yet, forgo it altogether. Try making your own wrapping paper and trimmings from newspapers, paper bags, art projects, clothes, dish towels,

etc. If you do buy new wrapping paper, go for the kind without glossy metallic coating, which makes it harder to recycle.

**Celebrate at home.** Much of the worst impact to the environment comes from all the carbon dioxide emitted by the transportation we use to get around during the holidays. Consider limiting your plane travel (the worst offender) and long car rides. If you must use the car, be sure and carpool.

**Lose the lights.** Think about cutting back on excessive house and yard lights. And if you are decorating with lights, try switching to the LED

variety, which can use 90 percent less energy than regular holiday lights.

**Buy in bulk.** Instead of purchasing cans of soda, small bags of chips, and serving-size baking supplies, stock up on bulk goods to reduce packaging waste.

**Use real dishes.** While disposable plates and silverware are easier if you're hosting crowds, the environment will thank you if you buck up and do the dishes.

**Use a real tree,** and then recycle it when it's done! Though it may feel sad to cut down a tree for the holidays, consider that most Christmas trees are grown expressly for the purpose (so you're not contributing to deforestation), and can be planted or composted when you're done with them. Plastic trees, in contrast, require petroleum to make, and then can't be recycled easily when you're through with them.

# Rule Development Update

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Visit [www.vcapcd.org/rules\\_division.htm](http://www.vcapcd.org/rules_division.htm)

## Air Pollution Control Board

No public hearings regarding District rule actions are currently scheduled.

On December 9, 2014, the Air Pollution Control Board will consider reappointing the following citizen representatives to the APCD Advisory Committee:

Mr. Kim Lim and Mr. Keith Moore  
(Supervisory District V)  
Mr. Richard Nick (Supervisory District III)

## Recent Board Actions

No recent Board actions regarding District rules.

## APCD ADVISORY COMMITTEE

Fourth Tuesday, 7:30 p.m.  
Large Conference Room  
669 County Square Drive, 2nd Floor  
Ventura  
Next meeting: To Be Announced

## APCD Advisory Committee

On October 28, 2014, the APCD Advisory Committee met to consider proposed new Rule 74.33. This rule will reduce reactive organic compound (ROC) emissions associated with the transfer and dispensing of liquefied petroleum gas (LPG).

This rule, which is based on South Coast Air Quality Management District (SCAQMD) Rule 1177, will apply to the transfer of LPG to or from any cargo tank, any stationary or portable tank, or any cylinder, with the exception of LPG cylinders installed on recreational vehicles. Also, the proposed rule would not apply to the transfer of LPG into any container having a water capacity of less than four gallons. In addition, this new rule will not apply to oilfield LPG tanker truck loading facilities subject to both Rule 71.3, Transfer of ROC Liquids, and Rule 74.10, Components at Crude Oil and

## Natural Gas Production and Processing Facilities.

This proposed rule will implement an All Feasible Measures requirement of the California Clean Air Act (Health and Safety Code Section 40914). There have been no changes to the proposed rule since the August 21, 2014 public workshop.

The Advisory Committee recommended that the Air Pollution Control Board approve proposed new Rule 74.33. The rule is tentatively scheduled to be considered for approval by the Air Pollution Control Board on January 15, 2015. The Air Pollution Control Board notice and associated documents may be downloaded from the District's website at [http://www.vcapcd.org/rules\\_division.htm](http://www.vcapcd.org/rules_division.htm), or by contacting Stan Cowen at (805) 645-1408, or [stan@vcapcd.org](mailto:stan@vcapcd.org).

## Clean Air Fund Advisory Committee

Anacapa Conference Room  
669 County Square Drive, 2nd Floor  
Ventura, CA

Next meeting: To Be Announced

## Public Workshops and Consultation Meetings

No public workshops or consultation meetings are currently scheduled.

**Enforcement Update**

<b>Enforcement Activities OCTOBER 2014</b>					
<b>Inspections</b>	<b>Month</b>	<b>Fiscal Year</b>	<b>Violations</b>	<b>Month</b>	<b>Fiscal Year</b>
Asbestos Inspections	9	43			
Breakdowns Received and Investigated	12	40	Notices of Violation Issued	12	59
Complaints Received and Investigated	21	53	Cases Settled after Office Conference	24	64
Emergency Engine Verifications	0	0			
New Business	6	17			
Total: Permit/Other Inspections/Verifications	219	979	Total: Settlement/Fines	\$88,050	\$442,800

<b>Sources Operating Under Variance OCTOBER 2014</b>					
<b>No./ Type</b>	<b>Facility/ Location</b>	<b>Source</b>	<b>Rule</b>	<b>End Date</b>	<b>Status</b>
855/ Emergency	Trinity ESC	Oxygen Probe	Rule 54.B.1.12, Sulfur Compounds	11-14-14	On Schedule

<b>Sources Operating Under Stipulated Conditional Order of Abatement OCTOBER 2014</b>					
<b>No.</b>	<b>Facility/Location</b>	<b>Source</b>	<b>Rule</b>	<b>End Date</b>	<b>Status</b>
	None				

<b>NOV No</b>	<b>Facility Name</b>	<b>Phys City</b>	<b>Comment</b>	<b>NOV Date</b>
022597	Hill Cyn Wastewater Treatment Plant	Camarillo	Permit Condition Not Met - Exceeding Sulfur Limit	10/20/2014
022826	Golden State Petroleum	Santa Paula	Operating Without A Permit - Gasoline Dispensing Facility	10/15/2014
022827	A & J Environmental	Riverside	Installation Without A Permit - Gasoline Dispensing Facility	10/15/2014
022828	Roscoe Morris	Santa Paula	Permit Condition Not Met - Exceeding Throughput Limit	10/21/2014
023047	Burger King #4074	Ventura	Permit Condition Not Met - Recordkeeping	10/8/2014
023048	Buena Vista Collision Ctr. of Ven	Ventura	Operating Without A Permit - Autobody Shop	10/22/2014
023178	Fazio Cleaners	Westlake Village	Inadequate Solvent Storage - Drycleaner Petroleum Solvent	10/2/2014
023179	Baxter BioScience	Thousand Oaks	Permit Condition Not Met - Exceeding Boiler Fuel Consumption	10/22/2014
023180	Baxter BioScience	Thousand Oaks	Permit Condition Not Met - Exceeding Boiler Fuel Consumption	10/22/2014
023181	Baxter BioScience	Thousand Oaks	Permit Condition Not Met - Boiler	10/22/2014
023239	CarMax	Oxnard	Non CARB Title 17 Defect - Check Valve/LRD/B-Away	10/9/2014
023242	Production Tool Specialties	Ventura County	Permit Condition Not Met - Dewaxing Heater	10/28/2014



# Engineering Update

<b>ERC Balances by Company (Units – Tons per Year) As of November 12, 2014</b>					
Company Name	ROC	NO <sub>x</sub>	PM <sub>10</sub>	SO <sub>x</sub>	Limitation
ABA Energy Corporation	3.31	0.00	0.00	0.00	Yes
Aera Energy LLC	0.02	0.49	0.45	0.04	No
Aera Energy LLC	233.77	9.55	1.24	0.40	Yes
Amgen, Inc.	0.00	4.97	0.00	0.00	No
Amgen, Inc.	0.11	0.00	0.07	0.01	Yes
Ample Resources, Inc.	0.01	0.00	0.00	0.00	No
BMW of North America	0.36	0.23	0.03	0.01	Yes
C. D. Lyon Construction, Inc.	1.00	0.00	0.00	0.00	Yes
California Resources Production	73.54	54.06	0.27	0.02	No
California Resources Production	1.56	83.66	1.47	0.06	Yes
Chevron Environmental Mang.	1.13	0.00	0.00	0.00	Yes
ChevronTexaco	0.44	1.67	0.09	0.03	No
ChevronTexaco	118.58	0.28	0.17	0.34	Yes
Compositair	0.00	0.06	0.00	0.00	No
Costco Wholesale Corporation	9.29	0.00	0.00	0.00	Yes
Dos Cuadras Offshore Resources	1.71	0.19	0.00	0.00	No
Dos Cuadras Offshore Resources	0.00	1.32	1.13	0.10	Yes
Element Markets LLC	0.00	0.26	0.36	0.00	Yes
GenOn West, LP	0.27	0.47	0.76	0.01	Yes
Gilroy Foods, Inc.	0.00	0.09	0.01	0.00	Yes
Haas Automation	0.00	0.06	0.00	0.00	Yes
Hanson Aggregates	0.00	0.00	0.69	0.00	Yes
Houwelings Nurseries Oxnard Inc.	1.28	3.91	1.77	0.14	Yes
Hunter Resources Development	0.09	0.01	0.01	0.00	No
KTI Engineers & Constructors	0.00	0.00	1.50	0.00	Yes
LWFP, LLC	0.00	0.00	0.57	0.00	No
Mirada Petroleum, Inc.	2.83	0.00	0.00	0.00	Yes
Naval Base Ventura County	2.25	0.11	3.90	0.04	No
Naval Base Ventura County	0.09	4.74	0.45	0.54	Yes
Nestle Food Company	0.11	1.54	0.12	0.02	Yes
Northrop Grumman Corporation	0.00	0.01	0.01	0.01	Yes
NRG Energy Center Oxnard LLC	3.97	0.00	0.00	0.00	No
Occidental Chemical Corporation	0.07	3.79	1.33	0.02	Yes
Oxnard Lemon Company	0.00	0.10	0.00	0.00	Yes
P.W. Gillibrand Company Inc.	0.00	5.11	0.00	0.03	No
Pacific Operators Offshore LLC	0.21	1.77	0.09	0.02	No
Pacific Recovery Corporation	0.12	0.00	0.00	0.03	No
Parker Advanced Filtration	6.33	0.00	0.00	0.00	No
Peak Operator LLC	0.51	0.00	0.00	0.00	No
Peak Operator LLC	8.48	0.00	0.00	0.00	Yes
Procter & Gamble Paper Products	45.84	22.17	19.71	0.00	No
Procter & Gamble Paper Products	0.00	0.00	3.44	0.00	Yes
PTI Technologies, Inc.	0.25	0.00	0.00	0.00	No
Reichhold Chemicals, Inc.	0.00	0.10	0.00	0.00	No
Royal Coatings	0.06	0.00	0.00	0.00	No
Santa Fe Energy Operating Prtrs.	0.01	0.00	0.00	0.00	Yes

<b>ERC Balances by Company (Units – Tons per Year) As of November 12, 2014</b>					
Company Name	ROC	NO <sub>x</sub>	PM <sub>10</sub>	SO <sub>x</sub>	Limitation
Santa Fe Minerals, Inc.	0.55	0.00	0.00	0.00	Yes
Seneca Resources Corporation	2.52	0.02	0.00	0.00	No
Seneca Resources Corporation	0.35	0.14	0.00	0.00	Yes
Skyworks Solutions, Inc.	0.01	0.00	0.00	0.00	Yes
Southern California Edison Co.	0.00	52.68	0.22	0.16	No
St. John's Regional Medical Center	0.00	0.18	0.00	0.00	No
Sully Miller Contracting Co.	0.00	1.51	3.33	0.02	Yes
Technicolor Home Entertainment	0.01	0.00	0.00	0.00	Yes
TEG Oil & Gas USA, Inc.	0.30	0.00	0.00	0.00	No
The Boeing Company	0.45	0.01	0.00	0.00	No
The Boeing Company	0.25	2.81	0.61	0.57	Yes
The Termo Company	0.07	0.00	0.00	0.00	Yes
Unocal	4.45	0.00	0.00	0.00	Yes
Vaca Energy, LLC	2.48	0.00	0.00	0.00	No
Vaca Energy, LLC	0.46	0.51	0.03	0.01	Yes
Vaquero Energy	0.06	0.79	0.00	0.00	No
Venoco, Inc.	0.22	19.54	0.05	0.00	No
Venoco, Inc.	6.64	6.13	0.79	0.14	Yes
Ventura County APCD Board	55.00	0.00	0.00	0.00	No
Vulcan Materials Co.	0.00	1.56	0.00	0.00	No
Waste Management of California	0.00	16.09	0.00	0.00	No

Each balance above represents one or more ERC Certificates. If there is a "Limitation" on a balance, no reactive organic compound or nitrogen oxide emission reduction credits in that balance may be used for emission offsets at a stationary source that has permitted emissions greater than 25 tons per year of that pollutant. (See Rule 26.4.D.3 for details).

A more detailed report is available on the forms page (under Downloads-Permits-ERC Report-Emission Reduction Credits) on the District website ([www.vcapcd.org](http://www.vcapcd.org)). If you have any questions, please contact Kerby E. Zozula, Engineering Division Manager, at 805/645-1421.



**Permit Activities  
October 2014**

<b>Authorities to Construct</b>	<b>Month</b>	<b>Permits to Operate</b>	<b>Month</b>
Permits Requested	3	Permits Requested	15
Permits Issued	5	Permits Issued	30
Applications Under Review	23	Applications Under Review	62
Sources Holding Permits	115	Sources Holding Permits	1401
Average Turnaround Time	4.3 Weeks	Average Turnaround Time	5.4 Weeks

**Authority to Construct Applications Received  
October 2014**

<b>Permit</b>	<b>Facility</b>	<b>City</b>	<b>Project Description</b>
01078-190	Baxter BioScience	Thousand Oaks	Add & Modify Boilers, Increase NG Limit
01412-150	Republic Fastener Mfg. Corp.	Newbury Park	Install Solvent Cleaning Machine
08251-100	JR Sandblasting & Painting	Oxnard	Install Painting and Blasting Operation

**Authorities to Construct Issued  
October 2014**

<b>Permit</b>	<b>Facility</b>	<b>City</b>	<b>Project Description</b>
00053-590	California Resources Production	Santa Paula	Install New Process Heater - Willard
08201-120	DNBG Lease Oxnard Oil Field	Oxnard	Install New Well DNBG No. 1
08224-100	Oxnard Fire Station No. 8	Oxnard	Install New Emergency Diesel Engine
08239-100	Pacific Coast Pipeline Site	Fillmore	Install SVE System
08248-100	Clean Foods, Inc.	Ventura	Install Coffee Roaster

**Permit to Operate Applications Received  
October 2014**

<b>Permit</b>	<b>Facility</b>	<b>City</b>	<b>Project Description</b>
00012-331	Tenby Production Facility	Oxnard	Transfer of Ownership - CRPC
00035-151	Wayne J. Sand and Gravel Inc.	Moorpark	Diesel Engine Replacement Project
00041-1591	Aera Energy LLC	Ventura	Tank Modifications - RBPU
00053-571	California Resources Production	Santa Paula	Operate Well No. MR-18
00053-572	California Resources Production	Santa Paula	Operate Well No. MR-17
00232-T02	Santa Susana Field Laboratory	Simi Valley	Administrative Permit Changes
00997-621	Naval Base Ventura County	Point Mugu	New Portable Sweeper Diesel Engine
06431-161	Golden State Petroleum	Santa Paula	Replace Dispensers
07371-141	Raypak, Inc.	Oxnard	New Emergency Diesel Engine
07401-111	Alexander Buick GMC Cadillac	Oxnard	Operate Additional Spray Booth
07519-141	MediSil Corporation	Santa Paula	Increase Consumption Limits
08008-151	Mission Rock Rd Facility	Santa Paula	Additional Cold Bin to Hopper
08201-121	DNBG Lease Oxnard Oil Field	Oxnard	Operate New Well DNBG No. 1
08249-101	Runkle Canyon Booster Station	Simi Valley	New Emergency Engine
08250-101	VSS International	Ventura County	Portable Rubber Asphalt Spreader

**Permits to Operate Issued  
October 2014**

<b>Permit</b>	<b>Facility</b>	<b>City</b>	<b>Project Description</b>
00008-T01	California Resources Production	Ventura	Transfer of Ownership - CRPC
00054-351	California Resources Production	Fillmore	Operate Well Nos. SIZU VPC-1 & VPC-2
00054-352	California Resources Production	Fillmore	Operate Well Nos. SIZU VPC-3 & VPC-5
00054-T02	California Resources Production	Fillmore	Transfer of Ownership - CRPC
00058-T03	California Resources Production	Piru	Transfer of Ownership - CRPC
00126-161	Ventura College	Ventura	Replace Two Emergency Diesel Engines
00310-T03	California Resources Production	Piru	Transfer of Ownership - CRPC
00326-T02	California Resources Production	Piru	Transfer of Ownership - CRPC
00361-131	Ojai Oil Company	Santa Paula	Rule 74.16 Exemption - Two Wells
00378-121	Orchard Exploration & Production	Fillmore	Tank Replacement Project
00392-101	Joro Inc.	Fillmore	Existing / Replacement Oil Field Flare
00939-T02	California Resources Production	Santa Paula	Transfer of Ownership - CRPC
00984-491	California Resources Production	Fillmore	Operate Well Endor 4-6
00984-T03	California Resources Production	Fillmore	Transfer of Ownership - CRPC
01006-581	Naval Base Ventura County	Port Hueneme	Operate Three Blast Cabinets
01006-591	Naval Base Ventura County	Port Hueneme	Minor Part 70 Modification - OOS
01021-201	Vaquero Energy, Inc.	Fillmore	Operate Existing Well - Robertson No. 3
01207-661	Naval Base Ventura County	San Nicolas Island	Operate Additional Sweeper Engine
06404-111	Caltrans-Moorpark 723	Moorpark	Increase Gasoline Throughput Limit
06431-161	Golden State Petroleum	Santa Paula	Replace Dispensers
07297-121	Weatherford Oil Country Mfg.	Ventura	Install Abrasive Blasting Machine
07432-171	Catalytic Solutions, Inc.	Oxnard	Modify Usage Limits
07749-151	Bruker Nano, Inc.	Camarillo	New Process and Equipment
07958-121	Oxnard Hub	Oxnard	Replace Emergency Diesel Engine
08008-151	Mission Rock Rd Facility	Santa Paula	Additional Cold Bin to Hopper
08170-T01	Ocean Honda of Ventura	Ventura	Transfer of Ownership - CMXXXI
08214-101	Jose's Powder Coating	Camarillo	Operate Powder Coating Operation
08235-101	805 Auto Body & Paint	Simi Valley	Operate Motor Vehicle Spray Booth
08236-101	Berry Pack	Oxnard	Graphic Arts Operation
08247-101	DCOR, LLC	Ventura County	Operate Portable Generator - OCS

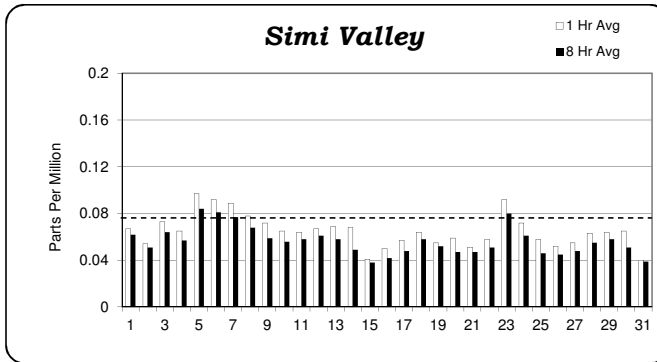
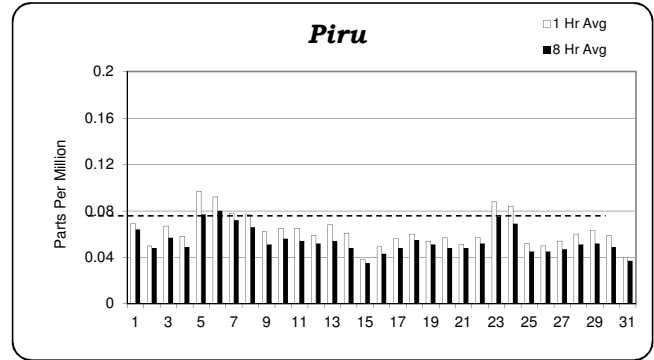
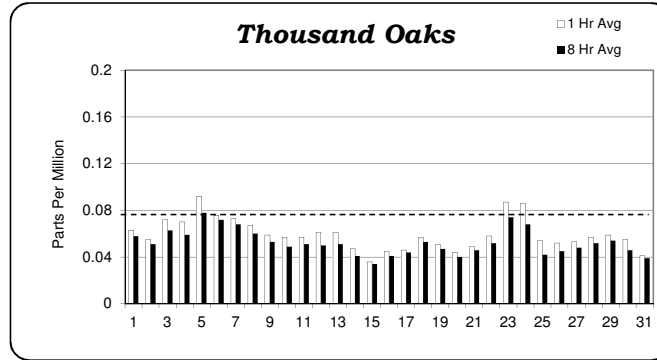
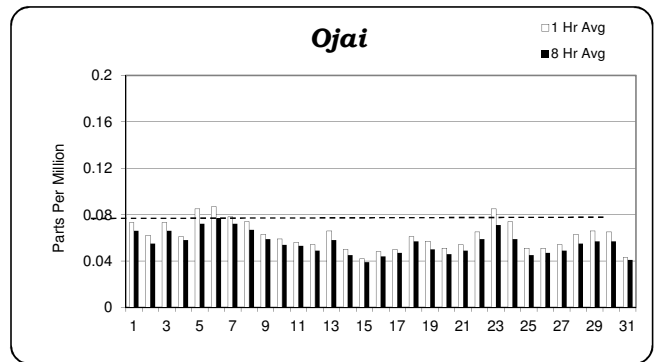
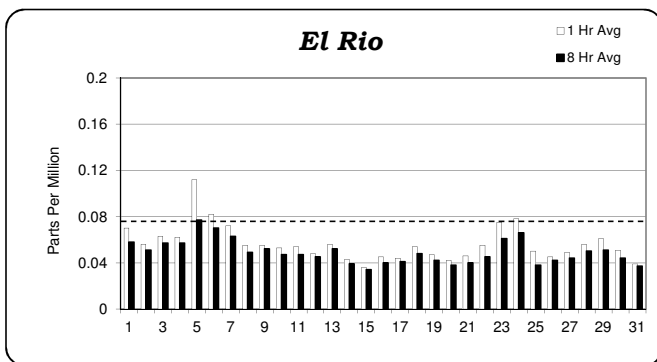
# Ozone Report

## OCTOBER 2014

The level of the California 1-hour standard was exceeded in October at El Rio, Piru, and Simi Valley. The level of the National 8-hour standard and California 8-hour standard was exceeded in October at all sites. The maximum 1-hour average was 0.112 ppm at El Rio; the maximum 8-hour average was 0.084 ppm at Simi Valley.

## OZONE DATA THROUGH 11/18/2014

Monitoring Station	Exceedance Days			Maximum Concentration	
	State		National	Parts Per Million (ppm)	
	1-hr	8-hr	8-hr	1-hr	8-hr
El Rio – Rio Mesa School #2	1	2	1	0.112	0.077
Ojai – Ojai Avenue	0	9	4	0.087	0.082
Piru – 3301 Pacific Avenue	1	9	5	0.097	0.081
Simi Valley – Cochran Street	1	16	7	0.097	0.085
Thousand Oaks – Moorpark Road	0	6	3	0.092	0.081



### PPM AIR QUALITY STANDARD

- .070 CALIFORNIA 8 HR AVG CLEAN AIR STANDARD
- .075 NATIONAL 8 HR AVG CLEAN AIR STANDARD
- .09 CALIFORNIA 1 HR AVG CLEAN AIR STANDARD
- .150 CALIFORNIA 1 HR AVG HEALTH ADVISORY  
Avoid prolonged vigorous outdoor exercise.  
Sensitive individuals avoid all outdoor activity.