APPENDIX B: eCCR Certification Form (Suggested Format)

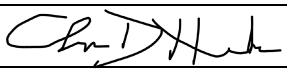
Consumer Confidence Report Certification Form

(To be submitted with a copy of the CCR)

Water System Name:	Montecito Water District
Water System Number:	4210007

The water system named above hereby certifies that its Consumer Confidence Report was distributed on _____June 24, 2024_____ (*date*) to customers (and appropriate notices of availability have been given). Further, the system certifies that the information contained in the report is correct and consistent with the compliance monitoring data previously submitted to the State Water Resources Control Board, Division of Drinking Water (DDW).

Certified by:

Name: Chad Hurshman	Title: Water Treatment & Production Superintendent
Signature: 	Date: 6/30/2024
Phone number: (805) 969-2271	blank

To summarize report delivery used and good-faith efforts taken, please complete this page by checking all items that apply and fill-in where appropriate:

- ☐ CCR was distributed by mail or other direct delivery methods (attach description of other direct delivery methods used).
- ☒ CCR was distributed using electronic delivery methods described in the Guidance for Electronic Delivery of the Consumer Confidence Report (water systems utilizing electronic delivery methods must complete the second page).
- ☒ "Good faith" efforts were used to reach non-bill paying consumers. Those efforts included the following methods:
  - ☒ Posting the CCR at the following URL: www.montecitowater.com/doc/ccr2023
  - ☐ Mailing the CCR to postal patrons within the service area (attach zip codes used)
  - ☒ Advertising the availability of the CCR in news media (attach copy of press release)
  - ☒ Publication of the CCR in a local newspaper of general circulation (attach a copy of the published notice, including name of newspaper and date published)
  - ☒ Posted the CCR in public places (attach a list of locations) – Public Board Meeting & Packet

- ☐ Delivery of multiple copies of CCR to single-billed addresses serving several persons, such as apartments, businesses, and schools
- ☒ Delivery to community organizations (attach a list of organizations)
- ☐ Publication of the CCR in the electronic city newsletter or electronic community newsletter or listserv (attach a copy of the article or notice)
- ☒ Electronic announcement of CCR availability via social media outlets (attach list of social media outlets utilized)
- ☐ Other (attach a list of other methods used)

☐ *For systems serving at least 100,000 persons*: Posted CCR on a publicly-accessible internet site at the following URL: www._____

☐ *For privately-owned utilities*: Delivered the CCR to the California Public Utilities Commission

Consumer Confidence Report Electronic Delivery Certification

Water systems utilizing electronic distribution methods for CCR delivery must complete this page by checking all items that apply and fill-in where appropriate.

☒ Water system mailed a notification that the CCR is available and provides a direct URL to the CCR on a publicly available website where it can be viewed (attach a copy of the mailed CCR notification). URL: www.montecitowater.com/doc/ccr2023

☒ Water system emailed a notification that the CCR is available and provides a direct URL to the CCR on a publicly available site on the Internet where it can be viewed (attach a copy of the emailed CCR notification). URL: www.montecitowater.com/doc/ccr2023

☐ Water system emailed the CCR as an electronic file email attachment.

☐ Water system emailed the CCR text and tables inserted or embedded into the body of an email, not as an attachment (attach a copy of the emailed CCR).

☐ *Requires prior DDW review and approval.* Water system utilized other electronic delivery method that meets the direct delivery requirement.

Provide a brief description of the water system's electronic delivery procedures and include how the water system ensures delivery to customers unable to receive electronic delivery.

Montecito Water District used electronic delivery for the 2023 CCR, and distribution was supported with these procedures:
CCR Posted to Web Site June 16, 2024 at www.montecitowater.com/doc/ccr2023

Bill Insert / Bill message sent to all District Customers with May Invoice: mailed before June 5, 2024.
Direct Email to all District Customers who have an email address associated with their account: sent on June 24, 2024
Delivery to Community Organizations: Montecito Association, Summerland Citizen's Association
Social Media Announcement: Facebook Post: June 19, 2024
Press placement / Advertisement in Montecito Journal announcing availability of CCR: June 26, 2024
Printed copies of the CCR are available / posted at the District Office.
Printed copies of the CCR are mailed upon request.
Multiple copies of the CCR are provided to landlords upon request.
PDF copies of the CCR are emailed upon request.

This form is provided as a convenience and may be used to meet the certification requirement of section 64483(c) of the California Code of Regulations.

MONTECITO WATER DISTRICT
A Reliable Supply Since 1921

2023 ANNUAL DRINKING WATER CONSUMER CONFIDENCE REPORT

This report explains where your water comes from, provides information on water quality and how it is measured, and presents the District's 2023 test results which show that ***drinking water met, or was better than, state and federal water quality standards.***

Providing high quality water is a vital part of Montecito Water District's responsibility and commitment to customer service. The District prides itself on water treatment, which is done locally to the highest of standards using the most current methods and technology.

Nick Turner, General Manager

The pipelines that carry water also play a role in the quality of the water that arrives at the tap. The Environmental Protection Agency requires all public water systems to complete a Lead Service Line Inventory by October 16, 2024, with the goal of identifying any potential sources of lead in tap water associated with water service lines. This inventory applies to both the District-owned pipelines which bring water to the meter, and the customer-owned pipelines that deliver water from the meter onto individual properties. No lead was identified during a comprehensive inventory of the District's pipes completed in 2018. From March through August 2024, an inventory of customers' pipes is being conducted by the District's qualified staff using a State approved sampling process with an emphasis on properties built before 1986. If any lead service lines are detected, the customer will be notified immediately.

The District is constantly working to improve water quality and extend supplies with infrastructure projects ranging from replacing aging pipelines and improving reservoir storage to updating meters and treatment facilities. Ample rain for the second winter in a row combined with the District's successful efforts to procure drought resilient options, such as desalinated water, have increased our local, reliable supplies. Thanks to a combination of good planning and precipitation, the three-year water supply outlook is secure.

To help ensure that these abundant water supplies last as intended, the District continues to focus on building community partnership to improve water use efficiency. In 2023, implementing Smart Meters and launching a Rebate Program significantly expanded the water efficiency tools and resources available to customers. If you would like to learn more about water quality and / or water use efficiency, please contact us.

Reliability. Service. Quality. District tradition for more than a century.

Reliable water service is essential for our health and safety, fire protection and to preserve the community's unique character.

- Water quality meets or exceeds all State and Federal standards
- Certified/Licensed Distribution Staff and Engineers maintain and repair infrastructure
- Certified/Licensed Treatment Staff and Engineers ensure testing and compliance
- Drinking Water Consumer Confidence Report published annually
- Monitoring and sampling occur 24 hours/day, 365 days/year

Este informe contiene información muy importante sobre su agua potable. Tradúzcalo o hable con alguien que lo entienda bien. Para información en español llame al 805.969.2271.

MONTECITO WATER DISTRICT
583 San Ysidro Road, Santa Barbara, CA 93108
phone: 805.969.2271
email: info@montecitowater.com

Montecito Water District's Water Quality Summary 2023

Primary Standards (PDWS)	Units	Maximum Contaminant Level	Public Health Goal (MCLG)	Jameson Lake Average	Jameson Lake Range	Ground Water Average	Ground Water Range	Cachuma Lake Average	Cachuma Lake Range	Common Sources of Contamination in Drinking Water
Water Clarity										
Treated Turbidity	NTU	TT = 1 NTU TT = 95% of Samples ≤ 0.3	NA	0.05	0.03 - 0.26 100.0%	NA	NA	NA	ND - 0.09 100%	Soil runoff.
Radioactive Contaminants (2020)										
Gross Alpha Particle Activity	pCi/L	15	(0)	1.33	1.33	2.63	1.22 - 3.86	NA	NA	Erosion of natural deposits.
Uranium	pCi/L	20	0.43	NA	NA	1.10	0.82 - 1.56	0.76	0.76	Erosion of natural deposits.
Inorganic Contaminants										
Aluminum	µg/L	1000	600	6	ND - 60	ND	ND	11	ND - 26	Erosion of natural deposits; residue from some surface water treatment processes.
Arsenic	µg/L	10	0.004	ND	ND	0.33	ND - 1	ND	ND	Erosion of natural deposits; runoff from orchards.
Barium	mg/L	1	2	ND	ND	0.08	0.06 - 0.09	0.067	0.067	Discharges of oil drilling wastes: erosion of natural deposits.
Fluoride	mg/L	2	1	0.2	0.2	0.8	0.5 - 1.0	0.44	0.39 - 0.51	Erosion of natural deposits; discharge from fertilizer.
Mercury	µg/L	2	1.2	ND	ND	0.13	0.09 - 0.20	ND	ND	Erosion of natural deposits; runnoff from landfills and cropland.
Nickel	µg/L	100	12	ND	ND	1	ND - 2.0	ND	ND	Erosion of natural deposits.
Nitrate as N (Nitrogen)	mg/L	10	10	ND	ND	0.92	0.5 - 2.90	0.30	ND-0.50	Runoff or leaching from fertilizer use; leaching from septic tanks and sewage; erosion from natural deposits
Selenium	µg/L	50	30	ND	ND	4	2.0 - 6.0	ND	ND	Discharge from petroleum, glass, and metal refineries; erosion of natural deposits; discharge from mines and chemical manufacturers; runoff from livestock lots (feed additive).

Primary Standards for Distribution System	Units	Maximum Contaminant Level	Public Health Goal (MCLG)	Distribution System Average	Distribution System Range	Common Sources of Contamination in Drinking Water
Microbiological Contaminant Samples						
Fecal Coliform Bacteria and E. Coli	% Tests Positive	0	0	0.00%	0	Naturally present in the environment.
Disinfectant						
Free Chlorine Residual	mg/L	MRDL, 4.0	MRDLG, 4.0	0.79	0.20 - 2.10	Drinking water disinfectant added for treatment.
Disinfection Byproducts (DBP)						
Total Trihalomethanes	µg/L	80	NA	Highest LRAA, 55.7	6 - 58	Byproduct of drinking water disinfection.
Haloacetic Acids	µg/L	60	NA	Highest LRAA, 45.5	ND - 74	Byproduct of drinking water disinfection.

	Units	Maximum Contaminant Level	Public Health Goal (MCLG)	Jameson Lake Average	Jameson Lake Range	Cachuma Lake Average	Cachuma Lake Range	Common Sources of Contamination in Drinking Water
Bromate	µg/L	10	NA	NA	NA	3.0	1.9 - 5.0	Byproduct of drinking water disinfection.
Total Organic Carbon (DBP Precursor)	mg/L	TT	NA	1.3	1.1 - 1.5	1.89	1.42 - 2.35	Various natural and manmade sources. Total Organic Carbon (TOC) has no health effects. However, it provides a medium for the formation of disinfection byproducts.

Lead and Copper Rule (2023)	Units	AL	PHG	Samples collected	Above AL	90th Percentile	Schools (range)	Schools tested in 2022 Common Sources of Contamination in Drinking Water
Lead	µg/L	15	0.2	34	0	ND	ND	Internal corrosion of household water plumbing systems; discharges from industrial manufacturers; erosion of natural deposits.
Copper	µg/L	1300	300	34	0	470	ND - 1580	Internal corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.

Lead and Copper Rule Every three years, a minimum of 30 residences are tested for lead and copper levels at the tap. The most recent set of 34 samples was collected in 2023. All of the samples were well below the regulatory action level (RAL). Copper was detected in 26 samples. The 90th percentile value was at 470 ug/L. Lead was not detected in any of the samples. The 90th percentile value was Non-Detect. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Montecito Water District is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/lead.

Secondary Standards	Units	Maximum Contaminant Level	Jameson Lake Average	Jameson Lake Range	Ground Water Average	Ground Water Range	Cachuma Lake Average	Cachuma Lake Range	Common Sources of Contamination in Drinking Water
Aesthetic Standards									
Color	Units	15	ND	ND	ND	ND	5	ND - 10	Naturally-occurring organic materials.
Chloride	mg/L	500	12	12	148	89 - 198	18.4	14 - 26	Runoff or leaching from natural deposits; seawater influence.
Iron	µg/L	300	ND	ND	1	ND - 30	ND	NA	Leaching from natural deposits; industrial wastes.
Manganese	µg/L	50	ND	ND	6	ND - 40	ND	NA	Leaching from natural deposits.
Threshold Odor at 60 degrees celcius	Units	3	ND	ND	ND	ND	4	2 - 8	Naturally-occurring organic materials.
Specific Conductance	umhos/cm	1600	840	835 - 1054	1175	899 - 1445	948	776 - 1148	Substances that form ions in water; seawater influence.
Sulfate	mg/L	500	213	213	149	128 - 195	269	200 - 360	Runoff or leaching from natural deposits; industrial wastes.
Total Dissolved Solids	mg/L	1000	610	610	710	560 - 890	622	502 - 772	Runoff or leaching from natural deposits.
Zinc	mg/L	5	ND	ND	0.017	ND - 0.030	ND	ND	Runoff or leaching from natural deposits; industrial wastes.

Montecito Water District's Water Quality Summary 2023

Secondary Standards	Units	Maximum Contaminant Level	Jameson Lake Average	Jameson Lake Range	Ground Water Average	Ground Water Range	Cachuma Lake Average	Cachuma Lake Range
Additional Constituents Analyzed								
pH	pH units	NS	7.84	6.98 - 8.20	7.3	7.0 - 7.7	7.54	7.45 - 7.67
Total Hardness	mg/L	NS	400	392 - 408	411	284 - 528	383	304 - 472
Total Alkalinity	mg/L	NS	215	180 - 244	195	176 - 204	191	157 - 224
Boron	mg/L	1 (AL)	ND	ND	0.2	ND - 0.6	ND	ND
Calcium	mg/L	NS	177.5	124 - 231	78	57 - 117	93	71 - 107
Magnesium	mg/L	NS	24	24	28	20 - 41	40	31 - 52
Sodium	mg/L	NS	29	29	97	72 - 137	50	43 - 57
Potassium	mg/L	NS	2	2	0.7	ND - 1.0	2.9	2.4 - 3.4
Unregulated Contaminant Monitoring Rule 4 (2019-20)								
HAA5	µg/L	NS	32.87	23.98 - 44	NA	NA	13	ND - 32
HAA6Br	µg/L	NS	8.03	4.24 - 14.09	NA	NA	14	ND - 24
HAA9	µg/L	NS	39.95	32.57 - 48.94	NA	NA	24	ND - 51
Bromochloroacetic Acid	µg/L	NS	3.29	1.89 - 5.45	NA	NA	3.9	ND - 8.2
Bromodichloroacetic Acid	µg/L	NS	2.95	2.15 - 4.05	NA	NA	3.5	ND - 5.8
Chlorodibromoacetic Acid	µg/L	NS	0.85	0 - 1.9	NA	NA	2.2	ND - 3.3
Dibromoacetic Acid	µg/L	NS	0.71	0 - 1.9	NA	NA	2.3	ND - 4.2
Dichloroacetic Acid	µg/L	NS	12.34	7.75 - 20	NA	NA	6.0	ND - 16
Monobromoacetic Acid	µg/L	NS	0.24	0 - 0.8	NA	NA	2.3	ND - 4.9
Monochloroacetic Acid	µg/L	NS	1.17	ND - 1.6	NA	NA	2.3	ND - 4.9
Trichloroacetic Acid	µg/L	NS	18.41	10.75 - 26	NA	NA	4.2	ND - 12

This Consumer Confidence Report (CCR) reflects changes in drinking water regulatory requirements during 2021. These revisions add the requirements of the federal Revised Total Coliform Rule, effective since April 1, 2016, to the existing state Total Coliform Rule. The revised rule maintains the purpose to protect public health by ensuring the integrity of the drinking water distribution system and monitoring for the presence of microbials (i.e., total coliform and E. coli bacteria). The U.S. EPA anticipates greater public health protection as the rule requires water systems that are vulnerable to microbial contamination to identify and fix problems. Water systems that exceed a specified frequency of total coliform occurrences are required to conduct an assessment to tetermine if any sanitary defects exist. If found, these must be corrected by the water system. The state Revised Total Coliform Rule became effective July 1, 2021.

Monitoring source water for specific contaminants is required on a regular basis. Results of regular monitoring are an indicator of whether your drinking water meets health standards. During the month of March 2024, one sample for coliform bacteria was not completed prior to treatment. During the same month, all other required samples collected during and after water treatment showed no bacteria present, indicating that water delivered to customers was, and continues to be, in full compliance with state and federal drinking water standards.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:
Microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic contaminants, such as salts and metals, that can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

Pesticides and herbicides, that may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

Organic chemical contaminants, including synthetic and volatile organic chemicals, that are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, agricultural application, and septic systems.

Radioactive contaminants, that can be naturally-occurring or be the result of oil and gas production and mining activities.

People with Sensitive Immune Systems

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. USEPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Drinking Water Info

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the U.S. Environmental Protection Agency's (USEPA's) Safe Drinking Water Hotline (1-800-426-4791).

In order to ensure that tap water is safe to drink, the U.S Environmental Protection Agency (USEPA) and the Division of Drinking Water prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. CDPH regulations also establish limits for contaminants in bottled water that provide the same protection for public health.

Source Water Assessment: A comprehensive source water assessment of the District's drinking water sources was adopted in June 2021. A copy of this report is available for public inspection at the District Office.

Last year, as in years past, your tap water met all EPA and State drinking water health standards. Montecito Water District vigilantly safeguards its water supplies and once again we are proud to report that our system has never violated a maximum contaminant level or any other water quality standard. This brochure is a snapshot of last year's water quality. Included are details about where your water comes from, what it contains, and how it compares to State standards. We are committed to providing you information because informed customers are our best allies.

WATER QUALITY TERMINOLOGY

Maximum Contaminant Level (MCL): The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs (or MCLGs) as is economically and technologically feasible. Secondary MCLs are set to protect the odor, taste, and appearance of drinking water.

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the U.S. Environmental Protection Agency.

Public Health Goal (PHG): The level of a contaminant in drinking water below which there is no known or expected risk to health. PHGs are set by the California Environmental Protection Agency.

Primary Drinking Water Standard (PDWS): MCLs and MRDLs for contaminants that affect health along with their monitoring and reporting requirements, and water treatment requirements.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

Treatment Technique (TT): A required process intended to reduce the level of a contaminant in drinking water.

mg/L: Milligrams per liter, or parts per million. 1 mg/L is equal to about one drop in 17 gallons of water.

µg/L: Micrograms per liter, or parts per billion. 1 ug/L is equal to about one drop in 17,000 gallons of water.

< : Less than.

NA: Not applicable.

NS: No Standard.

ND: Non-detected.

pCi/L: Pico curies per liter, a measure of radiation.

umhos/cm: Micromhos per centimeter (an indicator of dissolved minerals in water).

NTU: Nephelometric turbidity unit.

LRAA: Locational Running Annual Average

For Water Softeners: MWD's surface water has a hardness range of 23 to 24 grains per gallon, while groundwater has a hardness range of 17 to 31 grains per gallon. One grain per gallon equals 17.1 mg/L.

Footnotes: The State allows us to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of our data, though representative, are more than one year old.

Surface water sources include the District's Jameson Lake and Lake Cachuma. The District's Amapola Well, Paden Well No. 2, Ennisbrook Well No. 5, Ennisbrook Well No. 2 and T Mosby Well No. 2 were used as groundwater supply sources.

An average number of 52 coliform samples were collected each month at 12 District sampling stations in compliance with the Federal Revised Total Coliform Rule . All sample results were negative.

Turbidity is a measure of the cloudiness of the water. Montecito Water District monitors for it continuously because turbidity is a good indicator of water quality. High turbidity can hinder the effectiveness of disinfectants. 100% of the District's samples met the Turbidity Performance standard. The highest single surface water turbidity measurement during the year was 0.26 NTU.

WATER SOURCES 2023

Most water supplies are rainfall dependent, and become limited in times of drought. As the District looks to the future, it aims to increase its portfolio of local, reliable supplies.

MONTECITO WATER DISTRICT

RELIABLE SINCE 1921
www.montecitowater.com

Doulton Tunnel, a horizontal well, source of groundwater and conveyance from Jameson Lake.

Cachuma Project (Lake Cachuma), a federally owned surface water facility.

Jameson Lake, a District owned surface water facility.

Groundwater wells, source from the Montecito Groundwater Basin.

Conservation - Water efficiency.

State Water Project & Supplemental Water Purchase.

FACILITIES

The District's water source portfolio and array of facilities is highly diversified. The combination of its own assets and collaboration with many partners provides added resiliency.

Conservation — water supply that is attained through efficiency of use — is unique in that it is dependent on people rather than rainfall. The District will continue to look to its customers for their partnership in using water wisely.

- **2 Surface Water Treatment Plants**
- **7 Pumping Stations**
- **9 Storage Reservoirs**
- **12 Groundwater Wells**
- **114 (approximate) Miles of Pipeline**
- **1 Surface Water Reservoir, Dam and Groundwater Conveyance Tunnel**
- **943 Fire Hydrants**

Water Supplied by the City of Santa Barbara, secured by Charles E. Meyer Desalination facility.

For more information please contact **Chad Hurshman**, Water Treatment and Production Superintendent, at 805.969.7924

We encourage public participation.
For meeting times, agendas, and additional resources: **www.montecitowater.com**

Este informe contiene información muy importante sobre su agua potable. Tradúzcalo o hable con alguien que lo entienda bien. Para información en español llame al 805.969.2271.

CONSUMER CONFIDENCE REPORT 2023

WATER QUALITY CONTINUES TO MEET OR EXCEED STANDARDS

Montecito Water District is pleased to provide you with the Annual Drinking Water Consumer Confidence Report. This report explains where your water comes from, provides information on water quality and how it is measured, and presents the District's 2023 test results which show that drinking water met, or was better than, state and federal water quality standards.

The report will be available online to view or print* by June 30, 2024. You can access it at montecitowater.com/doc/ccr2023

*As part of our efforts to reduce costs and minimize environmental impacts, we now deliver reports electronically. If you would like to receive a printed copy of the report, please email info@montecitowater.com, call us at 805-969-2271, or visit the District office at 583 San Ysidro Road, Santa Barbara, CA 93108.

SCAN TO VISIT MONTECITOWATER.COM/DOC/CCR2023

ATTENTION LANDLORDS, BUSINESSES, SCHOOLS, AND OTHERS

Please share this information with tenants, employees, students, and any water users at your location who may not be customers receiving communications directly from Montecito Water District.

Este informe contiene información muy importante sobre su agua potable. Tradúzcalo o hable con alguien que lo entienda bien. Para información en español llame al 805.969.2271.

CONTACT US!

805-969-2271 | customerservice@montecitowater.com
www.montecitowater.com

Bill message

Included on printed bill

Please see the insert included with this invoice for information on proposed rate adjustments. Wondering how your bill might change? Try the calculator: www.montecitowater.com/rates2024
GOOD NEWS, water quality continues to meet or exceed all standards: the Annual Drinking Water Consumer Confidence Report will be available to view or print online by June 30, 2024 at www.montecitowater.com/doc/ccr2023

Included on emailed bills

HTML

Please see the insert included with this invoice for information on proposed rate adjustments. Wondering how your bill might change? Try the rate calculator at: www.montecitowater.com/rates2024

GOOD NEWS, water quality continues to meet or exceed all standards: the Annual Drinking Water Consumer Confidence Report will be available to view or print online by June 30,2024 at www.montecitowater.com/doc/ccr2023

From: Montecito Water District <info@montecitowater.com>
Sent: Monday, June 24, 2024 11:24 AM
To:
Subject: IMPORTANT MESSAGE! Your 2023 Consumer Confidence Report is Now Available

2023 Annual Drinking Water Consumer Confidence Report Now Available Online at www.montecitowater.com/doc/ccr2023

Dear Montecito Water District Customer,

Montecito Water District is pleased to provide you with the Annual Drinking Water Consumer Confidence Report. This report explains where your water comes from, provides information on water quality and how it is measured, and presents the District's 2023 test results which show that drinking water met, or was better than, state and federal water quality standards.

We encourage you to view the report and learn more about your drinking water by visiting: www.montecitowater.com/doc/ccr2023
To view the report on your computer you must have Adobe Acrobat Reader installed.

We now deliver the annual report electronically rather than by mail to reduce costs and environmental impacts. If you would like to receive a

printed version, please reply to this email info@montecitowater.com with your mailing address, or call us at 805-969-2271 with your request.

Estimada Cliente,

El Reporte Anual de Calidad de agua del 2023 ya esta disponible.

Por favor visite www.montecitowater.com/doc/ccr2023 para que revise El Reporte Anual de Calidad de agua y aprende información importante acerca de su agua potable. Para acceder a esta página debe tener Adobe Acrobat Reader instalado en su computadora.

Este reporte contiene información importante sobre el origen y la calidad de su agua potable. Si usted desea una copia por escrito del Reporte Anual de Calidad de agua 2023 por correo, por favor llame al 805.969.2271 o por correo electronico escriba á info@montecitowater.com.

Este informe contiene información muy importante sobre su agua potable. Tradúzcalo o hable con alguien que lo entienda bien.

Attention landlords, businesses, schools and other groups: Please share this information with tenants, students, and other water users at your location who may not be customers receiving communications directly from Montecito Water District.

Annual Water Quality Report

Great News! As in prior years, the District confirms that it meets or exceeds water quality standards in the Annual Consumer Confidence Report.

View Current Report ››

FOLLOW US

Questions? Contact us
phone: 1.805.969.2271 • email: info@montecitowater.com

BOARD OF DIRECTORS:
Kenneth Coates, President | Brian Goebel, Vice President
Cori Hayman, Director | Tobe Plough, Director | Floyd Wicks, Director
General Manager and Board Secretary: Nick Turner

MONTECITO WATER DISTRICT

A Reliable Supply Since 1921

WATER QUALITY CONTINUES TO MEET OR EXCEED STANDARDS!

2023 Annual Drinking Water Consumer Confidence Report* now available online at:

montecitowater.com/doc/ccr2023

Attention landlords, businesses, schools & other groups:
Please share this information with tenants, students, and other water users who may not be customers receiving communications directly from Montecito Water District.

*This report explains where you water comes from, provides information on water quality and how it is measured, and presents the District's 2023 test results which show that drinking water met, or was better than, state and federal water quality standards. To receive a printed version please email info@montecitowater.com or call us at 805.969.2271.

Sign up for enews:

www.montecitowater.com

Montecito Health Coach

The Anxiety of Accomplishment

by Deann Zampelli

My 16-year-old son recently came home from school, freaking out that he might get a B in an AP class. Historically, this has not been his M.O., but at the beginning of his sophomore year it started to dawn on him that it was time to get to work. He was hearing and feeling the stress of those around him about their GPA, the classes they had to take and what colleges they wanted to go to and was convinced that this one B was sure to doom him to be a failure for all of eternity.

As parents, my husband and I take a different (and somewhat unorthodox) approach to all of this. We have always encouraged both of our children (who are now 14 and 16) to do their best, but it was more to fortify their self-esteem and create discipline than to insure their place in an Ivy League. But more than anything, it was to help them internalize what it feels like to do a good job at something, and of course, to reap the rewards, which could be external such as a promotion or a good grade, or internal such as feeling pride about giving something your all.

But at what point does this drive which many teens are exhibiting become self-destructive? The media has been having a field day with how our children today are not hearty and are – according to **Abigail Shrier**, investigative journalist and author of *Bad Therapy: Why the Kids Aren't Growing Up* – turning into "emotional hypochondriacs." Meaning, if something isn't going right in their life, they are "depressed." If they are worried about a test, they have an "anxiety disorder."

So, on one hand, we (as a society, or as parents, social media, etc.) are sending the message to our kids that they must get into a good university, that the competition is brutal, 4.3 is not high enough, etc., but simultaneously we are coddling them to a point where any emotion that isn't overtly positive is automatically processed as negative.

According to Dr. **Amy Alzina**, Superintendent/Principal of Cold Spring Elementary School District, "In today's fast-paced world, it's essential that we instill grit and determination in our children. Teaching them that they can overcome challenges and do hard things builds resilience and a sense of accomplishment. However, parents must be cautious about quickly labeling their child's struggle as anxiety. It's crucial to allow children to navigate through difficulties and experience the triumph of perseverance, fostering a deeper sense of purpose and self-worth."

It seems counterintuitive, but what we are being told is that by pandering to our children's emotions, we are not preparing them for the natural stress that is part of life. The problem is, we are doing this *while* pushing them to get better grades, take more AP classes, be leaders, do more volunteer hours, make Varsity – and the list goes on.

I started wondering how early these signs of stress are appearing in our kids, so I spoke with **Natasha Quintero**, Licensed Marriage and Family Therapist (LMFT) here in Santa Barbara, "In my clinical practice I have seen it manifest as early as 4th grade, the correlation I have made is that at this grade level children transition from number values to letter grades and testing. For many of my clients, this is when parents begin to discuss and place value on their children's performance in school in addition to their overall functioning as little humans."

As early as 4th grade? When I was in 4th grade my biggest stressor was worrying if I lost my 4-color Bic Retractable Pen.

As tuition skyrockets, I cannot help but wonder. What is the actual price of accomplishment?

I understand if your kid is a prodigy, or knew from an early age that they wanted to be something that would require a high level of educational planning (such as going to medical school, law school, etc.), but otherwise, what is the end game?

Movies and TV shows have been mocking this for years, showing angst ridden parents crying that because their three-year-old didn't get into the right preschool any chance of Harvard was out the window. But with UC schools costing an average of $15,000/year for in state students to $50,000/year for out of state, not to mention the various institutional scandals over the last few years, some parents are pausing to see if the cost/benefit analysis still makes sense. And with good reason.

According to the Strada Institute for the Future of Work and the Burning Glass Institute, "52% of graduates with only a bachelor's degree end up underemployed a year after getting their diploma." Meaning, they work in jobs that don't require a college degree, or they really are unemployed. So, all this planning, energy, stress, and often accumulated debt… just to end up with a 48% chance of getting a job in your field of study?

I feel like somewhere along the way we forgot what universities were intended for. They were created to satisfy intellectual curiosity, to expand one's mind and to foster creativity. It was thought that those fortunate enough to have this experience would make better leaders through their open-mindedness and broader expanse of knowledge. But today, what is the purpose? What is the goal?

The answer, like the question itself, is going to be personal to each parent and to each student. But perhaps we should take a page from the scholars of old and allow the higher learning to be about broadening our children's intellectual horizons rather than what the initials are on the banner over their dorm room bed.

Trained at Duke Integrative Medicine, ***Deann Zampelli*** *owns Montecito Coaching & Nutrition and has a broad range of clients working on everything from nutrition to improving their marathon pace. She also has a Masters in Clinical Psychology and has been a resident of Montecito since 2006.*

SOCIAL MEDIA

Montecito Water District CCR 2023 Cert Form Attachments: