



Fluoride - coming out of a VWD tap near you

Responsible for 100 percent of the water Vallecitos Water District (VWD) provides, Metropolitan Water District of Southern California (MWD) has targeted early December as the time period to increase fluoride at its treatment plants in an effort to boost oral health in the Southland region.

The end result is a fluoridated product soon to be flowing from VWD tap

influenced by state law drafted in 1995 requiring fluoridation of any public water supply with at least 10,000 customers.

Of course this change will not affect water quality. There won't be any noticeable difference in taste, smell, or appearance. Also, costs associated with adding fluoride will all be managed within current water rates, causing no spikes.

Although there has always been a certain amount of fluoride naturally present in your water source, levels have never been high enough to impact dental care. Metropolitan Water District will optimize levels by increasing to the recommended

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Tap Water Fluoridation Q&A

Q. Why is fluoride being increased in your water?

A. VWD's wholesaler, MWD, is adhering to a state law passed in 1995 conditionally mandating fluoridation of any public water supply that has at least 10,000 service connections or customers.

Q. How long has water fluoridation been used to combat tooth decay?

A. Fluoride has been used in public water systems in some places for some 60 years now. Of the 50 largest cities in the United States, 43 fluoridate their drinking water.

Q. What is the optimal level of fluoride Metropolitan will increase to?

A. Water supply contains natural levels of fluoride of 0.1 to 0.4 per liter (mg/L) or parts per million. Levels will increase and average at approximately 0.7 to 0.8 mg/L in treated water.

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VWD wholesaler begins fluoridation - continued from page 1

range of 0.7 to 0.8 mg/L (parts per million). The miniscule amount – the equivalent of three drops in 42 gallons – has been deemed safe and a possible deterrent to tooth decay.

Metropolitan treatment plants will feature the most advanced feed control system in the country, with 24-hour monitoring to ensure consistent levels of fluoride.

Of the 50 largest cities in the United States, Southern California water consumers now join 43 municipalities to add fluoride to their drinking water.

Customers not wishing to consume fluoridated water have alternatives, including bottled water that contains a small measure of fluoride. There are also home water treatment units using reverse osmosis membrane filtration that can be purchased.

However, of the possible alternatives, activated carbon filters will not remove fluoride. Custom-

ers should always check for state certification for fluoride removal on any home water treatment unit being considered.

A list of state-certified water treatment devices is available at: www.cdph.ca.gov/certlic/drinkingwater/pages/fluoridation.aspx. Find more information regarding fluoridated water from:

MWD Quality Information Hotline
(213) 217-6850

www.mwdh2o.com/fluoridation/index.html

American Dental Association

www.ada.org/public/topics/fluoride/news.asp

Centers for Disease Control and Prevention

www.cdc.gov/fluoridation/index.htm

Tap Water Fluoridation

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Q. I still would rather not drink water that has fluoride added to it, what choices do I have?

A. You have several choices. If you use bottled water, you can call the consumer service number on the bottle's label and ask how much fluoride is in the water. If you use vended water or purchase water from a water store that treats water by reverse osmosis or distillation, the water is likely low in fluoride. You can also use home treatment devices that are reverse osmosis systems or distillation units.

Are you up to the challenge?



Pledge to help our region by conserving 20 gallons a day! Many tips are free and easy. Here are a few examples:

Water before 6 a.m. and after 8 p.m.

Savings: 20-25 gallons per day

Cut irrigation cycles by 1-3 minutes

Savings: 15-25 gallons per minute

Adjust sprinklers to prevent overspray

Savings: 15-25 gallons per day

Visit www.20gallonchallenge.com for more advice.

Join the hundreds of San Diego County residents that have already pledged 62,657 gallons today!

Three awarded for wastewater compliance

Three industries within Vallecitos Water District (VWD) boundaries attained perfect wastewater compliance for 2006, earning the prestigious Gold Award from Encina Wastewater Authority.

VWD customers General Electronic Devices and Hues Metal Finishing, both of San Marcos, were given recognition for 5 consecutive years of compliance. Hubbard Enterprises of Vista was given special recognition for 12 consecutive years of compliance.

Gold award recipients must pass an annual inspection and six wastewater tests. They also must submit two semi-annual reports dem-

onstrating compliance with their wastewater discharge permit.



Encina issued a total of nine awards.

These actions work to protect the marine environment where treated wastewater is released, ensure a clean wastewater system and prevent wastewater treatment plant operator injury due to toxic substances.

The Encina Wastewater Authority, located in Carlsbad, presents the awards annually. The facility is jointly owned by VWD, the City of Carlsbad, City of Encinitas, Buena Sanitation District, City of Vista, and Leucadia Wastewater District. ☉

VWD water meter reading goes automated

Vallecitos Water District is approximately 90 percent complete with a meter conversion process of upgrading customers to automated radio reads.

Given the value place on meters when it comes to billing, the exchange not only assists the District, but assists customers by replacing a precision mechanical measuring device before it became susceptible to wear and tear with age.

In order to complete this retrofit to the remaining few of the District's 20,000 meters, a member of Aquamet-

ric- VWD's meter installation contractor - may knock on your door to ask permission to turn the water off for a brief period, but at no time will anybody need to enter your home. Aquametric may also ask customers to turn their outside faucet on (for only a few quarts) to release air from the water line.



VWD's new automated meters will promote meter-reading efficiency and accuracy.

When complete, Aquametric will leave a courtesy door hanger to serve as notification that work was performed on the meter that serves your property.

It is the District's intention to notify all customers prior to the time meter upgrades are to be performed at your residence. If you have any questions, contact Vallecitos Water District Customer Service at 760.744.0460. ☉



Board Highlights/News

September 2007 Board Meetings

- ▼ Board adopts a new purchasing policy. Along with a change in reporting assets totaling less than \$5,000, other changes include adding controls for purchases related to information technology and administration.
- ▼ Board approves execution of an agreement with Poseidon Resources for the purchase of 7,500 acre feet (one acre foot equals 325,851 gallons) annually from a future plant in Carlsbad. The desalinated water is the culmination of several months of negotiations that were initiated as part of the District's Integrated Water Resources Plan (IRP) - a water source document critical to meeting customer water demand.
- ▼ The VWD Board participated in a workshop. The agenda included coverage of VWD's IRP, the regional Water Conservation Summit, VWD payback and annexation policy and a 2007/08 Strategic Plan Update.

Remember, autumn is here! If you haven't done so by now, cutback on your irrigation cycle times. Shorter daylight hours and cooler weather mean lawns and gardens throughout our region need less water. To determine the exact amount of water your plants need, go to the conservation section at www.vwd.org and use the irrigation calculator. ☺

DID YOU KNOW...

"It costs more than \$3.5 billion to operate water systems throughout the United States each year?"

Source: United States Environmental Protection Agency

All are welcome to attend VWD Board Meetings the first and third Wednesday of each month at 4 p.m. in the District's Administration building - 201 Vallecitos de Oro in San Marcos

Splash! is a publication of information and interest to Vallecitos water and sewer customers. If you receive water or sewer services from another district, please disregard any information that does not apply to you.

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