About Drinking Water Contaminants

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, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- **Inorganic contaminants**, such as salts and metals, which 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**, which 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, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.
- **Radioactive contaminants**, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. The United States Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Are all Contaminants Harmful?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of 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 US Environmental Protection Agency's Safe Drinking Water Hotline (1-800-426-4791).

Lead Information

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. Lakes Region Water 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 cold water from your tap for at least 30 seconds before using water for drinking or cooking. Do not use hot water for drinking and 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 (1-800-426-4791). You may also visit the EPA website located at: http://water.epa.gov/drink/info/lead/index.cfm.

How do I get Involved?

For more information about your drinking water, please call the owner, Thomas Mason at (603) 476-2348 or the primary operator, Justin Benes, at (603) 476-2348. Although Lakes Region does not hold public participation meetings, you are welcome to contact us with questions and concerns. For more info concerning public participation opportunities in your community, contact your Homeowner's Association President for dates & times of Association meetings.

Source Assessment Information: The DES prepared such reports for all public water systems from 2000-2003 in an effort to assess the vulnerability of the state's public water supply sources. The information below is 8+ years old and includes information that was current at the time the report was completed. Therefore, some of the ratings might be different if updated to reflect current information. At the present time, the DES has no plans to update this data. The complete Source Assessment Report is available for review at LRWC's office in Moultonborough, NH. For more information call Justin Benes at 603-476-2348 or visit NHDES' website at: http://des.nh.gov/organization/divisions/water/dwgb/dwspp/dwsap.htm

Paradise Shores		Summary of Susceptibility Factors		
Source Name	Date	Low	Med	High
Bedrock Well #4	1/9/03	9	2	1
Bedrock Well #5	1/9/03	6	3	3
Bedrock Well #6	1/9/03	6	3	3

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2020
(2019 results)
Consumer Confidence Report

For Paradise Shores (Balmoral) in Moultonboro, NH
EPA ID# 1612010

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What is a Consumer Confidence Report?
The consumer confidence Report (CCR) details the quality of your drinking water, where it comes from, and where you can get more information. This annual report documents only detected primary and secondary drinking water parameters, and compares them to their respective standards known as Maximum Contaminant Levels (MCLs). The enclosed sampling results are from the most recent monitoring done in compliance with state/federal regulations through 2019. Results prior to 2019 will include the date the sample was taken. The State of New Hampshire allows water systems to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Thus some of the data present, though representative, may be more than one year old. Lab results may be viewed on the NHDES website located at: http://www2.des.state.nh.us/DESOnestop/BasicSearch.aspx. Enter the EPA ID listed on the front cover of this report, click Enter, and then click on the "Public Water System" link to get started.

Where Does My Water Come From?
Lakes Region Water Company (LRWC) owns & operates four active bedrock wells. Bedrock well #5 is 522 ft. deep, yields 75 GPM and is located 1000 ft. west of NH electric pole 16902/2. Bedrock well #6 is approximately 650 ft. deep, yields 36 GPM and is located 500 ft. west of NH electric pole 16902/2. Bedrock wells #2 & #4 they are located on the North side of Route 109, approximately 600 ft. northeast of the concrete storage tank. In 2012, the NHDES approved these wells for permanent use within the Paradise Shores/Suissevale communities.

Do I Need To Take Special Precautions? 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. EPA/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).

Definitions for Water Quality Chart:
MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. (MCLGs allow for a margin of safety.)
MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water. They are set as close to the MCLGs as feasible using the best available treatment technology.
AL (Action Level): The concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow.
Level I Assessment: A study of the water system to identify potential problems and determine, if possible, why total coliform bacteria have been found in our water system.
Level II Assessment: A very detailed study of the water system to identify potential problems and determine, if possible, why an E.coli MCL violation has occurred and/or why total coliform bacteria have been found in our water system on multiple occasions.
Abbreviations: ppm: parts per million **ppb:** parts per billion (µg/L) **N/A:** Not Applicable **pCi/L**: pico curies per liter **µg/L**: micrograms per liter **ND**: not detectable at testing limits

DETECTED WATER QUALITY RESULTS

Assessment						
During the past year we were required to conduct Assessment(s)	**Number of assessments required in the reporting year**	**Number of assessments completed in the reporting year**	**Number of corrective actions required**	**Number of corrective actions completed**	**Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, waterborne pathogens may be present or that a potential pathway exists through which contamination may enter the drinking water distribution system. We found coliforms indicating the need to look for potential problems in water treatment or distribution. When this occurs, we are required to conduct assessment(s) to identify problems and to correct any problems that were found during these assessments.**	
Level I	1	1	0	0	During the past year we completed assessment with no defects found	
Level II	2	2	0	0	During the past year we completed assessment with no defects found	
Contaminant (Units)	**Level Detected**	**MCL**	**MCLG**	**Violation Yes/No**	**Likely Source of Contamination**	**Health Effects (Env-DW 811.21)**
Radioactive Contaminants						
Compliance Gross Alpha (pCi/L)	1.7 5/19/2017	15	0	NO	Erosion of natural deposits	Certain minerals are radioactive and may emit a form of radiation know as alpha radiation. Some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer.
Uranium (µg/L)	0.9 5/19/2017	30	0	NO	Erosion of natural deposits	Some people who drink water containing uranium in excess of the MCL over many years may have an increased risk of getting cancer and kidney toxicity.

Inorganic Contaminants						
Barium (ppm)	0.006 2018	2	2	NO	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits	Some people who drink water containing barium in excess of the MCL over many years could experience an increase in their blood pressure.
Copper (ppm)	90th Percentile calculated by NHDES: 0.047 on 9/13/2019 NO sites exceeded the AL of 1.3.	AL=1.3	1.3	NO	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives	Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.
Lead (ppb)	90th Percentile calculated by NHDES: 5 on 9/13/2019 1 NO sites exceeded the AL of 15	A=15	15	NO	Corrosion of household plumbing systems, erosion of natural deposits	(15 ppb in more than 5%) Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home's plumbing. If you are concerned about elevated lead levels in your home's water, you may wish to have your water tested and flush your tap for 30 seconds to 2 minutes before using tap water. Additional information is available from the Safe Drinking Water Hotline (800-426-4791). (above 15 ppb) Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure.
Fluoride (ppm)	1.1 2/13/18	4	4	NO	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories	Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Fluoride in drinking water at half the MCL or more may cause mottling of children's teeth, usually in children less than nine years old. Mottling also known as dental fluorosis, may include brown staining and/or pitting of the teeth, and occurs only in developing teeth before they erupt from the gums.

SECONDARY CONTAMINANTS

Secondary MCLs (SMCL)	Level Detected	Date	Treatment technique (if any)	SMCL	Specific contaminant criteria and reason for monitoring
Chloride (ppm)	1	2018	N/A	250	Wastewater, road salt, water softeners, corrosion
Iron (ppm)	.14	2018	N/A	0.3	Geological
Manganese (ppm)	.009	2018	N/A	0.05	Geological
pH	7.3-7.5	2018	N/A	6.5-8.5	Precipitation and geology
Sodium (ppm)	8	2018	N/A	250	We are required to regularly sample for sodium
Sulfate (ppm)	4	2018	N/A	250	Naturally occurring
Zinc (ppm)	0.042	2018	N/A	5	Galvanized pipes

No Treatment Process is necessary at this time.