

## 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.

## Radon Information

Radon is a radioactive gas that you can't see, taste or smell. It can move up through the ground and into a home through cracks and holes in the foundation. Radon can also get into indoor air when released from tap water from showering, washing dishes, and other household activities. It is a known human carcinogen. Breathing radon can lead to lung cancer. Drinking water containing radon may cause an increased risk of stomach cancer. **Presently, there is no EPA or any other standard for radon in drinking water.**

## 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>.

## 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).

## 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, Jake Dawson, 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 Jake at 603-476-2348 or visit NHDES' website at: <http://des.nh.gov/organization/divisions/water/dwqbd/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    |

# 2014 Consumer Confidence Report

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



420 Governor Wentworth Hwy, PO Box 389  
Moultonboro, NH 03254  
Phone: 603-476-2348, Fax: 603-476-2721  
[www.Lakesregionwater.com](http://www.Lakesregionwater.com)  
[Lrwater@Lakesregionwater.com](mailto:Lrwater@Lakesregionwater.com)

## 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 2013. Results prior to 2013 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 are available to the Paradise Shores/Suissevale communities as emergency sources of water in the event of a shortage of supply, which has been realized through the decline of existing well yields exacerbated by excessive seasonal use. 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. They are currently used as needed as emergency backups during the busy summer, holiday weekends.

**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.

**Abbreviations:**

- ppm:** parts per million
- ppb:** parts per billion (µg/L)
- pCi/L:** pico curies per liter
- µg/L:** micrograms per liter
- ND:** not detectable at testing limits
- N/A:** Not Applicable

| DETECTED WATER QUALITY RESULTS  |  |        |      |                  |   |  |
|---------------------------------|--|--------|------|------------------|---|--|
| Contaminant (Units)             | Level Detected   | MCL    | MCLG | Violation Yes/No | Likely Source of Contamination  | Health Effects (Env-DW 811.21)   |
| <b>Radioactive Contaminants</b> |  |        |      |                  |   |  |
| Radon (pCi/L)                   | 2900<br>4/2/08   | None   | 0    | Not applicable   | Erosion of natural deposits   | Presently the US Environmental Protection Agency is reviewing the setting of a standard for radon in drinking water.<br><b>See radon statement on the reverse of this report.</b>  |
| Combined Radium (pCi/L)         | 0.3  | 5      | 0    | NO               | Erosion of natural deposits   | Some people who drink water containing radium 226 or 228 in excess of the MCL over many years may have an increased risk of getting cancer.  |
| Compliance Gross Alpha (pCi/L)  | 0.9  | 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)                  | 0.7  | 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.  |
| <b>Inorganic Contaminants</b>   |  |        |      |                  |   |  |
| Arsenic (ppb)                   | Range: 2.0 – 4.0<br>Average: 3.0<br>2012   | 10     | 0    | NO               | Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes                    | (5 ppb through 10 ppb) While your drinking water meets EPA's standard for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems. |
| Barium (ppm)                    | Range: 0.001 – 0.004<br>Average: 0.0025<br>2012  | 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)                    | 90 <sup>th</sup> Percentile calculated by NHDES:<br>0.021 on 9/25/13<br><br>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.  |
| Fluoride (ppm)                  | Range: 1.4 – 1.5<br>Average: 1.45<br>2012  | 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.  |