

## 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.

## Do I Need To Take Special Precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised 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).

## 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/primary operator, Thomas Mason 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 10+ 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 Thomas Mason at 603-476-2348 or visit NHDES' website at: <http://des.nh.gov/organization/divisions/water/dwgb/dwspp/dwsap.htm>

Wentworth Cove		Summary of Susceptibility Factors		
Source Name	Date	Low	Med	High
Bedrock Well #1	8/14/00	8	3	1
Bedrock Well #2	8/14/00	8	3	1

# 2019 (2018 results) Consumer Confidence Report



*For Echo Lake Woods  
in Conway, NH  
EPA ID# 0512050*



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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 2017. Results prior to 2017 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 two active bedrock wells. Bedrock well #1 is approximately 156 feet deep, yields 25 gallons per minute (GPM) and is located 10 feet west-northwest of the pumphouse. Bedrock well #2 is approximately 200 feet deep, yields 22 GPM and is located 40 feet west of the pump house.

## Treatment & Other Info

There is no treatment process necessary at this time.

## Definitions:

**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 for Water Quality Chart:

**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>						
Combined Radium (pCi/L)	0.2 01/13/14	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.
Uranium (µg/L)	5.7 1/23/2017	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.
<b>Inorganic Contaminants</b>						
Copper (ppm)	90 <sup>th</sup> Percentile calculated by NHDES on 8/9/18 is 0.038 No customer 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 on 8/9/18 is 1 No customer sites exceeded the AL of 15	AL=15	0	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)	Range 3-3 to 3.4 Average: 3.3 2018	4	4	NO See below	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. Please see information below for more information about dental fluorosis.
Iron	0.05 2/12/18	0.3	0.3	NO	Geological	We are required to regular sample for Iron
Sodium	6 2/12/18	250	250	NO	Road salt, septic	We are required to regular sample for Sodium
Zinc	0.009 2/12/18	5	5	NO	Naturally occurring	We are required to regular sample for Zinc
Chloride	1 2/12/18	250	250	NO	Wastewater, road salt, water softeners	We are required to regular sample for Chloride
Sulfate	5 2/12/18	250	250	NO	Naturally occurring	We are required to regular sample for Sulfate

## VIOLATIONS

Violation Type	Date of Violation	Explanation	Violation Length	Actions to Resolve	Health Effects (Env-DW 811.21)
Notice of Secondary Fluoride Exceedence		Although the MCL for Fluoride was not exceeded, the secondary MCL (SMCL) for Fluoride was 3.4 ppm which is over the SMCL of 2.0.		We will continue to monitor the situation and will perform water quality sampling as required by State regulations. Per NHDES rule, a water system that exceeds the SMCL for Fluoride must provide public notice of such to customers on an annual basis which can be included in the annual water quality report (CCR). This CCR listing is compliant with NHDES guidelines & fulfills public notice requirements.	Please see health effects in chart above and in statements below.
<p>This is an alert about your drinking water and a <b>cosmetic</b> dental problem that might affect children under 9 years of age. At low levels, fluoride can help prevent cavities, but children drinking water containing more than 2.0 milligrams per liter (mg/L) of fluoride may develop cosmetic discoloration of their permanent teeth (dental fluorosis). Fluoride contamination is rarely due to human activity, since it occurs naturally in some areas and is found in elevated concentrations in the aquifer in our source water. <b>This is NOT an emergency.</b> If it had been, you would have been notified immediately. However, dental fluorosis, in its moderate or severe forms may result in a brown staining and/or pitting of the permanent teeth. This problem occurs only in developing teeth, before they erupt from the gums. Children under nine should be provided with alternative sources of drinking water or water that has been treated to remove the fluoride to avoid the possibility of staining and pitting of their permanent teeth. You may also want to contact your dentist about the proper use by young children of fluoride-containing products. Older children and adults may safely drink the water. Drinking water containing more than 4.0 mg/L of fluoride (the US Environmental Protection Agency's drinking water standard) can increase your risk of developing bone disease. Your drinking water <b>does not</b> contain more than 4.0 mg/L of fluoride, but we are required to notify you when we discover that the fluoride levels in your drinking water exceed 2.0 mg/L because of this cosmetic dental problem. You may want to consult your dentist or doctor and show him/her this notice to determine if an alternative source of water low in fluoride should be used, about whether to avoid dental products containing fluoride. General health related questions may be directed to Dave Gordon of the DES Environmental Health Program at (603) 271-4608. Some home water treatment units are also available to remove fluoride from drinking water. To learn more about available home water treatment units, you may call NSF International at 1-877-8-NSF-HELP.</p>					