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. 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).

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, 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 6+ 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: https://www.des.nh.gov/resource-center/publications?keys=ccr&purpose=&subcategory=Drinking+Water

Tamworth Water		Summary of Susceptibility Factors		
Source Name	Date	Low	Med	High
Gravel Pack Well #4	3/1/06	8	3	1

2022
(2021 Results)
Consumer Confidence Report

For Tamworth Water Works
in Tamworth, NH
EPA ID# 2311010

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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 2021. Results prior to 2021 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: https://www4.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 one active well. Gravel well #1 is approximately 123 feet deep, yields 25 GPM and is located 100 feet south of the pumphouse.

Violations, Treatment & Other Info

During 2016, Georgia Marble was Installed (NHDES approved) as a way to keep lead and copper at reduced levels within your water system. There were no violations issued for Tamworth Water in 2017.

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

LEAD AND COPPER

Contaminant (Units)	Action Level	90th percentile sample value *	Date	# of sites above AL	Violation Yes/No	Likely Source of Contamination	Health Effects of Contamina
Copper (ppm)	1.3	0.18	12/29/21	0	NO	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives	Copper is an essential nutrient, but relatively short amount of time cou in excess of the action level over m consult their personal doctor.
Lead (ppb)	15	0	12/29/21	0	NO	Corrosion of household plumbing systems, erosion of natural deposits	(15 ppb in more than 5%) Infants a general population. It is possible th result of materials used in your hon you may wish to have your water te information is available from the Sa (above 15 ppb) Infants and children in their physical or mental develop who drink this water over many yea

DETECTED WATER QUALITY RESULTS

Contaminant (Units)	Level Detected	MCL	MCLG	Violation Yes/No	Likely Source of Contamination	Health Effects (Env-DW 811.21)
Radioactive Contaminants						
Uranium (µg/L)	1.5 8/20/2019	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.
Combined Radium 226 + 228 (pCi/L)	0.3 9/13/2016	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.
Inorganic Contaminants						
Barium (ppm)	0.0081 8/20/2019	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.
Selenium (ppb)	0.0035 8/20/2019	50	50		Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines	Selenium is an essential nutrient. However, some people who drink water containing selenium in excess of the MCL over many years could experience hair or fingernail losses, numbness in fingers or toes, or problems with their circulation.
Fluoride (ppm)	0.47 8/20/2019	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.

[redacted]

SECONDARY CONTAMINANTS					
Secondary MCLs (SMCL)	**Level Detected**	**Date**	**Treatment technique (if any)**	**SMCL**	**Specific contaminant criteria and reason for monitoring**
Chloride (ppm)	49	2019	N/A	250	Wastewater, road salt, water softeners, corrosion
Manganese (ppm)	.23	2019	N/A	0.05	Geological
Sodium (ppm)	25	2019	N/A	250	We are required to regularly sample for sodium
Sulfate (ppm)	3.4	2019	N/A	250	Naturally occurring
Zinc (ppm)	0.0093	2019	N/A	5	Galvanized pipes