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 Reports: 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 upon request. For more information, please contact Justin Benes, at (603) 476-2348 or visit the NHDES website located at: https://www.des.nh.gov/resource-center/publications?keys=ccr&purpose=&subcategory=Drinking+Water

Indian Mound		Summary of Susceptibility Factors		
Source Name	Date	Low	Med	High
Gravel Pack Well #1	The NHDES has not prepared a Report for GPW #1			

2022 (2021 results) Consumer Confidence Report

For Indian Mound in Ossipee, NH
EPA ID# 1842030

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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/BasicList.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 and operates one active well. Gravel well #1 is located 12 feet east of the pumphouse, is approximately 50 feet deep and has an approved yield of 20 gallons per minute (GPM). During 2015 a new treatment for PH control was installed.

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:

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
Inorganic Contaminants						
Barium (ppm)	0.015 1/9/2020	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 NHDES12/17/2021 0.107 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.
Nitrate (as Nitrogen) (ppm)	4.5 4/12/2021 2.8 8/17/2021 2.0 10/25/2021	10	10	NO	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits	(5 ppm through 10ppm) Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than six months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate levels may rise quickly for short periods of time because of rainfall or agricultural activity. If you are caring for an infant, you should ask for advice from your health care provider.
Fluoride (ppm)	0.16 1/9/20	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.
Perfluorooctandiic Acid (PFOA) (ppt)	2.19 3/17/2021 2.12 4/12/2021	0.02 (ppt)	4	NO	The four major sources of PFAS are: fire training/fire response sites, industrial sites, landfills, and wastewater treatment plants/biosolids.PFAS can get into drinking water when products containing them are used or spilled onto the ground or into lakes and rivers.	We are required to regularly sample for
Sulfate (ppm)	4.6 1/9/20	N/A	250	N/A	Naturally Occurring	We are Required to regularly sample for Sulfate
Manganese (ppm)	.022 1/9/2020	N/A	0.05	N/A	Geological	We are Required to regularly sample for Manganese
Sodium (ppm)	86 1/9/2020	N/A	100-250	N/A	Naturally Occurring	We are Required to regularly sample for Sodium
Zinc (ppm)	0.010 1/9/20	N/A	5	N/A	Galvenized Pipe	We are Required to regularly sample for Zinc
Chloride (ppm)	140 1/9/20	N/A	250	N/A	Naturally Occurring Wastewater, road salt, water softeners, corrosion	We are Required to regularly sample for Chloride
Hydrogen Ion (PH)	6.6 1/9/20	6.5	8.5	N/A	Precipitation and geology	We are Required to regularly sample for Hydrogen Ion (PH)

Violations, Treatment & Other Info

There was 1 Violations in 2021 for Indian Mound. That violation was issued 1/15/2021 and was a failure to provide a public notice for failure of conducting a required assessment in November 2020. During 2015 a new treatment for PH control was installed.