LAKE ARROWHEAD COMMUNITY INC
2024 Consumer Confidence Report
PWSID ME0090811

General Information

Water System Contact Name:	Timothy Hicks
Address:	1296 Essex St., Bangor ME 04401
Phone Number:	207-300-5913
Email:	timhicks@thewateroffice.com
Report Covering Calendar Year:	January 1 - December 31, 2024
Regularly Scheduled Meetings:	Every 3rd Saturday @ 8:30 AM at Clubhouse 2, 206 Old Portland Road, No.Waterboro, ME 04061

Source Water Information

Description of Water Source: Wells: 2

Lake Arrowhead water supply consists of two gravel-packed wells which obtain water from a common aquifer on the eastern side of Lake Arrowhead. Well 1 was drilled in 1992 with an estimated yield of 800 gallons per minute. Well 2 was drilled in 1999 with an estimated yield of 575 gallons per minute.

Water Treatment and Filtration Information

Lake Arrowhead drinking water is treated with caustic soda for corrosion control.

Source Water Assessment:

The sources of drinking water include: rivers, lakes, ponds, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and radioactive material. As the water continues, it could also pick up substances resulting from human or animal activity. The Maine Drinking Water Program (DWP) has evaluated all public water supplies as part of the Source Water Assessment Program (SWAP). The assessments include geology, hydrology, land uses, water testing information, and the extent of land ownership or protection by local ordinance. The assessments evaluate how likely our drinking water source is to be contaminated by human activities in the future. Assessment results are available at town offices and public water systems.

Definitions:

- **Action Level (AL)**: The concentration of a contaminant that, if exceeded, triggers treatment or other requirements a water system must follow.
- Locational Running Annual Average (LRAA): A 12 month rolling average of all monthly or quarterly samples at specific sampling locations. Calculation of the RAA may contain data from the previous year.
- **Maximum Contaminant Level (MCL)**: The highest level of a contaminant that is allowed in drinking water.
- **Maximum Contaminant Level Goal (MCLG)**: The level of a contaminant in drinking water below which there is no known or expected risk to health.
- **Maximum Residual Disinfectant Level (MRDL)**: The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

- **Maximum Residual Disinfectant Level Goal (MRDLG):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- **Running Annual Average (RAA)**: A 12 month rolling average of all monthly or quarterly samples at all locations. Calculation of the RAA may contain data from the previous year.
- **Secondary Maximum Contaminant Level (SMCL)**: Non-mandatory water quality standards.
- **Treatment Technique (TT)**: A required process intended to reduce the level of a contaminant in drinking water.

Units:

ppm	=	parts per million or milligrams per million (mg/l)	**pCi/L**	=	picocuries per liter (a measure of radioactivity
ppb	=	parts per billion or micrograms per liter (μg/L)	**ppt**	=	parts per trillion or nanogram per liter (ng/L)
MFL	=	million fibers per liter	**pos**	=	positive sample

Water Test Results

Contaminant	*Date*	*Results*	*MCL*	*MCLG*	*Possible Sources of Contamination*
Microbiological					
COLIFORM (TCR) (9)	Jul 2024	**1 pos**	1 pos/mo or 5%	0 pos	Naturally present in the environment.
Radionuclides					
COMBINED RADIUM (-226 & -228)	9/8/2022	**0.6 pCi/l**	5 pCi/l	0 pCi/l	Erosion of natural deposits.
RADON (8)	9/8/2022	**985 pCi/l**	4,000 pCi/l	4,000 pCi/l	Erosion of natural deposits.
Lead/Copper					
COPPER 90TH% VALUE (5)	1/1/2021 - 12/31/2023	**0.085 ppm**	AL = 1.3 ppm	1.3 ppm	Corrosion of household plumbing systems.
		Range (0-0.129 ppm)			
	Number of sampling sites exceeding the action level:	**0**			
LEAD 90TH% VALUE (5)	1/1/2021 - 12/31/2023	**2 ppb**	AL = 15 ppb	0 ppb	Corrosion of household plumbing systems.
		Range (0-4 ppb)			
	Number of sampling sites exceeding the action level:	**0**	Complete lead tap sampling data are available upon request		

All other regulated drinking water contaminants were below detection levels.

Secondary Contaminants (You are not required to list detects for secondary contaminants, but this information, particularly sodium levels, might be useful to your customers. The decision to supply this information in your CCR is up to you.)

MANGANESE	0.028 ppm	12/21/2023
SODIUM	9.8 ppm	12/21/2023
MAGNESIUM	1.55 ppm	12/21/2023
CHLORIDE	10 ppm	12/21/2023

Notes:

1. **Arsenic**: While your drinking water may meet EPA's standard for Arsenic, if it contains between 5 to 10 ppb you should know that the standard balances the current understanding of arsenic's possible health effects against the costs of removing it 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. Quarterly compliance is based on running annual average.

2. **E. coli**: E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Human pathogens in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a greater health risk for infants, young children, the elderly, and people with severely-compromised immune systems.
3. **Fluoride**: For those systems that fluoridate, fluoride levels must be maintained between 0.5 to 1.2 ppm. The optimum level is 0.7 ppm.
4. **Gross Alpha**: Action level over 5 pCi/L requires testing for Radium 226 and 228. Action level over 15 pCi/L requires testing for Uranium. Compliance is based on Gross Alpha results minus Uranium results = Net Gross Alpha.
5. **Lead/Copper**: Action levels (AL) are measured at the consumer's tap. 90% of the tests must be equal to or below the action level.
6. **Nitrate**: 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 advice from your health provider.
7. **PFAS**: The degree of risk depends on the level of chemicals and duration of exposure. Laboratory studies of animals exposed to high doses of PFAS have shown numerous negative effects such as issues with reproduction, growth and development, thyroid function, immune system, neurology, as well as injury to the liver. Research is still relatively new, and more needs to be done to fully assess exposure effects on the human body.
8. **Radon**: The State of Maine adopted a Maximum Exposure Guideline (MEG) for Radon in drinking water at 4000 pCi/L, effective 1/1/07. If Radon exceeds the MEG in water, treatment is recommended. It is also advisable to test indoor air for Radon.
9. **Total Coliform Bacteria**: Reported as the highest monthly number of positive samples, for water systems that take less than 40 samples per month.
10. **TTHM/HAA5**: Total Trihalomethanes and Haloacetic Acids (TTHM and HAA5) are formed as a by-product of drinking water chlorination. This chemical reaction occurs when chlorine combines with naturally occurring organic matter in water. Compliance is based on LRAA.
11. **Turbidity**: Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea and associated headaches.

Health Information

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. 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 stormwater 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 stormwater 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 runoff, and septic systems.
- **Radioactive Contaminants**: which can be naturally-occurring or be the result of oil and gas production and mining activities.

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 individuals 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) or at the following link:
https://www.epa.gov/ccr/forms/contact-us-about-consumer-confidence-reports

Lead and Copper

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. Your public water system is responsible for providing high quality drinking water and removing lead pipes, but cannot control the variety of materials used in plumbing components in your home. You share the responsibility for protecting yourself and your family from the lead in your home plumbing. You can take responsibility by identifying and removing lead materials within your home plumbing and taking steps to reduce your family's risk. Before drinking tap water, flush your pipes for several minutes by running your tap, taking a shower, doing laundry or a load of dishes. You can also use a filter certified by an American National Standards Institute accredited certifier to reduce lead in drinking water. If you are concerned about lead in your water and wish to have your water tested, contact your public water system. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available at: http://www.epa.gov/safewater/lead

Our system completed a Lead Service Line Inventory as required by the Revised Lead and Copper Rule. It is publicly accessible at this location: https://drive.google.com/file/d/1AWKFQI8SjI50DfsQ23fE_g4v2-1TIJla/view or at Lake Arrowhead Administrative Office at 206 Old Portland Road, No. Waterboro 04061.

Violations

Violation Period	Violation Type
9/23/2024 - 10/23/2024	OP Violation - NO CERTIFIED OPERATOR

In 2024, we failed to meet the requirements of the State of Maine Rules Relating to Drinking Water. We failed to place the direct supervision of our water system under the responsible charge of an operator(s) holding a valid certification equal to or greater than the classification of the treatment system and/or distribution system as required by 10-144 CMR 231 (1)(C). Corrective Action: On November 1, 2024, we retained Tim Hicks, a Class II Licensed operator, and his team at The Water Office, LLC.

Waiver Information

No Water Testing Waivers in 2024.

Please share this information with anyone who drinks this water (or their guardians), especially those who may not have received this report directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this report in a public place or distributing copies by hand, mail, email, or another method.