

We are pleased to present this year's Annual Water Quality Report. This report is designed to inform you about the water quality and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. Our water comes from wells that draw groundwater from the Pine River alluvium. If you have any questions about this report or concerning your water utility, please contact Dale Kortz, Manager at the Forest Lakes Metropolitan District office or call (970) 884-2925. We want our valued customers to be informed about their water utility. If you want to learn more, please call the above contact about the District or any scheduled meetings.

Some people may be more vulnerable to contaminants in drinking water than the public in general.

All drinking water, including bottled drinking water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. 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 of infections. More information about contaminants and potential health effects, or to receive a copy of the U.S. Environmental Protection Agency (EPA) and the U.S. Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and microbiological contaminants call the EPA Safe Drinking Water Hotline at 1-800-426-4791.

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**, that 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 byproducts of industrial processes and petroleum production and also may come from gas stations, urban storm water runoff and septic systems.

- **Radioactive** contaminants, that 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, the Colorado Department of Health and Environment prescribes regulations limiting the amount of certain contaminants in water provided by public water systems. The U.S. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water that must provide the same protection for public health.

The Colorado Department of Public Health and Environment has provided us with a Source Water Assessment Report for our water supply. You may obtain a copy of the report by visiting <http://www.cdphe.state.co.us/wq/sw/swapreports/swapreports.html>, clicking on La Plata County and selecting 134360; Forest Lakes MD or by contacting Dale Kortz at 970-884-2925. For general information about Source Water Assessments, please visit <http://www.cdphe.state.co.us/wq/sw/swapom.html>.

Potential sources of contamination in our source water area come from: oil/gas facilities, row crops, pasture/hay, forest, septic systems and road miles.

The Source Water Assessment report provides a screening-level evaluation of potential contamination that could occur. It does not mean that the contamination has or will occur. We can use this information to evaluate the need to improve our current water treatment capabilities and prepare for future contamination threats. This can help us ensure that quality finished water is delivered to your homes. In addition, the source water assessment results provide a starting point for developing a source water protection plan.

The water quality table contains many terms and abbreviations that may be unfamiliar. To help you better understand these terms we have provided the following definitions:

AL	Action Level – the concentration of a contaminant that, if exceeded, triggers treatment or other requirements a water system must follow.
HS	High Solids – alpha was not tested
MCL	Maximum Contaminant Level - The "Maximum Allowed" is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
MCLG	Maximum Contaminant Level Goal - The "Goal" is 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.
MRDLG	Maximum Residual Disinfectant Level Goal- 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.
MRDL	Maximum Residual Disinfectant Level – 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.
MFL	Million fibers per Liter – A measure of the presence of asbestos fibers in water longer than 10 micrometers.
MPA	Microscopic Particulate Analysis – An analysis of surface water organisms and indicators in water. This analysis can be used to determine performance of a surface water treatment plant or to determine the existence of surface water influences on a ground water well.
NTU	Nephelometric Turbidity Unit – is a measure of the clarity of water. Turbidity in excess of five NTU is just noticeable to the average person.
NA	Not Applicable
ND or BDL	Non-Detects or Below Detection Level- laboratory analysis indicates that the contaminant is not present ("<" symbol for less than, the same as ND or BDL)
NT	Not tested.
ppm or mg/l	Parts per million or Milligrams per liter (mg/l). One part per million corresponds to one minute in two years or one dollar in \$1,000,000. 1 ppm= 1,000 ppb
ppb or ug/l	Parts per billion or Micrograms per liter (ug/l). One part per billion corresponds to one minute in 2,000 years, or one dollar in \$1,000,000,000.
ppt or ng/l	Parts per trillion or Nanograms per liter (ng/l). One part per trillion corresponds to one minute in 2,000,000 years or one dollar in \$1,000,000,000,000.
ppq or pg/l	Parts per quadrillion or Picograms per liter (pg/l). One part per quadrillion corresponds to one minute in 2,000,000,000 years or one dollar in \$1,000,000,000,000,000.
pCi/l	PicoCuries per liter – a measure of radioactivity in water.
TT	Treatment Technique – is a required process intended to reduce the level of a contaminant in drinking water.
Gross Alpha	Including RA, Excluding RN & U – This is the gross alpha particle activity compliance value. It includes radium-226, but excludes radon 222 and uranium.
V/E	Variances and Exemptions – State permission not to meet an MCL or a treatment technique under certain conditions.
RAA	Running Annual Average – An average of monitoring results for the previous 12 calendar months.
AVERAGE OF INDIVIDUAL SAMPLES - The typical value. Mathematically it is the sum of values, divided by the number of samples.	
RANGE OF INDIVIDUAL SAMPLES - The lowest value to the highest value.	
NUMBER OF SAMPLES - The number or count of values.	
VIOLATION – A failure to meet a Colorado Primary Drinking Water Regulation	
FORMAL ENFORCEMENT ACTION – An escalated action taken by the State (due to the number and/or severity of violations) to bring a non-compliant water system into compliance by a certain time, with an enforceable consequence if the schedule is not met.	

Detected Contaminants

Forest Lakes routinely monitors for contaminants in your drinking water according to Federal and State laws. The following table(s) show all detections found in the period of January 1 to December 31, 2010, unless otherwise noted. The State of Colorado requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. Therefore, some of our data, though representative, may be more than one year old. Violations and Formal Enforcement Actions, if any, are reported in the next section of this report. Note only detected contaminants sampled within the last 5 years appear in this report.

Microbiological Contaminants Sampled in the Distribution System								
Analyte Name	Monitoring Period	Results	Number of Samples	MCL	MCLG	MCL Violation?	Typical Sources	Potential Health Effects from Long-Term Exposure Above the MCL (unless specified as short-term)
COLIFORM (TCR)	08/01/2010 to 08/31/2010	1 Positive Sample(s)	5	No More Than 1 Positive Sample Per Period	0	No	Naturally present in the environment	Not a health threat in itself. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. If Coliforms were found in more samples than allowed then this indicates a warning of potential problems

Lead and Copper Sampled in the Distribution System										
Analyte Name	Monitoring Period	90th Percentile	Number of Samples	Unit of Measure	Action Level	Sample Sites Above Action Level	AL or TT Violation?	Typical Sources	Potential Health Effects from Long-Term Exposure Above the Action Level (unless specified as short-term)	
COPPER	01/01/2008 to 12/31/2010	0.79	10	ppm	1.3	0	No	Corrosion of household plumbing systems; Erosion of natural deposits.	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	01/01/2008 to 12/31/2010	2	10	ppb	15	0	No	Corrosion of household plumbing systems; Erosion of natural deposits.	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.	

Disinfection By Products (TTHMs, HAA5, and Chlorite) Sampled in the Distribution System										
Analyte Name	Year	Average of Individual Samples	Range of Individual Samples (Lowest - Highest)	Number of Samples	Unit of Measure	MCL	MCLG	MCL Violation?	Typical Sources	Potential Health Effects from Long-Term Exposure Above the MCL (unless specified as short-term)
TOTAL HALOACETIC ACIDS (HAA5)	2009	7.7	7.7 - 7.7	1	ppb	60	N/A	No	By-product of drinking water disinfection.	Some people who drink water containing haloacetic acids in excess of the MCL over many years may have an increased risk of getting cancer.
TTHM	2009	2.2	2.2 - 2.2	1	ppb	80	N/A	No	Byproduct of drinking water disinfection.	Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

Regulated Contaminants Sampled at the Entry Point to the Distribution System										
Analyte Name	Year	Average of Individual Samples	Range of Individual Samples (Lowest - Highest)	Number of Samples	Unit of Measure	MCL	MCLG	MCL Violation?	Typical Sources	Potential Health Effects from Long-Term Exposure Above the MCL (unless specified as short-term)
BARIUM	2009	0.096	0.096 - 0.096	1	ppm	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.
FLUORIDE	2009	0.1	0.1 - 0.1	1	ppm	4	4	No	Erosion of natural deposits; Water additive that 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.
NITRATE	2010	0.54	0.54 - 0.54	1	ppm	10	10	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.	Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.

Secondary Contaminants**						
Analyte Name	Year	Average of Individual Samples	Range of Individual Samples (Lowest - Highest)	Number of Samples	Unit of Measure	Secondary Standard
SODIUM	2009	3.2	3.2 - 3.2	1	ppm	N/A

**Secondary standards are non-enforceable guidelines for contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor or color) in drinking water. EPA recommends these standards but does not require water systems to comply.

Radon is currently not regulated, but the District voluntarily participated in the Colorado radon water survey in 1998, which reported a radon level in our water of 1135 pCi/l (picocuries per liter). Radon is a radioactive gas that you cannot see, taste, or smell. It is found in the soil throughout the United States. Radon can move up through the ground and into a home through cracks and holes in the foundation. Radon can reach high levels in all types of homes. Radon can also be released from tap water from showering, washing dishes and other household activities. Compared to radon entering the home through the soil, radon entering the home through tap water will be, in most cases, a small source of radon in indoor air. Radon is a known human carcinogen. Breathing air that contains radon can lead to lung cancer. Drinking water that contains radon may also cause increased risk of stomach cancer. If you are concerned about radon in your home, test the air in your home. Testing is inexpensive and easy. Fix your home if the level of radon in your air is four (4) picocuries per liter of air (pCi/L) or higher. There are simple ways to fix a radon problem that are relatively inexpensive. For additional information, call the State radon program at 303-692-3030 or call the EPA Radon Hotline 1-800-SOS-RADON.

Testing of other unregulated contaminants produced the following results: nickel = < 1 ppb (3/18/09) and sulfate = 10 ppm (3/18/09). The District also tested on 8/4/09 regulated and unregulated phase I, II & V organic chemicals including synthetic and volatile organic compounds which were reported less than regulated detectable limits. In addition, the State has issued our water system waivers from monitoring for asbestos, cyanide and glyphosate. There is a Colorado statewide waiver for dioxin monitoring.

Violations and/or Formal Enforcement Actions

No violations or formal enforcement actions occurred in the Calendar year of 2010.

Questions and Comments

Please contact Dale Kortz, Manager, Forest Lakes Metro District, P.O. Box 440, Bayfield, CO 81122, (970) 884-2925 for questions or comments concerning your drinking water. The District Board of Directors regular Board meeting schedule is the second Tuesday of each month, beginning at 1:30 pm in the Forest Lakes Community Center, 998 Alpine Forest Dr., unless otherwise posted on the District public notification board located at the Forest Lakes mail stop, 257 Alpine Forest Dr.

Pará los que hablan español

El informe contiene información importante sobre la calidad del agua en su comunidad. Tradúzcalo o hable con alguien que lo entienda bien.