

Water Quality Monitoring

The District diligently monitors water quality and, once again, is proud to report that your drinking water meets California and Federal drinking water standards.

Federal Unregulated Contaminants Monitoring Rule-2 (UCMR-2)

In 2009, the District completed testing for ten UCMR-2 chemicals specified by the US Environmental Protection Agency (USEPA). The UCMR-2 chemicals were not detected in Central Marina and Ord Community. The results were reported directly to the USEPA and are also available at our website at www.mcwd.org/2011ccr-ND.html

Federal Groundwater Rule

The California Department of Public Health (CDPH) is implementing the Federal Groundwater Rule (GWR); compliance started on December 1, 2009. The purpose of the GWR is to reduce the risk of illness caused by microbial contamination in public groundwater systems. The District is pleased to report that coliforms were not detected in all but one of the required 523-distribution system samples collected in Central Marina and Ord Community.

Trichloroethylene (TCE)

TCE was a common solvent used by the US Army on the former Fort Ord. In 2011, TCE (below the MCL or standard) was detected in District's supply Well No. 29, 30, and 31, and also in the Intermediate and Sand Tanks. With the interconnection of the two water systems, the Intermediate and Sand Tanks may supply drinking water to Central Marina and Ord Community distribution systems.

The Army operates a network of shallow groundwater monitoring wells to track progress in its ongoing cleanup of the TCE contamination plume from the now-closed landfill and fire drill area. The Army groundwater monitoring wells do not supply drinking water to District customers. TCE was detected in a majority of the Army's groundwater monitoring wells. In addition to quarterly monitoring of the Army's groundwater monitoring wells, the District's supply Wells No. 29, 30 and 31 are also monitored quarterly.

Arsenic

While your drinking water meets the federal and state standard for arsenic, it does contain low levels of arsenic. The arsenic standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. The U.S. Envi-

ronmental Protection Agency 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.

Lead

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. Marina Coast Water District 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 your tap for 30 seconds to 2 minutes before using water for drinking or 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 or at <http://www.epa.gov/safewater/lead>.

A Notice on Radon

Radon is a radioactive gas that you cannot see, taste, or smell. It is found throughout the U.S. Radon can move up through the ground and into a home through cracks and holes in the foundation. Radon can build up to high levels in all types of homes. Radon can also get into indoor air when released from tap water from showering, washing dishes, and other household activities. Compared to radon entering the home through soil, radon entering the home through tap water will in most cases be a small contributor to radon in indoor air. Radon is a known human carcinogen. Breathing air containing radon can lead to lung cancer. Drinking water containing 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. You should pursue radon removal for your home if the level of radon in your air is 4 picocuries per liter of air (pCi/L) or higher. There are simple ways to fix a radon problem that are not too costly. For additional information, call your State radon program (1-800-745-7236), the EPA Safe Drinking Water Act Hotline (1-800-426-4791), or the National Safety Council Radon Hotline at (1-800-SOS-RADON).

What Are the Sources of Contaminants?

The sources of drinking water (both tap 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 human activity. Contaminants that may be present in source water include:

Microbial Contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

Inorganic Contaminants, such as salts and metals, that 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, that 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, that are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, agricultural application, 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 U.S. Environmental Protection Agency (USEPA) and the State Department of Public Health (Department) prescribe regulations that limit the amount of certain contaminants in water provided by public water systems. Department regulations also establish limits for contaminants in bottled water that provide the same protection for public health.

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. USEPA/Centers for Disease Control (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).