

FILE

To the Ohio Power Siting Board:

Hello, my name is Cathy Limbird. I live in Seneca County where multiple Industrial Wind Turbines are proposed to be built in the Seneca Wind project.

I am writing you today because I oppose the wind turbine project. There are a multitude of reasons why I oppose them, but I am focusing on what I think is the most important reason to me. I have growing concerns of the health effects that the Industrial Wind Turbines can cause. I have worked in health care as a registered nurse for over 30 years. Because of my background as a nurse, my focus has always been trying to better the quality of my patients' lives. I feel that the effects of the turbines will decrease the quality of life in those living by them.

The term Wind Turbine Syndrome is the clinical name that has been given to the multiple of symptoms that are experienced by many people who live near the wind turbines.

These symptoms are:

- sleep disturbances
- headache
- tinnitus—which is ringing or buzzing in the ears
- ear pressure
- dizziness—which is a general term that includes vertigo, lightheadedness, sensation of almost fainting
- vertigo—refers to the sensation of spinning, or the room moving
- nausea
- visual blurring
- rapid heart rate

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irritability  
problems with concentration and memory  
panic episodes associated with  
sensations of internal pulsation or  
quivering, which arise while awake or asleep

Wind turbine syndrome seems to be triggered by the organs of motion, position and balance which is located in your ear. The low frequency noise and the infrasound that the wind turbine produces send scrambled signals to the brain centers that control these symptoms. There are many accounts of people who live by the turbines that have developed such intense symptoms that they literally had to move from their homes.

Infrasound is the noise produced by the turbines that a human ear can not hear. It occurs when large masses are in motion, for example, the rotation of the wind turbine blades. Infrasound, especially the larger the wind turbine is, can be measured up to 12 miles away from the turbine. Wind developers deny any health effects from the infrasound and the low frequency noise of the turbines. Unfortunately, some people think that if you can't hear the noise, it can't hurt you. There has been much research done on this subject in the medical field and saying that what you can't hear will not hurt you, is absolutely false.

As troubling as Wind Turbine Syndrome is, my concern grew even more when I found that research done in Germany by a cardiovascular physician, where the wind turbines have been around for over 20 years, have been focusing on the acute human health effects of infrasound.

It was found that infrasound does have a distinct effect on heart muscle tissue. They found a clear reduction of the heart muscle strength when exposed to infrasound. It was found that the cause of the loss of strength to the heart muscle is because the energy of the

infrasound caused the heart muscle to get out of step. When your heart muscle decreases in its strength your heart will not pump as effectively as it should, thus decreasing the heart's function and causing a multitude of cardiac problems.

This study is alarming to me. Wind turbines do not belong around areas where people live. No one should have to endure health effects from wind turbines. There is nothing, absolutely nothing in the wind energy proposition that says wind turbines must be sited next door to people's homes. Siting of these 655 foot tall turbines is a crucial problem. Please keep them out of our counties where our population is too large. They do not belong here.

Health effects from the industrial wind turbines have been proven to be in existence. These will decrease the quality of life in the people who are forced to live by the industrial wind turbines. Everyone's quality of life is worth so much more than any amount of money generated by these machines.

Thank you,

A handwritten signature in cursive script that reads "Cathy Limbird".

Cathy Limbird  
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