

Health • Wellbeing • Fitness

By STAFF REPORTER

A YOUNG mum and her family may be forced to emigrate over plans that will see their dream home surrounded by wind turbines, towering pylons and high-voltage power lines.

Valentina Molloy, 30, who had her first child Ellie in June, says she will simply hand back the keys to their unfinished house and head overseas.

She said: "If these things go up, our land will be all but worthless, but more importantly, I fear for my baby's health."

The part-time clerical worker and her hubby, carpenter Declan, should have been enjoying their first few months of parental bliss in the scenic Co Mayo countryside.

Instead, it's been overshadowed by EirGrid's plans to build a 25-acre electricity substation just down the road as part of the Grid West Project, which will link up two industrial wind farms being proposed by Bord na Mona and Coillte for the area.

The project is part of EirGrid's €3.8billion upgrade plan to erect 1,500 super structures up to 60metres, or 195ft, in height which will carry high-voltage lines across more than 400km of countryside.

There are an estimated 2,000 wind turbines in operation around the country with a similar amount planned, some of which will be 135metres tall — higher than the Spire standing on top of Liberty Hall in Dublin.

Valentina said: "It's devastating that instead of enjoying my baby's first few months, I find myself worrying constantly about our future. Our lives have been turned upside down."

"We're lucky, Ellie is a great little baby, but I'm still having sleepless nights, worrying about huge electricity pylons and their health implications."

"The fact is that we're going to be all but surrounded by some of the biggest wind turbines in Europe, up to 135metres tall, and then there's the pylons and substation."

"Who would want to live beside that? If it goes ahead, our best option will be to leave Ireland. We never wanted to live anywhere but here, near our families in this lovely part of Ireland."

'We're living in limbo'

"Our dreams are just shattered. You're lying in bed with your newborn baby and then the wind farms and pylons creep into your thoughts."

"I've read about the links between pylons and child leukaemia, and even if some organisation says any risk is minimal, I'm not prepared to trust their opinion with my child's life."

Dr Anthony Staines, an epidemiologist and chairman of health systems at Dublin City University, said earlier this year there is "reasonable evidence" that high-voltage overhead power lines increase cancer risk in children.

In February, residents living next to giant pylons in a cancer cluster estate in Neilstown, Co Dublin, told the Irish Sun how 39 people in their 150-house estate had died from cancer, heart attacks and brain tumours in the last seven years.

More recently, Emeritus Professor at Queen's University Alun Evans called for more health studies into the effect of wind turbines on those living nearby.

There have been several reports of people — and animals — living near wind farms suffering from dizziness, nausea, panic attacks, sleep deprivation and even depression due to the flickering light and constant, low frequency noise.

Valentina said: "I get upset thinking about it. Mayo County Council

seems to have zoned north and east Mayo for renewable energy while more popular tourist spots and around Enda Kenny's area will be left unspoilt — not that I begrudge anyone there."

The Molloy's bought a plot of land in Moygownagh part of the beautiful north Mayo wilderness five years ago and planned to settle down and start a family.

They applied for planning permission, eventually granted with conditions aimed at ensuring the house didn't spoil the countryside.

The couple were unaware that plans for 160 monster wind turbines and a 25-acre electricity substation were being drawn up, some less than THREE kilometres from their new home. The family

been living in the garage behind the unfinished house they started building four years ago, with their four-month-old daughter Ellie.

Valentina said: "We're living in limbo at the moment. We're absolutely no interest in putting any more money into the house at this stage."

"And it really hurts me that Mayo County Council feel my view is somehow less important than a visitor or a tourist's view."

"To have to jump through all the hoops and 'existing hedge rows' to get planning permission for a 7.5metre-high family home for the sake of 'visual amenity' makes little sense when we face the prospect of living among a spaghetti junction of power lines, pylons and an army

of wind turbines that will dwarf even the Spire of Dublin. I don't think they have the right to do this to anyone, anywhere. Some day you may have a substation outside your home, outside your back door, where your kids or grandchildren play — if you're lucky enough to still have your family close by."

Valentina's neighbours, John and Fiona Diamond, live with their four children a stone's throw from the Molloy's in Moygownagh.

John explained: "Rural Ireland is being forgotten about. It's no wonder we struggle to keep communities together, to stem the tide of emigration. And what will it do for tourism?"

"It's madness really. We have special areas of conservation" right

next to land zoned for wind farms and all the infrastructure they entail. It's hardly 'green'."

"Then we'll have Coillte, the forestry board, cutting down trees so they can replace them with tonnes and tonnes of concrete and enormous, ugly wind turbines that only have a lifespan of 20 years and are then left there to rust."

"There are also safety implications — what happens if one of the turbines goes on fire, or spins out of control and breaks apart, as can happen? Just google it."

"As for the pylons and high-voltage power lines, EirGrid say they're looking at an underground option but nobody here believes that. It's



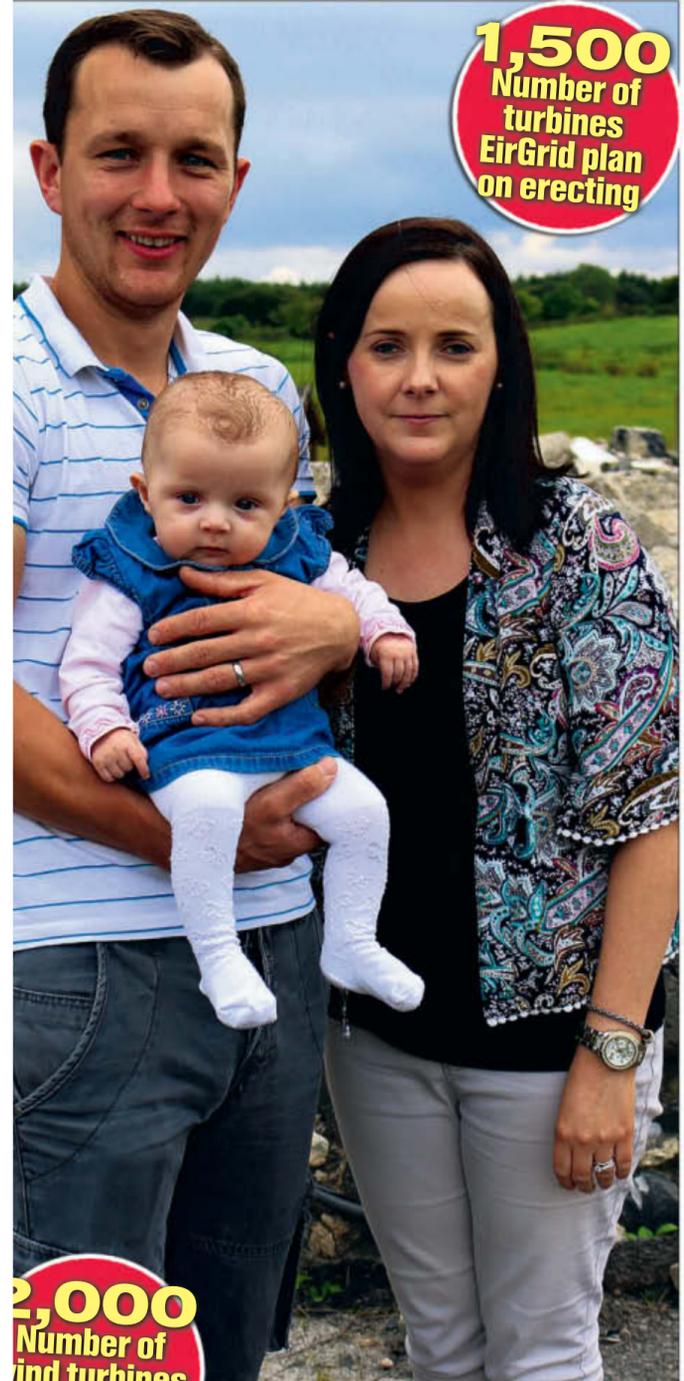
# We've sleepless nights worrying about pylons and our health

185 metres - the height of the tallest wind turbines



SAFETY FEARS . . . Co Mayo residents the Diamond family, left; and Declan and Valentina Molloy with daughter Ellie who say they will be forced to emigrate

1,500 Number of turbines EirGrid plan on erecting



2,000 Number of wind turbines in operation here

lip service." Fiona adds: "I've spoken to an auctioneer and he said our homes' value will nosedive — and this is all supposedly for 'community gain'." Paula Byrne of WindAware Ireland, a new alliance of 40 anti-pylon and turbine groups from around the country, said: "Land-based industrial wind turbines produce no usable electricity for 70 per cent of the time and necessitate the construction of giant pylons which will destroy the landscape of Ireland." When it was put to Mayo County Council that residents in Moygownagh believed that their concerns were not being addressed, a spokesman said: "The wind strategy map was publicly available for persons making planning applications (from) May 9, 2011." A spokesman for EirGrid said: "The Grid West project is EirGrid's plan to develop a new high-capacity power connection, linking north Mayo to a strong point on the national grid. "In January 2014, we announced we would undertake a comprehensive analysis of an underground route for the project. This analysis will be route specific and completed to the same level of detail as the overhead line option. "In relation to electromagnetic fields (EMFs) from power lines and cables, please note that the protection of the health, safety and welfare of the general public and of our staff is a core company value. We would not propose any infrastructure that we deemed, in any way, to be unsafe."

**Luminizing Bronzer**  
USUALLY we think of bronzer as a summer product but it can be used year-round to contour and help warm up pale complexions. In the colder months, look for rich, warming tones in browns and reds. We love this Catrice Luminizing Bronzer with its coppery, rose gold marbling. A perfect dupe for the MAC mineralize range, it has a gorgeous subtle shimmer. The baked bronzing powder with a coppery rose gold marbling gives your face and neckline a natural-looking tan and a subtle glow. The raised dome powder texture with a slightly metallic marble effect is also lovely to look at. Time to extend the summer — apply using a large kabuki brush under the cheekbones and lightly across the forehead and bridge of the nose. It can also double up as an under-brow highlighter — a bargain at €5.49.

**Metallic Marbled Eyeshadow**  
WE love a shimmery eyeshadow and this metallic, marbled shadow is a little gem. Available in three shades for €3.99, the eyeshadows are a beautiful blend of rose golds and silvery champagnes. We found these highly-pigmented shades particularly easy to wear either all over the lid or just dotted in the corner of the eye and under the brow for shimmering definition. The soft powder texture made it a dream to blend and it was long-lasting. Expressive eye make-up styles are perfect for the current metallic trend and you can also blend several nuances to suit your mood. Worthy of a medal! Available in C01 Metallique, C02 Metafusion and C03 Metallicious.

**CATRICE METALLURE COLLECTION**  
THE seasons are a-changing and there's a distinct chill in the air. Now is the time to ditch the fake tan and orange-toned bronzers of the summer months. Autumn is the perfect time to switch up your make-up products, opting for more coverage foundations in paler shades and richer, darker lipsticks and nail colours. The beauty aisles are stocked full of the most delicious make-up products at the moment. Budget favourite Catrice is set to release a limited edition collection for AW 2014, in stores from mid-October to December. Inspired by autumnal shades, the Metallure collection features tones of rose gold, shimmering coppers, bronzes and gunmetal silvers. The highly pigmented and modern marbled textures of the eyeshadows and the bronzer as well as nail polishes with a liquid metal finish make a gorgeous metallic statement. The metallic design with marbled details also turns the limited Metallure packaging into a true eye-catcher. An extra portion of glamour — by CATRICE.

**Mascara Topper & Liner**  
METALLIC tones are super flattering for all eye colours and the innovative Mascara Topper & Liner sets beautiful highlights around your eyes. So lush up your lashes and go for a shimmering style with this innovative 2-in-1 product that can be used as a liquid eyeliner as well as a mascara topper. Priced at a recession-busting €4.49, we just love the black diamond texture — black with a silver metallic shimmer. The brush also has an extremely accurate application and is especially long-lasting. A product to make eyes at for sure.

**Alluring Red Lipstick**  
CATRICE'S Alluring Red will definitely be a favourite in the collection. The rose-gold packaging looks and feels seriously expensive while the lipstick itself is rich, creamy and highly-pigmented. We found it long-lasting and lips felt nicely moisturised. Priced at €4.49, this will be a sell-out. A classic look for your lips perfectly completes your Metallure make-up style. Its long-lasting finish looks particularly elegant thanks to its semi-matt effect. You have a choice of three limited colours — C01 Metallique, C02 Alluring Pink and C03 Alluring Red.

**Ultimate Nail Lacquer in Metafusion**  
CATRICE polishes are known for their rich formulas and generous brush tips. We loved this beautiful gunmetal grey shade. A perfect dupe of Chanel's Orage nail colour, it will only set you back €2.99. The extra-broad reservoir brush captures just the right amount of polish for each nail and delivers streak-free results like a pro. One stroke of the brush is all you need and the polish will shimmer like liquid metal on your nails.