

Welcome to Outer Insights' News From Out There (NFOT)

We bring you unique news and information on the outdoors, real world challenges, natural beauty, animals and the wild places when you allow us to. We welcome your participation and thus will never break the trust by knowingly disclosing your personal information to third parties without your agreement.

Our goal is to offer hard to find and highly distinctive news and resources with minimal political and commercial content and maximal inspiration. We do, however, offer a limited amount of advertising and allow enough political content to remain topical.

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SMILE



Happy (And Healthy) Penguin Feet

Being saved and getting lazy. Seems that when penguins don't do a lot of food hunting on their own they get somewhat lazy and remain land based longer than may be optimum. This causes foot problems which, in some cases, have been resolved as shown above (photo courtesy NationalGeographic.com).

The Whole Story

<http://news.nationalgeographic.com/news/2006/11/061115-penguin-shoes.html>

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HUMANS Dealing

1.0 | 200 Triathlons Including Thirteen Ironman Triathlons Starting At Age 49

Sister Madonna Buder is the oldest woman to complete an Ironman Triathlon. Beginning her running career at age 49 and not taking on her first triathlon until she was 51, Sister Madonna not only trains like a maniac but handles much more during competitions as well. Racing primarily for spiritual reasons Buder involves herself with religious activities linked to race events while raising money for charities and helping to insure that the cause of women in sport is secure and meaningful. Then she competes and sets records to boot.

Her advice to other marathoners and triathletes - and applicable to anyone in any situation - is to "guard against negative thoughts" and "enjoy what you're doing." This is not just trite rah-rah from Sister Madonna but something she's convinced must be a part of our thought processes for anything we involve ourselves in. She's convinced that she crashed and broke her arm during a race while she was thinking negative thoughts about a fellow racer. Of course neither this broken bone nor the broken hip she endured in another event put a dent in her racing career. She gets beyond such inconveniences and continues to push her personal limits and help others.

[More On Sister Madonna Here](#)

http://en.wikipedia.org/wiki/Madonna_Buder

[And Here](#)

<http://www.xtri.com/article.asp?id=1545>

[And Here](#)

<http://www.rolemodelsofhealth.com/index.php?position=sisterbuder>

2.0 | Andrew Goldsworthy - Incredible Constructs & Images From Nature

"As with all my work, whether it's a leaf on a rock or ice on a rock, I'm trying to get beneath the surface appearance of things. Working the surface of a stone is an attempt to understand the internal energy of the stone." Andrew Goldsworthy

Quite an undertaking when all of nature is your studio, your palette, your canvas, brushes, color, texture and everything needed to create highly engaging and thoughtful works. Goldsworthy's efforts take viewers into nature in ways that open the eyes and provide a treat for the senses. They involve naturally occurring materials and components arranged in rather spectacular ways. Many times the work is non-existent after wind and wave have had their way with them so the artist records them in photographs. A couple of small examples:



Rowan Leaves & Hole



Autumn Cherry Leaves

Do yourself a favor and check out more of Goldsworthy's work.

[See The Above Images & More In Larger Format](http://www.morning-earth.org/ARTISTNATURALISTS/AN_Goldsworthy.html)

http://www.morning-earth.org/ARTISTNATURALISTS/AN_Goldsworthy.html

[Catch A Documentary On Goldsworthy](http://www.documentaryfilms.net/Reviews/RiversAndTides/)

<http://www.documentaryfilms.net/Reviews/RiversAndTides/>

[Find Books On Goldsworthy](http://www.amazon.com/Andy-Goldsworthy-Collaboration-Nature/dp/0810933519)

<http://www.amazon.com/Andy-Goldsworthy-Collaboration-Nature/dp/0810933519>

3.0 | Going For It

Ten years old. You learn about an African mountain in your fourth grade class. You decide you want to climb it. You ask your dad if you can and he says yes. You climb the mountain.

Not that hard if you stay focused and keep things simple. It also helps if your dad is an adventure travel guide. But dad's occupation really takes nothing away from what Jordan Romero has accomplished - or what he'll likely accomplish in the future. He loves adventure and achieving in the wild.

His current goal is to become the youngest person to climb the Seven Summits - Kilimanjaro, Denali, Elbrus, Aconcagua, Carstensz Pyramid, Vinson and Everest. Looking at his recent achievement he'll probably get the job done. Plus he's got a raft of sponsors supporting him, has made TV appearances and commercials and is working on various certifications to bolster his efforts.

[Jordan's Home Page](http://www.jordanromero.com/)

<http://www.jordanromero.com/>

[An Abbreviated Account Of Jordan's Climb \(Scroll Down\)](http://www.climbmountkilimanjaro.com/2006/12/)

<http://www.climbmountkilimanjaro.com/2006/12/>

4.0 | First Human-Powered Circumnavigation Of The Earth

National Geographic Adventure.com names Colin Angus and Julie Wafael Adventurers Of The Year for 2007.

"When you circumnavigate the planet under your own steam-walking, cycling, skiing, and rowing across two oceans, through the trackless wastes of Siberia, and over mile after mile of Asia, Europe, and North America-you're bound to get into a few tight spots."

Five legs, 26,000 miles, two years and a lifetime of stories about many tight spots such as the following:

"We first heard about Hurricane Vince over the satellite phone," says Colin Angus, 35. Four weeks earlier, he and his fiancée, Julie Wafaei, 32, had launched a seaworthy rowboat from Lisbon, Portugal, bound for Miami. They were several hundred miles southwest of Spain when they noticed that all boats, except for theirs, were fleeing the area.

"A hurricane produces such low pressure that it creates a bulge in the ocean," Angus says, "and [its winds] create currents running toward it." The storm drew them to its center like a black hole would a star. With 75-mile-an-hour (121-kilometer-an-hour) winds and 25-foot (8-meter) swells fast approaching, Angus and Wafaei tied down all they had, sealed themselves inside their craft's "double coffin" of a cabin, and waited for the inevitable."

The pair are now married and work through Angus Adventures to write, produce videos and continue their travels blending adventure and science.

More From National G

<http://www.nationalgeographic.com/adventure/best-of-adventure-2007/achievements/colin-angus-julie-wafaei.html>

From Colin & Julie's Web Site

<http://www.angusadventures.com/>

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ANIMAL Image Of Note

Patient Hunter

They seem to stand frozen for hours offering only an occasional eye blink as a sign of life. Then the right prey happens by and a sudden strike nets a perfect meal.



Prints available - email us if interested.
<http://www.outerinsights.com>

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QUOTATIONS

Albert Einstein The only real valuable thing is intuition.

Mark Twain The most interesting information comes from children, for they tell all they know and then stop.

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PLACES To See

Weak winter light shines through trees during a cold Connecticut sunset.



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PROTECTION Extreme Cold

We all know that prolonged exposure to cold can cause problems for humans with hypothermia being the extreme stage most of us have a passing familiarity with. According to a bit of web searching various factors go into the development of hypothermia but some of the terminology used to describe the causes tend to be a little confusing. Of all these terms a reference to "extreme cold" appears frequently. But what, exactly, is that?

General usage in various authoritative sites loosely defines extreme cold as anything colder than what our body is acclimatized for.

Makes sense.

As winter storms begin to pelt the northern hemisphere it seemed appropriate to provide references to some of the latest information regarding life with the cold.

[The State Of Wisconsin's Winter Safety Measures Site Is Here](http://dhfs.wisconsin.gov/RL_DSL/Providers/winter.htm)

http://dhfs.wisconsin.gov/RL_DSL/Providers/winter.htm

[Here's a Link To The U.S. Centers For Disease Control Web Site](http://www.bt.cdc.gov/disasters/winter/guide.asp)

<http://www.bt.cdc.gov/disasters/winter/guide.asp>

[Great Tips & Quick Info Here](http://www.thefarm.org/charities/i4at/surv/cold.htm)

<http://www.thefarm.org/charities/i4at/surv/cold.htm>

[Cold Weather Advice For Pets](http://www.aspca.org/site/PageServer?pagename=pets_coldweathertips)

http://www.aspca.org/site/PageServer?pagename=pets_coldweathertips

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NUTRITION Assistance

Looking for a great BLOG written by a respected journalist covering wellness subjects that typically fall into the gray area where scientific research and holistic solutions meet?

If so, we've got it for you. We're going a bit beyond straight nutrition here but Jean Carper's BLOG deals with many subjects important to all of us. Most of the areas she covers involve taking something by mouth so nutrition is a major component of her research and writing. Here are a few examples from her latest posts:

- Green Tea & Cancer Prevention
- Fish Oil To Relieve Back Pain
- Coenzyme Q10 & Alzheimers

Read More...<http://jeancarper.blogspot.com/>

While Jean's BLOG is not updated daily it does provide a lot of useful information and offers an archive section so readers can catch up with past editions. Plus there are a number of additional links provided that do lead readers to additional information:

- About Jean Carper
- Vitamin Supplements

- o About Us
- o Eat Smart Column
- o Nutritional NewsFlash
- o Our Scientific Advisors
- o Compare Best Multivitamin

There is a fairly heavy commercial aspect to Jean's web presence (which is something we usually try to avoid) but the knowledge and reportorial credentials she brings make it a good place to learn much. Following is a brief bio on her:

"Jean Carper is a best-selling author, columnist, radio talk show host, and leading authority on health and nutrition. She is the author of 23 books, including Your Miracle Brain, Miracle Cures, the award-winning Stop Aging Now!, Food--Your Miracle Medicine and The Food Pharmacy. Her latest book is EatSmart: the Cookbook You Can't Live Without. (click here to see her books).

Her column, Eat Smart, for Gannett's Sunday supplement, USA Weekend, appears every week in 600 newspapers nationwide with a readership of 51 million. (Check it out at www.usaweekend.com. Read her columns here).

Previously she was senior medical correspondent for CNN (Cable News Network), recipient of the cable industry's prestigious ACE award for a series on brain cancer. She has written more than 200 articles for national publications, such as the Washington Post and the Reader's Digest, and has appeared on numerous television programs, including the Today Show, Good Morning America and Dateline.

She is also a well-known consumer advocate and co-author of the book The Dark Side of the Marketplace (with Senator Warren Magnuson), and Eating May Be Hazardous for Your Health (with Jacqueline Verrett), a scientific critique of the Food and Drug Administration's policies."

[Jean's BLOG](#)

<http://www.jeancarper.blogspot.com/>

[Jean's Radio Show](#)

<http://www.jeancarper.com/radio>

[Jean's Web Site](#)

<http://www.jeancarper.com/>

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WHAT - Space Walking For Everyone

Been jonesing for a chance to step out over the Grand Canyon...from the rim...4,000 feet above the Colorado River...and feel like you're walking on air? If so, your opportunity is coming. The Native American Hualapai Tribe expects to have their Skywalk available in March of 2007 and will allow visitors to venture about 70 feet over the edge of the canyon for a true birds eye view. The key being that the floor visitors will walk on is made of about four inches of glass - sounds like a fun place.

[See Some Concept Renderings And Learn More](#)

<http://news.nationalgeographic.com/news/2006/12/061215-skywalk.html>

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CLEAN LIVING - Solar Connections

Solio - hot new item for keeping your electronic gadgets charged up anywhere. Great idea and good design execution. Hope it's as good as the ink its been receiving lately. Pocket sized and able to draw power from the Sun just about anywhere, Solio and competing devices ought to be good for people and our planet.

Solio (Better Energy Systems) Home Page
<http://www.solio.com/v2/>

Review Of Solio By Treehugger.com
http://www.treehugger.com/files/2005/03/treehugger_revi.php

Review Of Solio By Gizmodo.com
<http://www.gizmodo.com/gadgets/peripherals/better-energy-systems-solio-review-033494.php>

Soldius is a competing product from the Netherlands that may give Solio a run for the money. Using proprietary Maximum Solar Power Tracking, Soldius eliminates internal batteries and is apparently working to develop the capability to harness the Sun's power to charge more energy hungry devices such as laptops.

Soldius Home Page
<http://www.soldius.com/>

Review Of Soldius By Treehugger.com
http://www.treehugger.com/files/2005/06/vodafone_soldiu.php

A Mac Observer Review Of Soldius
<http://www.macobserver.com/review/2006/11/28.1.shtml>

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DESIGNS By Outer Insights Available @ Our Cafe Press Store

Just some of the many designs currently or soon to be available on shirts, mugs, note cards, posters, prints and more. Plus, if you'd like something custom we're more than happy to accommodate - team shirts, office mugs, fund raiser products, whatever. We love to put our cameras to work and get creative with PhotoShop and other graphic editors. We also like getting into the thick of outdoor action and capturing the image that conveys your message exactly the way you want.



The Outer Insights Store

<http://www.cafepress.com/outerinsights>

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TALK To Us



<http://www.outerinsights.com/contact.html#Contact>

If you have a great deal to say that you believe will benefit others we'll be happy to consider guest commentary of no more than 750 words with one non-commercial link allowed. Political comments and links must provide balanced, informational details with the intent of informing.

Advertising inquiries should be directed to tom1@outerinsights.com

Next Issue: As soon as we can get it together - please contribute if you have something you feel would be of interest.

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That's All For NFOT #005

Thanks For taking A Look - Tom Isaacson and the NFOT Staff

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