



Practice Makes Perfect

We know that practicing things we want to improve upon is the only way to make it happen.

Whether its gaining strength in the gym, learning a new skill or perfecting a hobby. Have you ever considered that practice is how we can also learn to retool our mindset from a negative viewpoint into a positive one?

Join me at the end of the newsletter to dive deeper into this concept and use the power of practice reshape your life perspective.

What's New?

Official launch of Delaware County Fishing Trail

This is an exciting month as Destination Delaware officially launches Ohio's first Fishing Trail that stretches along 140 miles of picturesque shoreline across Delaware County, Ohio.

I'm honored to be a part of this initiative that is designed to showcase the diverse fishing opportunities available in Delaware County, drawing anglers from across the state and beyond. As the co-host of the fishing trail video series along with Tim Wilson, the Executive Director of Destination Delaware, we feature a variety of fishing environments in the county including rivers, streams, lakes, reservoirs and ponds. Each video highlights a specific location providing vital information for anglers, including the species to catch, recommended equipment, terrain details, access points, regulations, rental options, and other essential resources.

The [Delaware County Fishing Trail](#) currently features seven stops with online videos and more than dozen anticipated by the end of 2025. We have a busy production schedule coming up in May and I am so excited to "officially" get this huge project off the ground.



The Delaware County Fishing Trail officially launches spring 2025



One-day getaways radio segment

The bi-weekly radio segments on 103.9FM The Maverick on One-Day Getaways with Anietra Hamper continue. These segments, featuring getaways from Columbus, Ohio that are within a one day drive, are quickly becoming some of the most popular on-air and most downloaded on the station's podcast. The podcast versions of the on-air segments feature extended content with my insider tips to get the most bang for your travel buck and your time. These segments offer quick getaway ideas that don't require a lot of planning or money.

You can join us every other Wednesday on 103.9FM The Maverick on "The Ride Home with Woody Johnson" on the afternoon drive show from 3p-7p ET as I showcase quick getaways from Columbus. The extended One-Day Getaways with Anietra Hamper segments are available on [Woody's podcast](#).

Join me every other Wednesday on 103.9 FM "The Ride Home with Woody Johnson" (3-7p) for my segment on one-day getaways from Columbus. Pack a bag and feed that spring fever!

Published Stories



KINUTE
The miniature animals movement is not a new concept but the motivation behind it has changed over the years to include people doing it for environmental reasons.
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KINUTE
In this article, I introduce you to outdoor brand powerhouses prioritizing sustainability and conservation in product development oftentimes putting purpose over profit.
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On The Blog

Nature's Healing Impact: Mental, Physical and Emotional Benefits of the Outdoors

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Featured Destination: Laurel Highlands, PA



The Laurel Highlands in Pennsylvania is one of my favorite places to retreat. It's just far enough away from any big cities to feel remote, but there's much to do in the region. Here's my top picks for a visit to the area:

Ohiopyle State Park

- Water recreation & outdoor adventure. Whitewater rafting on the Youghiogheny (the "Yough") is great with outfitters on the upper, lower and middle sections to fit any skill level whether you are after a relaxing float or an adrenaline-filled Class V rapids trip.
- Bike Rentals that allow you to head off and explore part of the Allegheny Passage, a 150-mile trail from Pittsburgh to Cumberland, Maryland. This is a rails-to-trails passage so bike as far as your legs can muster then turn around and head back. Bike rentals are available near some of the path entrances.
- Ohiopyle also has lots of hiking trails that pass spectacular waterfalls, fishing, rock climbing & standup paddleboarding.

Flight 93 National Memorial

- A moving visit to one of the most solemn sites of the 9/11 terrorist attacks where Flight 93 crashed into a remote Pennsylvania field. This is something every American should see. You can walk the flight path on the grounds and look out over the field where the crash occurred.
- Take a self-guided tour through the visitor center where you can listen to last phone calls from passengers to loved ones and see some of the moving relics from a day in our history that forever changed every American. This is a difficult visit, but one you will never forget.
- Be sure to see the wall of names at the Memorial Plaza and the Tower of Voices, a memorial honoring the passengers and crew who perished on Flight 93 with 40 wind chimes. It's the only wind chime structure like it in the world.

Frank Lloyd Wright's Fallingwater home

- Fallingwater is one of Frank Lloyd Wright's most famous and impressive pieces of architecture. It is a National Historic Landmark and a UNESCO World Heritage Site. Take a tour to learn about Wright's concepts of organic architecture design and his passion to bring the outdoors "in." There's a variety of tours available. I suggest planning your visit to include lunch at the Fallingwater Café.
- There are three other homes designed by Frank Lloyd Wright in the region. One is Kentuck Knob, located just six miles from Fallingwater. The other location is Polymath Park that has two homes designed by Wright and two designed by one of his protégés. Make a weekend of it by taking advantage of Polymath's rare opportunity to spend the night in a Wright home and enjoy a dining experience in a private pod among the trees at TreeTops Restaurant.

For more information about visiting the Laurel Highlands from Columbus, listen to my [One Day Getaway segment on the Laurel Highlands](#) on 103.9FM with Woody Johnson.

Practice Makes Perfect

The more we do something the better we become at doing it. The idea of *practice* is so simple for every facet of my life that I never considered how applying it to my mindset could have the same impact on strengthening my perspective either in a positive way or a negative one.

Have you ever noticed that when you are in a negative headspace how easy it is for everything to snowball into that same frame? Conversely, when you feel good or something positive happens, your world view is through those same rose-colored glasses.

The more we practice a negative mindset, that the better we become at being negative. When we practice positivity, we can become that better at that, too. I never looked at leveraging a practice concept in this way, but once I did, I realized how much power I have over my own outcomes. You can too, with a little practice.

