

WHB Community Issues

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How to enter the blanks: Under *Issue*, a one or two word description of the topic – “ALS Awareness”. *Program* is the show or feature and *Date/Time* is self-explanatory. Please list the time spent on the subject under *Duration*. Under *Segment*, write a short narrative explaining how the issue was covered – “Darren McBrattney was interviewed regarding Driving for Bruce, a project to raise money for ALS Research”. This can be very short. Questions? See Jason Justice.

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Bullying	Sports Psychology Hour with Dr. Andrew Jacobs	10/7/18 7AM	60 minutes	Used coaches as an example of how to deal with bullying
Visualization	Sports Psychology Hour with Dr. Andrew Jacobs	10/14/18 7AM	60 minutes	How using this technique can help you achieve your goals
Character building	Sports Psychology Hour with Dr. Andrew Jacobs	10/21/18 7AM	60 minutes	How youth sports can help shape successful people
Failure	Sports Psychology Hour with Dr. Andrew Jacobs	10/28/18 7AM	60 minutes	The best way to react
Athletic training	Sports Psychology Hour with Dr. Andrew Jacobs	11/4/18 7AM	60 minutes	How to get healthy and stay healthy through sports and exercise

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Confidence	Sports Psychology Hour with Dr. Andrew Jacobs	11/11/18 7AM	60 minutes	Best ways to build and maintain
Kids	Sports Psychology Hour with Dr. Andrew Jacobs	11/18/18 7AM	60 minutes	Ways to keep them active
Focus	Sports Psychology Hour with Dr. Andrew Jacobs	11/25/18 7AM	60 minutes	Why keeping after your goals is important
School athletics	Sports Psychology Hour with Dr. Andrew Jacobs	12/2/18 7AM	60 minutes	Why a good program is good for the students and community
Behavior	Sports Psychology Hour with Dr. Andrew Jacobs	12/9/18 7AM	60 minutes	How it impacts those around you

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Building confidence	Sports Psychology Hour with Dr. Andrew Jacobs	12/16/18 7AM	60 minutes	Ways to start when you are unsure
School athletics (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	12/23/18 7AM	60 minutes	Why a good program is good for the students and community
Mental Health	Sports Psychology Hour with Dr. Andrew Jacobs	12/30/18 7AM	60 minutes	Places to get support in KC

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