

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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Being a supportive parent of young athletes (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	7/4/21 6AM	60 minutes	Dos and don'ts
Visualizing success	Sports Psychology Hour with Dr. Andrew Jacobs	7/11/21 6AM	60 minutes	Spoke with former MLB player Greg Pryor
Healthy competition	Sports Psychology Hour with Dr. Andrew Jacobs	7/18/21 6AM	60 minutes	How it can improve your life.
Mental health	Sports Psychology Hour with Dr. Andrew Jacobs	7/25/21 6AM	60 minutes	The increasing acceptance and understanding of mental health issues
Concussions	Sports Psychology Hour with Dr. Andrew Jacobs	8/1/21 6AM	60 minutes	How to avoid and what to look for

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Staying confident	Sports Psychology Hour with Dr. Andrew Jacobs	8/8/21 6AM	60 minutes	It's important even when faced with diversity
Staying physically and mentally active	Sports Psychology Hour with Dr. Andrew Jacobs	8/15/21 6AM	60 minutes	Activities that do both.
Concussions (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	8/22/21 6AM	60 minutes	How to avoid and what to look for
Talking about feelings	Sports Psychology Hour with Dr. Andrew Jacobs	8/29/21 6AM	60 minutes	If everything stays bottled up, it can do serious harm
Pressure to succeed	Sports Psychology Hour with Dr. Andrew Jacobs	9/5/21 6AM	60 minutes	At what age should parents have expectations?

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September 11th	Sports Psychology Hour with Dr. Andrew Jacobs	9/12/21 6AM	60 minutes	Reflecting on the 20 years since the attacks and how it has affected our mental health
Self doubt	Sports Psychology Hour with Dr. Andrew Jacobs	9/19/21 6AM	60 minutes	How it can keep you from accomplishing your goals
Not being able to participate	Sports Psychology Hour with Dr. Andrew Jacobs	9/26/21 6AM	60 minutes	Supporting kids when they can't play due to injury

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