

3rd Quarter, 2013 Issues
For Nashville/Middle Tennessee
Cumulus Nashville
WGFX 104.5 The Zone

Major Issues:

1. Technology/Politics/Arts & Culture: Technology has crept into most areas of life, including family issues. Barbara Dab interviewed experts about digital estate planning, educational apps for students and ethical wills. She also spoke with Congressman Jim Cooper about his approach to "fixing" Congress. And, the arts were a highlight. Barbara spoke with the curator of Cheekwood Botanical Garden and Museum, a National Geographic contributing photographer and a rising singer/songwriter.
2. Health/Wellness/Education: This quarter there was a focus on health and wellness issues. Barbara Dab interviewed experts in the fields of parenting, mental health, immunizations, nutrition and dialysis treatment.
3. Books/Authors/Nonprofit: As usual, books and authors were a hot topic. Barbara Dab interviewed authors of fiction and non-fiction. She also spoke with people on the topics of disability rights, animal welfare and educational resources.

Zone About Town – July 7, 2013

2013

Third Quarter

Issue: Family

Program:

Barbara Dab interviewed Lynne Bachleda

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

If something happened to you today what would you leave behind? Some personal possessions, maybe some property or a business? But what about your thought and feelings? Your values and life lessons? Well there is a way to leave something meaningful, yet intangible behind for your loved ones. It's called an "Ethical Will" and it's a great way to preserve your memory for generations to come. Barbara Dab spoke with Lynne Bachleda, creator of "Leave Your Legacy", to learn more.

Zone About Town – July 7, 2013

2013

Third Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Philipp Meyer, author of "The Son".

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Every once in awhile a new author comes along whose books become instant classics. Philipp Meyer is that special new author and his book "The Son" is being compared to the work of Ernest Hemingway and James Michener, as the next great American novel. Philipp was in Nashville this week to sign copies of his book at Parnassus Books. Barbara Dab spoke with him to learn more about his unusual background and what inspired him to write "The Son."

Zone About Town – July 14, 2013

2013

Third Quarter

Issue: Non-profit/Animal Welfare

Program:

Barbara Dab interviewed Wendy Diamond, animal welfare advocate and author.

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Animal welfare advocate and best-selling author Wendy Diamond has found a unique way to support our veterans while also promoting her latest book, "How To Train Your Boss To Rollover." On July 24th, she'll be hosting a "Bark Business Breakfast" here in Nashville and the proceeds are being donated to "K9s for Warriors Program." The program rescues dogs from local shelters and pairs them with veterans suffering from PTSD. Barbara Dab spoke with Wendy to learn more.

Zone About Town – July 14, 2013

2013

Third Quarter

Issue: Parenting

Program:

Barbara Dab interviewed Dr. Jeffrey Arnett, author of “When Will My Child Grow Up?”

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

So you've got an empty nest, or so you thought. For many young people in their late teens and twenties, these years of “emerging adulthood” require a little more TLC from mom and dad. So back home they go, creating a new set of challenges as parents and adult kids try to navigate this new arrangement. Dr. Jeffrey Arnett, an authority on this stage of “emerging adulthood” has written a book to help parents learn how to step back but stay connected to their kids. Barbara Dab spoke with Jeffrey about “When Will My Child Grow Up? Loving & Understanding Your Emerging Adult.”

Zone About Town – July 21, 2013

2013

Third Quarter

Issue: Disability Rights/Nonprofit

Program:

Barbara Dab interviewed Ricky Jones, Executive Director of TNABA

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Close your eyes. Keep them closed. Now picture yourself playing tennis, or football or riding a bike. It's hard, isn't it? Well, for someone living with a visual impairment or blindness, this isn't an experiment. It's reality. But being blind doesn't mean the world of sports and fitness is off limits. The Tennessee Association of Blind Athletes is helping both sighted and blind people see the possibilities and participate together. Barbara Dab spoke with Ricky Jones, Executive Director of TNABA, to learn more.

Zone About Town – July 21, 2013

2013

Third Quarter

Issue: Mental Health

Program:

Barbara Dab interviewed Margit Crane, Parent and Family Coach

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Do you have a child with ADD or ADHD? Are you married to someone who is? Do you think you might have it? For many adults, especially women, ADD and ADHD can go undiagnosed or be misdiagnosed for years. And while women are often the caretakers in families, they can ignore their own challenges. Barbara Dab spoke with Margit Crane, a Parent and Family Coach specializing in ADD and ADHD, to learn more about identifying the symptoms and finding treatment for the disorder.

Zone About Town – July 28, 2013
2013
Third Quarter

Issue: Health and Wellness

Program:

Barbara Dab interviewed Nancy Scott, Board Member of Dialysis Patient Citizens

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

In Middle Tennessee thousands of people have kidney disease and are dependent on dialysis to stay alive. But a proposed budget cut currently before Congress will reduce medicare and Medicaid funding for the care of these patients. Barbara Dab spoke with Nancy Scott, Board Member for the advocacy group Dialysis Patient Citizens, to learn more about the impact of this proposal and how you can help.

Zone About Town – July 28, 2013
2013
Third Quarter

Issue: Social Behavior/Small Business

Program:

Barbara Dab interviewed Dan Forman of the Honest Tea Company

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

America's honesty has been put to the test, and Tennessee ranks in the top three when it comes to telling the truth. The National Honesty Index is a study sponsored by the Honest Tea Company and we spoke with the company's Dan Forman to learn more.

Zone About Town – August 4, 2013

2013

Third Quarter

Issue: Politics

Program:

Barbara Dab interviewed Congressman Jim Cooper

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Congress has now recessed for the summer, and some say this has been the most unproductive Congress in history. One of them, Congressman Jim Cooper from Tennessee's 5th District, is pushing for a bill to tie Congressional salaries to sequestration-related cuts. Barbara Dab spoke with Congressman Cooper to learn more about the STOMP Act and more.

Zone About Town – August 4, 2013

2013

Third Quarter

Issue: Parenting

Program: Barbara Dab interviewed Dr. James Wellborn, clinical psychologist
Barbara Dab interviewed

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

School is back in session and for many parents and students, this is a stressful time. Loose summer schedules are being replaced by alarm clocks, lazy days are being replaced by homework and new goals will replace old expectations. Barbara Dab spoke with Dr. James Wellborn, a clinical psychologist, to get some suggestions for making this year's transition a breeze.

Zone About Town – August 11, 2013

2013

Third Quarter

Issue: Health

Program:

Barbara Dab interviewed Dr. Kelly Moore, Director of the Tennessee Immunization Program

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

The school year is barely underway in Middle Tennessee and in addition to buying school supplies and new clothes, it's also time to think about your growing child's health needs. Barbara Dab spoke with Dr. Kelly Moore, Director of the Tennessee Immunization Program, to find out what you need to know to help your student start the year off right.

Zone About Town – August 11, 2013

2013

Third Quarter

Issue: Education

Program:

Barbara Dab interviewed Chris Arp, author of “Up Your Score ACT”

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

In addition to attending to your student’s medical needs, for high schoolers it’s also time to think about the future. Standardized tests continue to be a source of stress and anxiety, but it’s also a fact of life for teens. To help make sense of the process, author Chris Arp has written what he calls “The Underground Guide” to the ACT. It’s called “Up Your Score ACT,” and Barbara Dab spoke with Chris to learn more about this unique approach to testing success.

Zone About Town – August 18, 2013
2013
Third Quarter

Issue: Education

Program:
Barbara Dab interviewed Pop Star LaLa Anthony

Format:
This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

These days most schools are strapped for cash and fundraising dollars are not as plentiful as they once were. But there are some great ways you can help your local school that don't involve your wallet. Pop culture phenom LaLa Anthony is teaming up with a national chain to raise millions for your schools. Barbara Dab spoke with LaLa, star of "LaLa's Full Court Life," to learn more.

Zone About Town – August 18, 2013

2013

Third Quarter

Issue: Health

Program:

Barbara Dab interviewed Sarah Jane Bedwell, Registered Dietitian

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Fresh fruits and vegetables should be the cornerstone of a healthy diet. But they can be more expensive and most kids eschew them in favor of other, less healthy choices. Barbara Dab spoke with registered dietitian Sarah Jane Bedwell about how to help parents introduce fresh foods into the daily menu in a cost effective way.

Zone About Town – August 25, 2013

2013

Third Quarter

Issue: Legal issues/technology

Program:

Barbara Dab interviewed attorney Hillel Presser

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

How would you like to live forever? Well in today's world it's possible to live on in the digital world long after you have passed. The questions is, how can you protect your loved ones, and your hard earned assets? Barbara Dab spoke with Hillel Presser, an asset protection and estate planning attorney, to learn more.

Zone About Town – August 25, 2013

2013

Third Quarter

Issue: Education/Technology

Program:

Barbara Dab interviewed Galileo Vieira, Senior Product Manager for the Windows Store

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Textbooks, binders and composition folders are quickly becoming a thing of the past for most students today. So, what are modern school kids using to help boost their knowledge? The answer these days is apps. Apps for math, science, literature, history and so on. But which apps are the most useful? Barbara Dab spoke with Galileo Vieira, Senior Product Manager for Windows Store, to get the details.

Zone About Town – September 1, 2013
2013
Third Quarter

Issue: Books/Authors

Program:
Barbara Dab interviewed author Lauren Grodstein

Format:
This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:
As summer winds down, there is still time to squeeze in a great book. This week, author Lauren Grodstein will be at Parnassus Books, talking about her latest "The Explanation of Everything." This story deals with faith, science, love, loss and forgiveness. Barbara Dab spoke with Lauren to learn more.

Zone About Town – September 1, 2013

2013

Third Quarter

Issue: Music/Nonprofit

Program:

Barbara Dab interviewed Singer/Songwriter Carissa Leigh

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Here in Nashville songwriting talent is not hard to come by. But when that talent is combined with a drive to make a difference for those less fortunate, you get something special. This week, singer/songwriter Carissa Leigh's brought both of her passions together at her performance at Fontanel and Barbara Dab spoke with her to learn more.

Zone About Town – September 8, 2013

2013

Third Quarter

Issue: Arts

Program:

Barbara Dab interviewed Cheekwood Curator Jochen Weirich

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Do you remember your first love? Could you describe what he or she looked like? If your answer is “yes” then you can be part of a groundbreaking art exhibit coming to Cheekwood Botanical Garden and Museum. “More Love: Art, Politics and Sharing since the 1990s” explores the need for human interaction in the midst of the tech explosion. Barbara Dab spoke with Jochen Weirich, curator at Cheekwood, to learn more.

Zone About Town – September 8, 2013

2013

Third Quarter

Issue: Health

Program:

Barbara Dab interviewed microbiologist Dr. Charles Gerba

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Fall is just around the corner, which means cooler temps and more time indoors. Is your house as clean as you think? The country's most famous microbiologist, Dr. Charles Gerba, aka Dr. Germ, says the cleanest places in your home could make you sick. Barbara Dab spoke with Dr. Germ to learn more.

Zone About Town – June 16, 2013
2013
Second Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Jenn Brink, author of "Black Roses"

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Most of us never seem to have enough time in the day for all we need to get done. And what about the things we want to do, just for ourselves? According to mental health counselor turned author, Jenn Brink, we must learn to steal time for those things. Barbara Dab spoke with Jenn about how she trained herself to steal time and in the process, wrote her very first novel, "Black Roses."

Zone About Town – September 15, 2013
2013
Third Quarter

Issue: Books/Author

Program:

Barbara Dab interviewed best-selling author Lee Child

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

For TV director Lee Child the transition from the small screen to printed page, to the silver screen was a logical progression. And as the author of the blockbuster "Jack Reacher" series, the hits keep coming. Barbara Dab spoke with Lee to learn how he turned a job layoff into one of the most prolific and successful franchises.

Zone About Town – September 22, 2013

2013

Third Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Robin Wolaver, mother of The Annie Moses band members

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Music City is home to some amazing young talent, for sure. And that talent often comes from a truly supportive, dynamic family. Local band The Annie Moses Band is one of those amazing families and their mom, Robin Wolaver, has written her memoir about how she went from a childhood of poverty to being mother to six talented kids. Barbara Dab spoke with Robin to learn more about her book "The Song of The Annie Moses Band".

Zone About Town – September 22, 2013

2013

Third Quarter Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed Rebecca Musser, author of "The Witness Wore Red"

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

We've all heard the rumors about the polygamist lives of people living in the Fundamentalist Latter Day Saints community led by the notorious Warren Jeffs. But one woman, Rebecca Musser, managed to escape her abusive life and help authorities bring Jeffs to Justice. Barbara Dab spoke with Rebecca about her story, "The Witness Wore Red" to learn more about her harrowing journey to the outside world.

Zone About Town – September 29, 2013

2013
Third Quarter Quarter

Issue: Nature/Arts

Program: Barbara Dab interviewed National Geographic contributor Joel Sartore

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

Got a camera? A cell phone camera? That's all you need to help the National Geographic celebrate its 125th Anniversary. This week folks all over the country are getting off the couch and outside to photograph animals for "The Great Nature Project." Here in Middle Tennessee we have a lot of wildlife to photograph. Barbara Dab spoke with Joel Sartore, a contributing photographer with National Geographic, to learn more.

Zone About Town – September 29, 2013
2013

Third Quarter Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed best selling author Nelson Demille

Format:

This 30-minute show airs Sunday mornings at 6:00am on 103.3

Synopsis:

It's not often a best selling author re-writes a book, let alone his first one. But that is exactly what Nelson Demille has done with his very first full-length novel "The Quest." Nelson will be visiting Middle Tennessee on Tuesday, October 1st at the Barnes & Noble in Brentwood at and Barbara Dab spoke with him to learn more about why he re-visited "The Quest" and what readers can expect.