

1st Quarter, 2015 Issues
For Nashville/Middle Tennessee
Cumulus Nashville
WGFX 104.5 The Zone

Major Issues:

1. Books/Music/Film: Barbara Dab interviewed a variety of authors on topics ranging from love stories to self-help to social issues for children. She also interviewed a local musician about his unusual journey and a documentary filmmaker and former inmate about his story of redemption.
2. Tech/Education/Health: The high tech world is permeating many facets of modern life. There are apps for finding doctors, websites for people with chronic illnesses and apps that help parents teach their kids about finance. Barbara Dab spoke with entrepreneurs and developers in these fascinating areas. She also interviewed health professionals about a variety of issues, including women's health, kidney disease in the African American community, the proposed Insure Tennessee law and drug abuse.
3. Social Enterprise/Sustainability/Employment/History: Sustainability is a priority for Middle Tennesseans. Barbara Dab interviewed a local professional about how people can make their homes more sustainable and save money. Employment is always a hot topic and this quarter is no different. Barbara Dab spoke with a nationally recognized expert on creating innovation in job training. Also, in honor of President's Day, Barbara spoke again with a local historian about one of our most memorable Presidents.

Zone About Town – January 5, 2015
2015
First Quarter

Issue: Books/Authors

Program:
Barbara Dab interviewed author Louise Penny

Format:
This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Louise Penny is renowned for fiction that combines heartbreak and hope, and offers a window into the human soul. Author of the beloved Chief Inspector Gamache stories, she continues to up the ante with her vibrant series – each one more astonishing than the last. Penny once again reinvents and surprises in her latest novel, **THE LONG WAY HOME**, and Barbara Dab spoke with her to learn more about how she keeps the series so fresh.

Zone About Town – January 5, 2015
2015
First Quarter

Issue: Self-Help

Program:

Barbara Dab interviewed Dr. Elizabeth Lombardo, author and psychologist

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

While perfectionists are often very accomplished, constantly striving toward unattainable goals can be a serious roadblock to good health, happiness, and success. Their behaviors can wreak havoc on both their physical health and their psychological well-being. In her book, "***Better than Perfect***," Dr. Elizabeth Lombardo offers step-by-step instructions for perfectionists to find balance and freedom. Barbara Dab spoke with her to learn more.

Zone About Town – January 11, 2015
2015
First Quarter

Issue: Film

Program:

Barbara Dab interviewed filmmaker and documentarian Darius Clark Monroe

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

How does a nice boy from a loving home turn into a bank robber? In the documentary, "Evolution of a Criminal," filmmaker Darius Clark Monroe searches for the answers...about himself. Years after his release from prison, Darius returns to his old neighborhood to speak with family and friends, classmates, teachers, law enforcement and the victims of the robbery. Barbara Dab spoke with Darius to learn more.

Zone About Town – January 11, 2015
2015
First Quarter

Issue: Tech/Sports

Program:

Barbara Dab interviewed Jon Campbell, Managing Editor of Covers.com

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Many people in the sports betting industry are saying that New Jersey's recent decision to allow sports betting could be the beginning of legalized sports betting nationwide. The move could revolutionize the sports scene in the very near future. To learn more, Barbara Dab spoke with Jon Campbell, Managing Editor with sports information website Covers.com.

Zone About Town – January 18, 2015
2015
First Quarter

Issue: Books/Authors/Social Issues

Program:

Barbara Dab interviewed Rosemary McCarney of Plan International

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Malala Yousafzai recently became the youngest person to win the Nobel Peace Prize. She survived being shot in the head by the Taliban for speaking out in favor of a girl's right to an education and has emerged as a very powerful voice for social justice in the world. This summer 500 young people from around the world came to the United Nations and "took over." Some young girls participated in a short film—in the form of their letters to Malala—sharing how important a symbol she is in their lives. Now, Rosemary McCarney with Plan International, has published the photo-illustrated picture book **DEAR MALALA, WE STAND WITH YOU**. Barbara Dab spoke with her to learn more.

Zone About Town – January 18, 2015
2015
First Quarter

Issue: Music

Program:

Barbara Dab interviewed musician Saum Ghosh

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Using the power of music to spread positivity and further his family's foundation, one of Saum Ghosh's goals is to help fulfill the dreams of underprivileged children through the areas of academics, creative arts, and economic growth. Saum, who was raised right here in Nashville, was classically trained on cello, but discovered early on that he had an affinity for technology and electronic music. Barbara Dab spoke with Saum about his work and his recently released fourth album, *Water from Mars*.

Zone About Town – January 25, 2015
2015
First Quarter

Issue: Social Enterprise/Sustainability

Program:

Barbara Dab interviewed Ron Taylor of Go Green Home Services

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

A recent report found last year was the warmest in recorded history, and according to NASA it's the result of the burning of fossil fuels. The news points to the increasing importance of sustainability, beginning right in our own homes. To help, social enterprise Go Green Home Services will show local homeowners how to make their homes more energy efficient and reduce their carbon footprint. Barbara Dab spoke with Ron Taylor of Go Green to learn more.

Zone About Town – January 25, 2015
2015
First Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed best selling author Tess Gerritsen

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

A former MD-turned-internationally-bestselling author, Tess Gerritsen's popularity skyrocketed when TNT launched their television series *Rizzoli & Isles* based on her bestselling novels. Now, Tess Gerritsen returns with her highly anticipated new novel, *DIE AGAIN*. Barbara Dab spoke with her to learn more.

Zone About Town – February 1, 2015
2015
First Quarter

Issue: Public Health

Program:

Barbara Dab interviewed Nancy Anness, St. Thomas Health VP of Advocacy, Access and Community Outreach

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Coming up this week the State Legislature will be looking at Governor Haslam's Insure Tennessee program proposal. The plan will help provide health care coverage for nearly 200,000 Tennesseans who currently cannot afford private health insurance. Insure Tennessee is getting broad support from both the healthcare and business communities. Barbara Dab spoke with Nancy Anness, St. Thomas Health VP of Advocacy, Access and Community Outreach, to learn how the plan will impact women's health.

Zone About Town – February 1, 2015

2015

First Quarter

Issue: Health

Program:

Barbara Dab interviewed Dr. Wilson Compton, Deputy Director of the National Institute on Drug Abuse

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Today wraps up what has been the fifth annual National Drug Facts Week, hosted by the National Institute on Drug Abuse. The week-long health observance provides opportunities for teenagers to ask NIDA scientists questions they most want answered about drugs and drug use. The week's goal is to shatter myths about drug use and addiction teens might hear from friends or read online. Barbara Dab spoke with Dr. Wilson Compton, Deputy Director of the NIDA, to learn more.

Zone About Town – February 8, 2015
2015
First Quarter

Issue: Health

Program:

Barbara Dab interviewed Kathy Hempstead, Director of Health Coverage with the Robert Wood Johnson Foundation

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

We're nearing the end of open enrollment season and Tennesseans have just days left to complete the process of signing up for a health insurance plan. This includes people who signed up last year, as well as people new to the process. The Robert Wood Johnson Foundation has created some online resources to help simplify the decision and Barbara Dab spoke with Kathy Hempstead, Director of Health Coverage with the Foundation, to learn more.

Zone About Town – February 8, 2015

2015

First Quarter

Issue: Employment

Program:

Barbara Dab interviewed Nicholas Wyman, CEO of the Institute for Workplace Skills and Innovation

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Today, around 14 million Americans, some with college degrees, are unemployed and that does not include those who are underemployed or have given up trying to find work. Yet over 3 million positions remain unfilled, and a quarter of American businesses say they have trouble finding people with the technical, job-ready skills they need. Barbara Dab spoke with Nicholas Wyman, CEO of the Institute for Workplace Skills and Innovation, to learn more about how people can get the training they need to find the job they want.

Zone About Town – February 15, 2015
2015
First Quarter

Issue: History/Politics

Program:

Barbara Dab interviewed local attorney and historian Norma Shirk

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Tomorrow is the annual President's Day observance, celebrating the birthdays of George Washington and Abraham Lincoln. For many, George Washington carries a mystique unlike any other President. Barbara Dab spoke with local historian and attorney, Norma Shirk, to learn some new fun facts and historical truths about our nation's very first President.

Zone About Town – February 15, 2015
2015
First Quarter

Issue: Self Help

Program: Barbara Dab interviewed local author Jessica Turner

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

For most women finding time to pursue personal and individual interests is a nearly impossible thing. Between working, care giving, planning and managing the lives of their loved ones, women are often filled with guilt and shame when it comes to carving out a few precious minutes for themselves. But local author Jessica Turner has written a new book designed to help. "The Fringe Hours: Making Time For You," is filled with the words of like-minded women and advice you can really use. Barbara Dab spoke with Jessica to learn more.

Zone About Town – February 22, 2015

2015
First Quarter

Issue: Health

Program: Barbara Dab interviewed Pam Dickson of the Robert Wood Johnson Foundation

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

It's no secret that the Middle Tennessee region has one of the nation's highest rates of childhood obesity. But things are looking up. Thanks to resources from organizations like the Robert Wood Johnson Foundation, changes in policies and school and community environments have made some significant progress. Barbara Dab spoke with Pam Dickson from the Robert Wood Johnson Foundation, to learn more about their stepped up efforts to prevent early childhood obesity.

Zone About Town – February 22, 2015

2015
First Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed author Victoria Aveyard

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Most published authors toil for years before they find success with that one great novel. But young author Victoria Aveyard struck gold with her very first manuscript. The USC grad's book "Red Queen," is part one of a trilogy and it's taking the publishing world, and Hollywood, by storm. Barbara Dab spoke with Victoria to learn more about journey from college co-ed to published author.

Zone About Town – March 1, 2015

2015
First Quarter

Issue: Health

Program: Barbara Dab interviewed Brian Horne, local IHOP Franchisee

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

This week, pancake lovers in Middle Tennessee enjoyed their favorite breakfast food for free and help support the work of Monroe Carrell Children's Hospital at Vanderbilt. We're talking about IHOP's National Pancake Day and Brian Horne, local IHOP Franchisee, tells us more.

Zone About Town – March 1, 2015

2015
First Quarter

Issue: Tech/Health

Program: Barbara Dab interviewed Eric Peacock, CEO and Founder of My Health Teams

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Social media is quickly becoming more than just a phenomenon. These days social networking can be a lifeline for those struggling with chronic and serious illness. Barbara Dab spoke with Eric Peacock, CEO and Founder of My Health Teams, to learn more about how folks in Middle Tennessee can get the peer support they need.

Zone About Town – March 8, 2015

2015
First Quarter

Issue: Education/Tech

Program: Barbara Dab interviewed Denine Torr with Dollar General's Literacy Foundation

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Nowadays there seems to be an app for everything. Apps can help us shop for shoes, find a parking space, do our banking and book travel. Add to those a new app to help parents teach their kids about using math skills to balance a checkbook. It's called "Renegade Buggies," and is a partnership between Dollar General's Literacy Foundation and the National Center for Families Learning. Barbara Dab spoke with Denine Torr, of Dollar General, to learn more.

Zone About Town – March 8, 2015

2015
First Quarter

Issue: Health

Program: Barbara Dab interviewed Dr. Griffin Rodgers, Director of the National Institute of Diabetes and Digestive Kidney Diseases with the National Institute of Health

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Kidney disease affects around 6.2 million African American adults in the United States. This March, in recognition of **National Kidney Month**, the National Kidney Disease Education Program wanted African Americans to gain a better understanding of why kidney disease is a major health concern and to find out how they can reduce their risk of kidney disease. Barbara Dab spoke with Dr. Griffin Rodgers, Director of the National Institute of Diabetes and Digestive Kidney Diseases with the National Institute of Health, to learn more.

Zone About Town – March 15, 2015

2015
First Quarter

Issue: Children's Issues

Program: Barbara Dab interviewed Susan Moffitt, Casework Director of Jonah's Journey

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Currently in Tennessee over 900 children are in the foster care system. Most of these youngsters are bounced around from home to home with little contact with their biological parents. This lack of consistency can lead to a lifetime of uncertainty and challenge. But local ministry Jonah's Journey is changing that outlook for children born to mothers who are incarcerated by providing private foster homes. Barbara Dab spoke with Casework Director Susan Moffitt to learn more about their work and how potential caregivers can get some much-needed support.

Zone About Town – March 15, 2015

2015
First Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed food writer and blogger Sasha Martin

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

It was a culinary journey like no other: Over the course of 195 weeks, food writer and blogger Sasha Martin set out to cook—and eat—a meal from every country in the world. As cooking unlocked the memories of her rough-and-tumble childhood and the loss and heartbreak that came with it, Martin became more determined than ever to find peace and elevate her life through the prism of food and world cultures. Barbara Dab spoke with Sasha about her book, “Life From Scratch,” to learn more about her journey.

Zone About Town – March 22, 2015

2015
First Quarter

Issue: Health

Program: Barbara Dab interviewed Michael Holz, Tennessee's Lead Ambassador for the American Cancer Society Cancer Action Network

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

We're all just One Degree from someone with cancer. Each of us has a relative, friend or co-worker who has battled the disease. Many of us have fought cancer ourselves or given care to a loved one. That's the message behind a new campaign from the American Cancer Society Cancer Action Network and Stand Up To Cancer. This week representatives from both organizations joined together in Washington, D.C., to ask congress to boost medical research funding. Barbara Dab spoke with Michael Holtz, Tennessee's Lead Ambassador for the American Cancer Society Cancer Action Network, to learn more.

Zone About Town – March 22, 2015

2015
First Quarter

Issue: Women's Issues

Program: Barbara Dab interviewed Dr. Ayne Cantrell, President Elect of the American Association of University Women

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

March is National Women's History Month. Here in Middle Tennessee, a local advocacy group is working to educate and improve the lives of our state's women. The American Association of University Women of Tennessee and the Tennessee Women's Project have published a book highlighting the contributions of some amazing women throughout history. Barbara Dab spoke with Dr. Ayne Cantrell, President Elect of the American Association of University Women of Tennessee, to learn more about women who have made historic contributions.

Zone About Town – March 29, 2015

2015
First Quarter

Issue: Health

Program: Barbara Dab interviewed Dr. Griffin Rodgers, Director of the National Institute of Diabetes and Digestive and Kidney Diseases

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

Kidney disease affects around 6.2 million African American adults - that is nearly one out of every six - in the United States. This March, in recognition of National Kidney Month, the National Kidney Disease Education Program wants African Americans to gain a better understanding of why kidney disease is a major health concern in their local community. Barbara Dab spoke with Dr. Griffin Rodgers, Director of the National Institute of Diabetes and Digestive and Kidney Diseases, to learn more.

Zone About Town – March 29, 2015

2015
First Quarter

Issue: Health

Program: Barbara Dab interviewed Kate Konkle, Associate Research at the University of Wisconsin's Population Health Institute

Format:

This 30-minute show airs Sunday mornings at 6:00am on 104.5

Synopsis:

This week the Robert Wood Johnson Foundation and the University of Wisconsin's Population Health Institute released their annual rankings of the health of nearly every county in the country. The *County Health Rankings* look at 30 factors that influence how long and well people live. Barbara Dab spoke with Kate Konkle, Associate Researcher at the University of Wisconsin's Population Health Institute, to learn more about how our local counties fared.