

1st Quarter, 2014 Issues
For Nashville/Middle Tennessee
Cumulus Nashville
WGFX 104.5 The Zone

Major Issues:

1. **Books/Authors/Entertainment/Arts:** The First Quarter saw the release of a host of new books. Barbara Dab interviewed authors of books ranging from history to self-help to fiction. She also interviewed entertainers and music industry professionals about the rich creative life based right here in Middle Tennessee
2. **Social Issues/Healthcare:** Sustainability is a hot topic in Middle Tennessee. The focus is on reducing waste, limiting carbon footprints and conserving energy. Barbara Dab interviewed experts in this field from various local and national agencies and nonprofits. Barbara also interviewed healthcare professionals about how to get help financing a nursing education, and the use of palliative care in pediatrics.
3. **Technology/Education:** Technology is being used in so many ways that can help improve our lives. Barbara Dab interviewed entrepreneurs and experts about a range of apps and online resources that can help students improve ACT/SAT scores, learn about art and more.

Zone About Town – January 5, 2014
2014
First Quarter

Issue: Music/Nonprofit

Program:

Barbara Dab interviewed award-winning performer Melissa Manchester

Format:

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

Synopsis:

One of the most prolific performers around is Melissa Manchester. Her career spans decades and she has touched upon just about every aspect of the music world. But many people don't know she was heavily influenced by her strong Jewish identity and heritage. Barbara Dab spoke with Melissa to learn more as she prepares to head to Music City in a couple of weeks for a special benefit performance for West End Synagogue.

Zone About Town – January 5, 2014
2014
First Quarter

Issue: Education/Technology

Program:

Barbara Dab interviewed Nick Brous, Managing Editor of First Folio

Format:

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

Synopsis:

SAT season is nearly upon us and if you have a student facing this exam you might be wondering how the heck he or she will learn all those crazy vocabulary words. Well there is help from, believe it or not, William Shakespeare himself. And the folks at First Folio have created an app that will help anyone make sense of The Bard and improve their vocabulary at the same time. Barbara Dab spoke with First Folio Managing Director Nick Brous to learn more.

Zone About Town – January 12, 2014

2014

First Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Sharon Salzberg, author of "Real Happiness at Work".

Format:

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

Synopsis:

Are you fed up with difficult coworkers; feeling under-valued; a patronizing boss; boring tasks; demands that can't be met or trouble finding focus? Everyone with a job faces daily challenges that undermine the ability to be happy at work. But here is the secret: anyone who can breathe can find happiness—even at work. Barbara Dab spoke with Sharon Salzberg author of the new book "Real Happiness at Work," to learn the secret to a satisfying work life.

Zone About Town – January 12, 2014
2014
First Quarter

Issue: Education/Technology

Program:

Barbara Dab interviewed Stephen Kahn, CEO of Artkick

Format:

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

Synopsis:

In the 1990s Microsoft Chairman Bill Gates built a 22 foot video wall that featured digitized images of fine art. Later he spent millions creating a company that would bring art into the homes of mainstream audiences. But the technology was cumbersome and clumsy. Well today, with the advent of Smart TVs and apps, it's easy to turn your home into a virtual museum. Barbara Dab spoke with Stephen Kahn, CMO of Artkick.com, to learn how.

Zone About Town – January 19, 2014
2014
First Quarter

Issue: Health Care

Program:

Barbara Dab interviewed Dr. Mary Wakefield, of the Health Resources Services Administration

Format:

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

Synopsis:

The nation continues to experience a serious shortage of nurses, and as the population ages that shortage will only increase. Part of the reason for this trend is the high cost of education. But for anyone thinking about entering the nursing profession, or those already practicing nursing, there is help. Barbara Dab spoke with Dr. Mary Wakefield, with the Health Resources and Services Administration, about the Nurse Corps and its Loan Repayment Program.

Zone About Town – January 19, 2014

2014

First Quarter

Issue: Books/Authors/Self-help

Program:

Barbara Dab interviewed Dr. Kelly McGonigal, author of "The Willpower Instinct"

Format:

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

Synopsis:

Do you believe you lack self control? Do you have a tough time making significant changes in your life? You're not alone. Most of us struggle with the concept of willpower, something science now shows is a combination of psychology, economics, neuroscience and medicine. Barbara Dab spoke with Dr. Kelly McGonigal, author of "The Willpower Instinct," to learn more about how we can harness that power to improve our lives.

Zone About Town – January 26, 2014
2014
First Quarter

Issue: Family Law

Program:

Barbara Dab interviewed Family Law attorney Rebecca McKelvey

Format:

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

Synopsis:

When it comes to navigating the frustrating and confusing world of family law it's important to be up to date on the latest trends and rules. For those dealing with custody issues, visitation rights and adoption it can be hard to know where to begin. Barbara Dab spoke with local Family Law attorney Rebecca McKelvey of the firm Stites and Harbison to learn more.

Zone About Town – January 26, 2014

2014

First Quarter

Issue: Healthcare

Program:

Barbara Dab interviewed Dr. Patricia Grady, Director of the National Institute of Nursing Research

Format:

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

Synopsis:

When it comes to the topic of "palliative care" most people assume it's just for older patients with terminal illness. But in reality, the type of support and care found through palliative care is very appropriate for even the very youngest patients. Barbara Dab spoke with Dr. Patricia Grady, Director of the National Institute of Nursing Research, to debunk the myths and get the facts about how palliative is being used in pediatrics.

Zone About Town – February 2, 2014
2014
First Quarter

Issue: Social issues

Program:

Barbara Dab interviewed Jennifer Tlumak, Executive Director of “The Urban Green Lab.”

Format:

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

Synopsis:

Do you know what “sustainability” is? Do you live a sustainable life? Well right here in Nashville there is an organization that is helping people increase their health and well being and increase their bottom line. It’s called The Urban Green Lab and Barbara Dab spoke with Executive Director Jennifer Tlumak, to learn more.

Zone About Town – February 2, 2014

2014

First Quarter

Issue: Books/Authors/Self Help

Program: Barbara Dab interviewed Carolyn Arnold, author of "Small Move, Big Change."

Format:

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

Synopsis:

If living a more sustainable life is one of your New Year's resolutions, how do you plan to accomplish that? For most of us, right about now we are leaving many of our resolutions in the dust. But there are ways to rethink self-improvement. In her book "Small Move, Big Change," author Carolyn Arnold shares what she calls "micro-resolutions" as techniques for success. Barbara Dab spoke with Carolyn to learn more.

Zone About Town – February 9, 2014
2014
First Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Matthew Quick, author of "The Good Luck of Right Now."

Format:

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

Synopsis:

Most of us know someone who is a little different, quirky, offbeat. For author Matthew Quick, these types of characters take center stage and alternately break your heart and uplift your spirit. His latest book, "The Good Luck of Right Now," follows on the heels of his acclaimed "The Silver Linings Playbook." Barbara Dab spoke with Matthew in advance of his upcoming appearance at Parnassus Books.

Zone About Town – February 9, 2014
2014
First Quarter

Issue: Technology

Program:

Barbara Dab interviewed Galileo Vieira, Senior Product Manager for Windows at Microsoft

Format:

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

Synopsis:

It is fairly well known that it doesn't take long into the New Year for our strong resolve to stay fit, exercise and eat the right foods to start to weaken! So, the creative minds at Microsoft have decided to give us a hand and let technology help us stay literally, on track. Barbara Dab spoke with Galileo Vieira, Senior Product Manager for Windows at Microsoft, to learn about some great new apps that will help us keep those pesky resolutions.

Zone About Town – February 16, 2014
2014
First Quarter

Issue: Entertainment/Relationships

Program:

Barbara Dab interviewed Gary and Cassie Chapman about love and relationships

Format:

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

Synopsis:

Happy Valentine's week everyone! Love comes in many forms and it can come into our lives at any time. For Nashville couple Gary and Cassie Chapman, love crossed the generations. With a 23-year age difference between them, the Chapmans say life has never been better. Barbara Dab spoke with Gary, a singer/songwriter/musician and Cassie, star of the new TNT series "Private Lives of Nashville Wives," to learn their secret and get some advice on love and romance.

Zone About Town – February 16, 2014

2014

First Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Brian Kilmeade, author of "George Washington's Secret 6: The Spy Ring That Saved The American Revolution."

Format:

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

Synopsis:

Spies, surveillance, secret identities, stolen secrets. These are all part of a true story about six people who helped George Washington turn the tide of the Revolutionary War. In his book "George Washington's Secret 6: The Spy Ring That Saved The American Revolution," author and Fox News personality Brian Kilmeade tells the heroic tale. Brian will be in town this week , and Barbara Dab spoke with him to learn more about this intriguing chapter in American history.

Zone About Town – February 23, 2014

2014

First Quarter

Issue: Health Care

Program:

Barbara Dab interviewed Dr. Morgan Wills, President and CEO of Siloam Family Health Center

Format:

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

Synopsis:

Even with the rollout of the Affordable Care Act, quality health care remains out of reach for many in our community. But one local organization is offering just that. Siloam Family Health Center is helping provide the full range of medical care to families in need. Barbara Dab spoke with Dr. Morgan Wills, President and CEO of Siloam, to learn more.

Zone About Town – February 23, 2014
2014
First Quarter

Issue: Arts/Music

Program:

Barbara Dab interviewed Noah Spiegel, Chief Operating Officer of the Nashville Opera

Format:

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

Synopsis:

It's no secret Nashville has a rich cultural scene. In fact a recent study shows our city ranks at the top nationally when it comes to arts and culture. And a key component of our offerings is the Nashville Opera. The Opera season is in full swing and includes not only full scale productions but also a strong educational program. Barbara Dab spoke with Noah Spiegel, Chief Operating Officer of the Nashville Opera, to learn more.

Zone About Town – March 2, 2014

2014

First Quarter

Issue: Social issues

Program:

Barbara Dab interviewed Sara Beth Myers, Presidents of Advocates for Women's and Kid's Equality

Format:

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

Synopsis:

In the State of Tennessee, domestic violence accounts for roughly half of all crimes against individuals. And more than half of all female homicides in our state are domestic violence related. Currently a bill is making its way through the legislature that will help give survivors much needed time to get on a path to safety. Barbara Dab spoke with Sara Beth Myers, President of Advocates for Women's and Kid's Equality, one of the top groups supporting the Survivors Safety Bill, to learn more.

Zone About Town – March 2, 2014

2014

First Quarter

Issue: Books/Authors/Social Issues

Program:

Barbara Dab interviewed Debby Irving, author of "Waking Up White"

Format:

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

Synopsis:

On the heels of a year when films like "Django Unchained," "The Butler," and "12 Years a Slave," brought to life the experiences of Black Americans, a new book "Waking up White," sheds light on critical aspects of White Americans. Barbara Dab spoke with Debby Irving, the book's author, to learn more about her story and the book she wishes someone had handed her years ago.

Zone About Town – March 9, 2014
2014
First Quarter

Issue: Social Issues

Program:

Barbara Dab interviewed Kent Wall, Administrator of Elections for Davidson County

Format:

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

Synopsis:

Believe it or not election season is just around the corner. And it takes a virtual army of volunteers to help local elections run smoothly. Barbara Dab spoke with Kent Wall, Administrator of Elections for Davidson County, to find out how you can help voters exercise their right.

Zone About Town – March 9, 2014

2014

First Quarter

Issue: Travel

Program:

Barbara Dab interviewed Christopher Elliott, editor of "How To Be The World's Smartest Traveler."

Format:

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

Synopsis:

Can you feel it? Spring is in the air and that means it's time to start planning your next vacation. But in today's world that can be a complicated task. A new book by the people at National Geographic can help you make the most of not only your travel dollars but also save you valuable time while you travel. Barbara Dab spoke with Christopher Elliott, editor of the book "How To Be the World's Smartest Traveler", to learn more.

Zone About Town – March 16, 2014

2014

First Quarter

Issue: Animal Adoption

Program:

Barbara Dab interviewed the Humane Society's Betsy McFarland

Format:

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

Synopsis:

Spring break is here and for some families that means it's time to find a new four-legged, furry addition. But according to The Humane Society, despite the many loving animals waiting for adoption at your local animal shelter, most folks find their new pets from breeders, pet shops and friends. And while euthanasia rates have declined, there are still way too many animals needing forever homes. Barbara Dab spoke with the Humane Society's Betsy McFarland to find out about their latest campaign to put these lovable creatures into good homes.

Zone About Town – March 16, 2014

2014

First Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Joshua Zeitz, author of "Lincoln's Boys."

Format:

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

Synopsis:

Hot on the heels of President Abraham Lincoln's 205th birthday, a new book is out that offers a new perspective on our 16th Commander-in-Chief. Joshua Zeitz, author of "Lincoln's Boys," uses the real-life letters, diaries and memoirs of John Hay and John Nicolay, Lincoln's personal secretaries, to shed light on a familiar moment in history. Barbara Dab spoke with Josh Zeitz to learn more.

Zone About Town – March 23, 2014

2014

First Quarter

Issue: Environment

Program:

Barbara Dab interviewed Mike Duncan, President and CEO of the American Coalition for Clean Coal Electricity

Format:

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

Synopsis:

As EPA policies take effect, Tennessee families are being hit the hardest, according to a new report by the American Coalition for Clean Coal Electricity. Barbara Dab spoke with Mike Duncan, President and CEO of the Coalition, to learn more about how those regulations are impacting our region.

Zone About Town – March 23, 2014

2014

First Quarter Quarter

Issue: Technology

Program: Barbara Dab interviewed David Chen, CEO of strikingly.com

Format:

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

Synopsis:

These days most people have some sort of online life. From Facebook to Twitter to emails these posts remain and can be tracked by current and potential employers. David Chen, CEO of strikingly.com, says it's important to create an effective and relevant online presence. Barbara Dab spoke with David to find out the most common online mistakes that can hurt your career, and what you need to know to make the most of the internet.

Zone About Town – March 30, 2014

2014
First Quarter Quarter

Issue: Health/Books/Authors

Program: Barbara Dab interviewed Dr. Bradley Bale, author of "Beat the Heart Attack Gene"

Format:

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

Synopsis:

According to Nashville physician Dr. Bradley Bale, all heart attacks and strokes are preventable. Thanks to new technology and personalized prevention techniques, it's easier than ever to know if you are at risk for cardio-vascular disease. Barbara Dab spoke with Dr. Bale about his book "Beat The Heart Attack Gene" to learn more about his ground-breaking work that could save your life.

Zone About Town – March 30, 2014
2014

First Quarter Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed Renate Stoever, author of "Escape from Plauer."

Format:

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

Synopsis:

Most stories about World War II are told from a man's perspective often detailing battles, strategies and politics. But a new book offers a rare insight about the ravages of war told through the eyes of a young girl. In her book "Escape From Plauen," Renate Stoever tells of her life in Germany before and after Hitler's defeat and the occupation of the Russian Army. Barbara Dab spoke with Renate to learn more about her family's escape and survival in war torn Germany.