

**Fourth Quarter, 2014 Issues
For Nashville/Middle Tennessee
Cumulus Nashville
WGFX 104.5 The Zone**

Major Issues:

1. Books/Authors/Education: As always, books are a main interest for folks in Middle Tennessee, and for our host. Barbara Dab interviewed authors about books on topics ranging from personal memoirs to the supernatural to mystery thrillers. She also interviewed leaders in education both on the local and national scene

2. Tech/Faith and Spirituality/Social Issues: These days everyone is jumping on the tech bandwagon and Nashville has a high profile in this area as well. Barbara Dab interviewed tech leaders and innovators about new apps, websites and products designed to make life easier, safer and more efficient. Faith and spirituality is always a hot topic in Middle Tennessee and Barbara Dab spoke with spiritual leaders from a variety of faith traditions to share insights.

3. Health/Veterans' Issues/Education: Healthcare was a focus this quarter with Breast Cancer Awareness Month, National Alzheimer's Awareness Month and National Caregivers Month. Barbara Dab interviewed leaders in this area. Also, veteran's health issues were in the news and Barbara spoke with a former soldier as well as a former military physician. And with flu season in full swing, she spoke with a physician at Vanderbilt Children's Hospital about how to protect kids from the flu. She also spoke with national educator about what's on the mind of Tennessee's educators.

Zone About Town – October 5, 2014
2014
Fourth Quarter

Issue: Public Safety

Program:

Barbara Dab interviewed Tim Manning, Deputy Administrator of FEMA

Format:

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

Synopsis:

Disaster Preparedness Month just wrapped up and it's a good time to highlight measures we can all take to be prepared during the upcoming severe weather season. Barbara Dab spoke with Tim Manning, Deputy Administrator of FEMA, to learn about the risks in our area and what we can do to stay safe during and after a Mother Nature's worst.

Zone About Town – October 5, 2014

2014

Fourth Quarter

Issue: Religious Traditions

Program:

Barbara Dab interviewed Rabbi Moshe Silberschein, educator and spiritual leader from Israel

Format:

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

Synopsis:

This time of year marks the Jewish High Holydays, a period of time marked by prayer and self-reflection. It's also a time to celebrate the beginning of a new year. For visiting Rabbi Moshe Silberchein, it's also a good time to share Jewish traditions with Christian friends and neighbors. In fact he's been doing just that for decades. Barbara Dab spoke with Rabbi Silberschein to learn more about his experiences educating Jews and Non-Jews alike.

Zone About Town – October 12, 2014
2014
Fourth Quarter

Issue: Health

Program:

Barbara Dab interviewed Patty Harman and Lauren Ward about Breast Cancer Awareness Month

Format:

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

Synopsis:

October is Breast Cancer Awareness Month and as the years pass, a cure is getting closer and treatments are becoming more effective. We spoke with Patty Harman, Executive Director of Susan G. Komen of Greater Nashville about the upcoming Race for the Cure and other services available through Komen. Barbara Dab also spoke with Lauren Ward of the Partnership for Healthy Tennessee to learn about developments in treatments and how Medicare patients can qualify for some much needed assistance.

Zone About Town – October 12, 2014
2014
Fourth Quarter

Issue: Faith

Program:

Barbara Dab interviewed Bishop Carlton Pearson, spiritual leader.

Format:

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

Synopsis:

Nashville is home to many faith and spiritual communities. One of these, Unity of Nashville, will be hosting Bishop Carlton Pearson in the coming week. Bishop Pearson is a well-known spiritual leader whose personal story is one of struggle, rejection, acceptance and forgiveness. Barbara Dab spoke with him to learn more about his concepts of "Expanded Consciousness," "Self Actualization," and his ministry of inclusion.

Zone About Town – October 19, 2014

2014

Fourth Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Jimmy Wayne, recording artist and author

Format:

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

Synopsis:

Imagine yourself at 13 years old, hundreds of miles from home in a strange city and your mom drops you off at a bus station parking lot and drives off into the night with her new husband. That's the real-life story of recording artist Jimmy Wayne who spent his youth hungry, homeless, bounced around between foster homes. Jimmy writes about this and more in his book "Walk to Beautiful: The Power of Love and a Homeless Kid Who Found The Way." Jimmy was in town this week, and Barbara Dab spoke with him to learn more.

Zone About Town – October 19, 2014
2014
Fourth Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed Christian recording artist and author Jennifer Knapp

Format:

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

Synopsis:

You may know Jennifer Knapp as the acclaimed Christian recording artist. But in 2002 she dropped out of sight. Upon her return to music ten years later she publicly confirmed that she is gay. Despite her fears about alienating her fans she persisted in reclaiming her life and her music. Barbara Dab spoke with Jennifer about her journey and her book "Facing the Music."

Zone About Town – October 26, 2014
2014
Fourth Quarter

Issue: Health/Breast Cancer Awareness

Program:

Barbara Dab interviewed Jami Eller, Executive Director of the Tennessee Breast Cancer Coalition

Format:

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

Synopsis:

For people battling breast cancer life is often chaotic and filled with new and pressing concerns. That means some of life's regular responsibilities and needs can go unmet. Into that void steps the Tennessee Breast Cancer Coalition, an organization that supports patients in a variety of ways. Barbara Dab spoke with Jami Eller, Executive Director of the TBCC, to learn more about how their work and some upcoming events.

Zone About Town – October 26, 2014
2014
Fourth Quarter

Issue: Social issues/Bullying

Program:

Barbara Dab interviewed J Ryan, singer and X-Factor winner

Format:

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

Synopsis:

Being different is one of the main reasons kids are bullied by other kids in America's schools. Bullying leads to social isolation, depression and suicide. In fact bullying is the third leading cause of death among young people. Studies have shown the most effective way to reach young people is through peer-to-peer outreach. To deliver that message the Teen Nation Tour is rolling through the country's schools with concerts featuring popular young performers. The tour was in Nashville this week and Barbara Dab caught up with headliner and X-Factor winner JRyan to learn more.

Zone About Town – November 2, 2014
2014
Fourth Quarter

Issue: Health

Program:

Barbara Dab interviewed Dr. Mary Dundon, Associate Clinical Professor of Pediatrics at Vanderbilt Children's Hospital

Format:

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

Synopsis:

As families get ready for the holiday season, what may not be top of mind is taking steps to prepare for flu season, which is unpredictable and can vary from season to season. Barbara Dab spoke with Dr. Mary Dundon, Associate Clinical Professor of Pediatrics at Vanderbilt Children's Hospital for tips on how to stay healthy this flu season.

Zone About Town – November 2, 2014
2014
Fourth Quarter

Issue: Books/Authors

Program:
Barbara Dab interviewed author Judy Bachrach

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

Synopsis:

For most of us, death signifies uncertainty. But for some people, death answers their questions. In her book "Glimpsing Heaven," author and journalist Judy Bachrach interviewed those who died and came back to life. Their stories offer comfort and insight and Barbara Dab spoke with Judy to learn more.

Zone about Town – November 9, 2014

2014

Fourth Quarter

Issue: Books/Authors

Program:

Barbara Dab interviewed best-selling author Garth Stein

Format:

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

Synopsis:

You may recognize author Garth Stein for his mega-bestseller "The Art of Racing in the Rain," which sold over four million copies and spent 158 weeks on the New York Times Bestseller list. Now Garth is back with his next novel "A Sudden Light," a book that was over a decade in the making and is already earning rave reviews. Garth is coming to Nashville this week and Barbara Dab spoke with him to learn more about what inspires him and how he literally goes out on a limb researching his books.

Zone About Town – November 9, 2014

2014

Fourth Quarter

Issue: Tech/Employment

Program:

Barbara Dab interviewed Dr. Tracey Wilen, author, speaker and media contributor

Format:

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

Synopsis:

Are you a fan of taking selfies? Do you like what you see? How about taking a selfie of your career? That's exactly what Dr. Tracey Wilen, author, speaker and media contributor, is recommending in her blog Careerselfie.com. As our corporate culture has evolved dramatically in recent years, it's time to take a good look at where your career is going and how you can get the most out of your employer. Dr. Wilen will be in Nashville this week speaking at our local CABLE chapter, but Barbara Dab spoke with her first to learn more.

Zone About Town – November 19, 2014

2014

Fourth Quarter

Issue: Veterans' Issues

Program:

Barbara Dab interviewed Roscoe Butler of the American Legion

Format:

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

Synopsis:

This week was the annual Veteran's Day observance. It follows a year when scandal plagued the Veteran's Administration when it was discovered that medical appointment records were falsified, leaving veterans without access to care. In response, the VA Reform Law was passed and the American Legion just released a report on the law's effectiveness and implementation. Barbara Dab spoke with Roscoe Butler of the American Legion, to learn more.

Zone About Town – November 19, 2014
2014
Fourth Quarter

Issue: Health/Alzheimer's Awareness

Program: Barbara Dab interviewed Dr. Jennifer Langbaum, Principal Scientist of the Banner Alzheimer's Institute and Associate Director of the Alzheimer's Prevention Initiative

Format:

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

Synopsis:

November marks Alzheimer's Awareness month and much is being done to learn more about this mysterious disease that is a top killer of people over 65. In 2011 an international collective was launched to help speed up the pace of research. It's being spearheaded by the Banner Alzheimer's Institute and Barbara Dab spoke with Dr. Jennifer Langbaum, Principal Scientist of the Institute and Associate Director of the Alzheimer's Prevention Initiative, to learn more.

Zone About Town – November 23, 2014

2014

Fourth Quarter

Issue: National Caregiver's Month

Program: Barbara Dab interviewed Amy Goyer, Family Issues Expert with AARP

Format:

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

Synopsis:

November is National Caregivers Month and it's important to recognize the country's 42 million unpaid family caregivers. And according to an AARP survey, this time of year is particularly stressful for caregivers. Barbara Dab spoke with Amy Goyer, Family Issues Expert with AARP, to learn more about steps caregivers can take to relieve the pressure and enjoy this holiday season.

Zone About Town – November 23, 2014
2014
Fourth Quarter

Issue: Entertainment

Program: Barbara Dab interviewed Chris Morris, Master Distiller of Woodford Reserve

Format:

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

Synopsis:

In recent years there has been a boom in the popularity of bourbon, that uniquely American spirit. But many people don't know what makes bourbon distinct and how those in the industry work to create the various brands. Barbara Dab spoke with Chris Morris, Master Distiller of Woodford Reserve, who was in town this week, to learn more.

Zone About Town – November 30, 2014
2014
Fourth Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed Guy Johnson, son of author Maya Angelou

Format:

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

Synopsis:

At this time of year, most of us are taking a moment to reflect and give thanks. But recent events have left many at a loss for words. One American, poet and author Maya Angelou, always had something to say and left a great legacy of words of wisdom. Barbara Dab spoke with her son, Guy Johnson, about the new book "Rainbow in the Cloud: The Wisdom and Spirit of Maya Angelou," and what lessons he remembers about Thanksgiving.

Zone About Town – November 30, 2014

2014

Fourth Quarter

Issue: Healthcare

Program: Barbara Dab interviewed Dr. Michael Cowan, Executive Director of AMSUS

Format:

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

Synopsis:

The world of healthcare is in a constant state of flux. From insurance to doctors' visits to prescriptions, it can be hard to get a solid answer to questions. On organization, AMSUS: the Society of Federal health professionals, is taking a look at how the practice of medicine is changing and how we can all get the care we need. Barbara Dab spoke with Dr. Michael Cowan, Executive Director of AMSUS, to learn more.

Zone About Town – December 7, 2014

2014

Fourth Quarter

Issue: Education

Program: Barbara Dab interviewed Lily Eskelson-Garcia, National Education President

Format:

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

Synopsis:

This week brought news about big changes for some Metro Nashville schools. National Education Association President Lily Eskelson-Garcia was in town for the announcement about an all school choice zone designed to help raise achievement in some of the most challenged schools. Barbara Dab spoke with her to learn more about this change and what else is on the minds of our local teachers.

Zone About Town – December 7, 2014
2014
Fourth Quarter

Issue: Books/Authors/Health

Program: Barbara Dab interviewed author and journalist Tory Johnson

Format:

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

Synopsis:

This time of year finds many folks overindulging, leaving them out of shape, out of sorts and exhausted after the holidays are over. For veteran journalist Tory Johnson, the wakeup call came in the form of a concerned boss and led her to make some powerful life changes. Barbara Dab spoke with Tory about her journey and the movement that sprung out of what she calls "The Shift."

Zone About Town – December 14, 2014

2014

Fourth Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed author Andrew Maraniss

Format:

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

Synopsis:

In 1966 Vanderbilt student Perry Wallace became the first African American basketball player in the SEC and as sometimes happens, sports collided with something even bigger: civil rights. In his book "Strong Inside" author Andrew Maraniss chronicles the story of sports, race in America, a college campus in transition and eventual reconciliation. Barbara Dab spoke with Andrew to learn more.

Zone About Town – December 14, 2014

2014

Fourth Quarter

Issue: Health

Program: Barbara Dab interviewed Dr. Reed Tuckson, Senior Medical Advisor for the United Health Foundation

Format:

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

Synopsis:

This week, an annual report of our nation's health found that rising rates of obesity and diabetes are threatening our quality of life. The report by the United Health Foundation also yielded some shocking statistics about health and life in Tennessee. Barbara Dab spoke with Dr. Reed Tuckson, Senior Medical Advisor for the United Health Foundation, to learn more.

Zone About Town – December 21, 2014

2014

Fourth Quarter

Issue: Veterans' Issues

Program: Barbara Dab interviewed Master Sergeant Aaron Tippet

Format:

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

Synopsis:

The demands and pace of the holiday season can be a challenging time for any of us. For service members, veterans and their families it can be particularly tough, especially for those dealing with invisible psychological wounds such as PTSD and traumatic brain injuries. Barbara Dab spoke with Master Sergeant Aaron Tippet, a soldier in recovery from such wounds, about the Real Warriors Campaign and how others can get help.

Zone About Town – December 21, 2014

2014

Fourth Quarter

Issue: Entertainment

Program: Barbara Dab interviewed journalist and TV host Geoff Edgers

Format:

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

Synopsis:

Have you ever wanted to get up close to rifle used in a real wild west shoot out? How about the shotgun used by stagecoach bandit Black Bart? In the new TV series "Secrets of the Arsenal," on the American Heroes Channel, you can do that and much more. The show is hosted by veteran journalist Geoff Edgers and it goes in search of artifacts that shaped America's history, some even right here in the South. Barbara Dab spoke with Geoff to learn more.

Zone About Town – December 28, 2014

2014

Fourth Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed author Don Winston

Format:

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

Synopsis:

Now that the shopping is done, the presents unwrapped, it may be time to relax. And what better way than with a great book, particularly one that takes you away to another place and maybe even challenges your view of reality. Local author Don Winston's books do just that, and he was in town this week chatting about his latest thriller, "The Gristmill Playhouse: A Nightmare in Three Acts."

Zone About Town – December 28, 2014
2014
Fourth Quarter

Issue: Books/Authors

Program: Barbara Dab interviewed Ann Fitzsimmons, National Geographic's Urban Insider

Format:

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

Synopsis:

The 21st century has been heralded as the "Century of the City" by the Rockefeller Foundation as, for the first time ever, the majority of people live in urban areas. In a glossy, lavish tribute to cosmopolitan life, National Geographic Travel offers urban adventurers a stunning new book: **WORLD'S BEST CITIES: Celebrating 220 Great Destinations**. Barbara Dab spoke with Ann Fitzsimmons, National Geographic's Urban Insider, and learned more about what makes Nashville a great destination.