

The Tailgate Show 2019 (1st Quarter)

Cumulus Media Baton Rouge Public Affairs Show

Hosted by Tonja Myles
The Program is 60 minutes at length

Airs on WXOK-AM (Saturdays at 10am)
Airs on WEMX-FM (Sundays at 10am)
Airs on KQXL-FM (Sundays at 5:00pm)

- 01/12 & 01/13 **Guest: Guest:** Simone O. Higginbotham and Lisa Nixon (Rebirth Magazine).
Topic/ Discussion: Real topics and discussions from a more direct approach from the people. Rebirth Magazine focus on real life experiences and relatable topics such as; politics, relationships, beauty, and questions from the readers answered etc.
- 01/19 & 01/20 **Guest:** Casey Phillips with Future Funds and Steam Camp
Topic / Discussion: Dr. Martin Luther King Day Commemoration; volunteering to clean up the community via painting and planting gardens throughout the community is essential in honoring the dream of Dr. King. Three days of community outreach leading up to a big MLK event to celebrate Martin Luther King Day.
- 01/26 & 01/27 **Guest:** Tanesha Craig (Personal Trainer)
Topic/ Discussion: Health and exercise with Tanesha. How to eat healthy to live longer and lose weight. How important small changes can transform your life.
- 02/09 & 02/10 **Guest:** Tonja Myles and the Team Shontell Williams, Torian Henderson
Topic/ Discussion: Forum about Relationships! How to define a healthy relationship and what being independent in a relationship means. Why relationships fail and how social media affects relationships today.
- 02/16 & 02/17 **Guest:** Dr. Jamie Hilton (Mental Health)
Topic/ Discussion: Why mental health is just as important as any other illness. The importance of talking about mental illness and addressing some of the challenges of treating a those living with such a disease.

- 02/23 & 02/24 **Guest:** Erin Fulbright (CASA)
Topic/ Discussion: **Court Appointed Special Advocates:** The specific need for African American male volunteers. How you can help by volunteering and the breakdown of what a volunteer does.
- 03/02 & 03/03 **Guest:** Ebony Brown (Financial Coach)
Topic/ Discussion: The importance of saving, how to save and make it affective for you. Insurance as a financial asset and how to choose the right plan. Tips on how to save.
- 03/09 & 03/10 **Guest:** Benjamin Washington (Spoken Words and Poetry)
Topic/ Discussion: Giving kids a way to channel their emotions in a healthy way. What is Poetry and defining the difference between poetry and rap.
- 03/23 & 03/24 **Guest:** Warden Dennis Grimes (Prison Programs)
Topic/ Discussion: Helping the community understand how the prison system works. The misconceptions of what happens in prison. How incorporating more programs to help prisoners get the support they need once released and keep them from returning to prison.
- 03/30 & 03/31 **Guest:** Marlissa Parmelee (The Kids Orchestra)
Topic/ Discussion: What the kids orchestra is about. How music transforms the lives of kids. How music can help kids do better academically. Working with kids from all over Baton Rouge area through the schools and what that looks like. Making music assessable for any kid financially no matter the income. What camps and programs are available etc.