

Cumulus Media Public Affairs

The Tailgate Show 2022 (4th Quarter)

Show is hosted by Tonja Myles

Airs on WXOK-AM (Saturdays at 10am)

Airs on WEMX-FM (Sundays at 10am)

Airs on KQXL-FM (Sundays at 5pm)

Airs on WRQQ-FM (Sundays at 10am)

Date: 10/01 & 01/02

Topic: What's happening on the yard/HBCU Experience

Guest(s): Jasmine Brown/Student Leader at Southern University

Show Length: 60 Minutes

Show Description: Tonja and Jasmine explored topics around the mental health of today's college student to balancing work, social and academics while offering resources to assist students with the challenges of college life.

Date: 10/08 & 10/09

Topic: Advocacy and Policy that affect Black Women

Guest(s): Courtney Hunt/100 Black Women of Metro Baton Rouge

Show Length: 60 Minutes

Show Description: Breast Cancer Awareness. During the show Tonja and Courtney explored self-examination, cancer prevention and local and national policy changes to assist minority women with resources and programs to increase preventative care among black and brown women.

Date: 10/15 & 10/16

Topic: Advocacy and Policy that affect Black Women **(Repeat)**

Guest(s): Courtney Hunt/100 Black Women of Metro Baton Rouge

Show Length: 60 Minutes

Show Description: Breast Cancer Awareness. During the show Tonja and Courtney explored self-examination, cancer prevention and local and national policy changes to assist minority women with resources and programs to increase preventative care among black and brown women.

Date: 10/22 & 10/23

Topic: Discussion: Local Events and Activities

Guest(s): No guest

Show Length: 60 Minutes

Show Description: Tonja provided a platform to share information about local election dates, community resources, hurricane preparedness, mental health activities, and programs to assist single mothers.

Date: 10/29 & 10/30

Topic/ Discussion: Local Events and Activities **(Repeat)**

Guest(s): No guest

Show Length: 60 Minutes

Show Description: Tonja provided a platform to share information about local election dates, community resources, hurricane preparedness, mental health activities, and programs to assist single mothers.

Date: 11/05 & 11/06

Topic: The importance of Sports and Performance among adolescence

Guest: DJ and Deidra Chark

Show Length: 60 Minutes

Show Description: Tonja explored health and wellness of today's youth and the importance of physical movement which impacts the mind and heart at an early age.

Date: 11/12 & 11/13

Topic: Career Development

Guest: Neron North Green, Associate with the Urban League of Louisiana

Show Length: 60 Minutes

Show Description: During the conversation Tonja and Neron provided tools to help listeners build, track and develop a plan to develop the career(s) or his or her dreams. The conversation encompassed opportunities and resources for senior citizens to re-enter the workforce and re-establish their role in today's working environment.

Date: 11/19 & 11/20

Topic: Mental Health, Substance Abuse Disorder and Prevention

Guest: Karen Stubbs, Assistant Secretary of the Office of Behavioral Health Leadership

Show Length: 60 Minutes

Show Description: Tonja unpacked trends throughout the state and how the state of Louisiana is address Mental Health concerns and Prevention in Substance Abuse. Karen provided a wealth of knowledge, tips and resources to listeners to assist in Mental Health, Substance Abuse Disorder and Prevention regardless of age, or income levels.

Date: 11/26 & 11/27

Topic: Christmas Special

Guest: Donna Thompson

Show Length: 60 Minutes

Show Description: The show centered around planning for the holidays; inclusive of budgeting, spending quality time with loved one, managing the stressors of the season and giving back.

Date: 12/03 & 12/04

Topic: Christmas Special (Repeat)

Guest: Donna Thompson

Show Length: 60 Minutes

Show Description: The show centered around planning for the holidays; inclusive of budgeting, spending quality time with loved one, managing the stressors of the season and giving back.

Date: 12/12 & 12/13

Topic: Suicide Prevention

Guest: None

Show Length: 60 Minutes

Show Description: Due to the untimely death of National DJ and TV Personality Stephen 'tWitch' Boss, Tonja dedicated the Tailgate show to providing family and friends with tips and tools to deal with stress and the pressures of life. Also tips at how to intervene when you feel a loved one may be wrestling with endangering themselves.

Date: 12/17 & 12/18

Topic: Suicide Prevention (Repeat)

Guest: None

Show Length: 60 Minutes

Show Description: Due to the untimely death of National DJ and TV Personality Stephen 'tWitch' Boss, Tonja dedicated the Tailgate show to providing family and friends with tips and tools to deal with stress and the pressures of life. Also tips at how to intervene when you feel a loved one may be wrestling with endangering themselves.

Date: 12/24 & 12/25

Guest: Matt Dorsett, Former NFL Player and Board Member at Doc Griggs Foundation & NFLPA

Show Length: 60 Minutes

Show Description: Tonja provided Matt Dorsett an opportunity to round out the year with an inspirational message to end the year with and a challenge to help begin 2023 successfully and in good health and with a plan.