

Medifast makes it easy with great food, supportive counselors and an easy to follow program.

> LEARN MORE



FROM OUR STUDIOS

The Wake Up Call
Listen to The End on your phone! Find out how under the "Listen" tab in the navigation.

HOSTS & SHOWS LISTEN WATCH BLOGS CONCERTS & EVENTS CONTESTS STATION 411 Search

PUBLIC SERVICE ANNOUNCEMENTS

09:01am PDT, 05/30/14

Here's where you'll find information about local events put on by non-profit organizations. If your organization is having an event, please send us the details via **e-mail** or fax it to 916-339-4559 at least 3 weeks prior to the event. Thank you.

May is Motorcycle Safety Awareness Month

May is Motorcycle (Scooters too!) Safety Awareness Month - Share the Road! RideWell, the CMSP and the CHP are inviting you to come out and take the Basic Rider Course on either a motorcycle or scooter and see why so many are enjoying the "two wheel experience"! (Reserve your place now - limited space available.) For more information, [Click Here](#)

May is National Mobility Awareness Month

Mobility Works Sacramento is the #1 Wheelchair Accessible Auto Dealer. They're joining the National Mobility Equipment Dealers Association for the third annual, National Mobility Awareness Month. They've created an online contest that will award three lucky winners with wheelchair accessible vehicles tailored to meet their specific needs. Voting closes on May 9. Winners will be announced the last week of May. For more information, [Click Here](#)

5/31 Hot Rod & Classic Car Show

The Rotary Club of Lone is hosting a benefit Hot Rod & Classic Car Show on May 31 on the Eagle's Nest Airport. Features include a live air show with a prize drawing for a ride in a WWII P-51 Mustang. Pancake breakfast with Boy Scout Troop 477, pulled pork lunch with the Native Sons and tri-tip lunch with the Lone Volunteer FD, Boy Scout Troop 581 will be serving hot fudge sundaes and our Rotary Club will be selling wine, beer and soft drinks. Proceeds benefit local youth groups, the food bank, local school programs and several community projects. For more information, call 209-274-9160 or email davidwardall@gmail.com

6/3 Career Fair

A Career Fair will be held Tuesday, June 3rd (9am-12:30pm at the Embassy Suites Hotel (100 Capitol Mall, Sacramento, CA 95814). Fortune 500 Companies, Industry Leaders and Local Businesses bringing candidates and companies together for a one day hiring event. Flexible Work Schedule, Full Benefits, 401K, Stock Options and more. For more information, [Click Here](#) www.hirelive.com/fair/400/CA/sacramento/June/3/2014

6/3 Summer Book Sale

The Friends of Arden-Dimick Library is sponsoring a one-day Special Summer Book Sale on Tuesday, June

LISTEN LIVE

AS HEARD ON AIR

STATION PLAYLIST

PROGRAM SCHEDULE

LOG IN TO E-CLUB Log In With

1 THING SACRAMENTO

Request a Song **GO**

RESER'S DELI SALADS
A RECIPE FOR SUMMER FUN

CLICK HERE FOR COUPON

advertise with us

ELLIOTT'S
Fine Nutrition
THIS