KKDO-FM Sun 6am-6:15am January 1 - March 31, 2024

Date	Time	Show#	Topic/Guest		
1/7/2024	15:00	#101	Cal-Trans: Highlighting their public awareness campaign, "Let's Change This to That", to help reduce litter and other pollutants on highways that end up in California's water system. Using comparisons of dirty and pristine roadsides and landscapes, the campaign encourages Californians to pitch in to keep highways clean and our water drinkable, swimmable and fishable. Guest: Loren Magana		
1/14/2024	15:00	#102	<b>Sisters of Nia:</b> Empowering socially and economically disadvantaged adolescent girls. The organization serves girls in grades six, seven, and eight, living in urban communities. They focus on bringing out the natural strengths of girls, while encouraging them to live their live with a purpose. The program culminates in eighth grade with a college tour and rites of passage ceremony. <b>Guest:</b> Synthia Smith		
1/21/2024	15:00	#103	CA Low Cost Auto Insurance: The insurance program was established by the Legislature in 1999 and exists as a program designed to provide income-eligible, good drivers with liability insurance protection at affordable rates as a way to meet California's mandatory auto insurance law. The CLCA Insurance Program is a state-sponsored program that makes insurance affordable for California residents who meet the eligibility requirements, regardless of immigration status. The CLCA Insurance program is brought to you by the California Department of Insurance and is administered by the California Automobile Assigned Risk Plan.  Guest: Amy Nungaray		
1/28/2024	15:00	#104	I'm Listening: This month's feature focused on Suicide: Loss and Survivors.		
			Guest: David O'Leary		

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Date T	īme S	Show#   <sup>-</sup>	Topic/Guest		
2/4/2024	15:00	#201	United Way Tax Prep: File taxes online for free with United Way and get the tax credits you've earned. Families can get cash back from state and federal credits through United Way California Capital Region's Free Tax Prep program. If your 2023 household income was less than \$66,000, they can help you maximize your refund and save you an average of \$200 in tax preparation fees – all through a safe and secure process. Guest: Shay Smith		
2/11/2024	15:00	#202	<b>Food Literacy Center:</b> Our food system is linked to a host of problems: obesity, climate change, unhealthy diets, lack of food access, food safety concerns, workers' rights, and more. The problems can feel overwhelming, while the burden of finding reliable information often falls to the consumer. Obesity is the number one cause of preventable death. 40% of Sacramento kids suffer from childhood obesity. One in three has type 2 diabetes. The mission is to inspire kids to eat their vegetables. <b>Guest: Amber Stott</b>		
2/18/2024	15:00	#203	Conversations: The state of the entertainment industry.  Guest: KNX airstaff		
2/25/2024	15:00	#204	Conversations: (repeat) The state of the entertainment industry.  Guest: KNX airstaff		

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Date	Time	Show#	Topic/Guest	
3/3/2024	15:00	#301	LJ Braner: The LJ Braner Silver Linings Athletic Foundation is a non-profit organization dedicated to providing underprivileged athletes with scholarship funds and valuable resources to empower them in pursuing their academic and athletic dreams. They believe every athlete deserves the opportunity to achieve their full potential and they strive to make that a reality. Guest: Stu Snider	
3/10/2024	15:00	#302	United Way Tax Prep: (Repeat) File taxes online for free with United Way and get the tax credits you've earned. Families can get cash back from state and federal credits through United Way California Capital Region's Free Tax Prep program. If your 2023 household income was less than \$66,000, they can help you maximize your refund and save you an average of \$200 in tax preparation fees – all through a safe and secure process. Guest: Shay Smith	
3/17/2024	15:00	#303	I'm Listening: Talking Mental Health Man to Man + Post Traumatic Stress Disorder  Guest: Dave Glover	
3/24/2024	15:00	#304	Blue Water Credit: Educating listeners with an A+ Better Business Bureau rated credit repair agency. They provide consumers with the confidence needed from a non-biased and reputable third-party company. Clients are given a customized plan designed to resolve their credit issues. Tackling each item on a credit report negatively affecting the score. Guest: Sarah Perkins	
3/31/2024	15:00	#305	United Way: In celebration of their 100-Year Anniversary, they raised more than \$600,000 in one night to help kids excel in school. And thanks to generous donations, the programs have already seen an expansion. The interview focused on the United In Purpose Gala, standing together to strengthen the impact of such a vital cause. This year's gala is Saturday, April 20 and the goal is to raise \$3 million to help 10,000 local children excel in school by 2025. Guest: Dr. Dawnté Early	

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1/7/2024	15:00	#101	
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		#101	<b>Pig Bowl:</b> In 1974, a group of officers converted their good-natured badgering football scrimmage into a fundraising football game to help local charities. It was a cold day in January that grew into an event attended by over 32,000 fans. Fifty years later. They've donated over \$2.5 million to local charities. <b>Guest:</b> Ben Casanova
1/14/2024	15:00	#102	LJ Braner: The LJ Braner Silver Linings Athletic Foundation is a non-profit organization dedicated to providing underprivileged athletes with scholarship funds and valuable resources to empower them in pursuing their academic and athletic dreams. They believe every athlete deserves the opportunity to achieve their full potential and they strive to make that a reality. Guest: Stu Snider
1/21/2024	15:00	#103	Rec 4 Vets: Recreation 4 Veterans is dedicated to connecting Veterans and Volunteers to provide healthy and supportive outlets to Veterans of the Armed Services through outdoor recreation activities, including fishing, hunting and other outdoor opportunities and new experiences. Their all-volunteer board strives to build camaraderie and introduce our Veterans to recreational options at low or no cost through donations and sponsorships from their supporters.  Guest: Catherine Rogers
1/28/2024	15:00	#104	I'm Listening: This month's feature focused on Suicide: Loss and Survivors.  Guest: David O'Leary

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2/4/2024	15:00	#201	Florin Road Community Beautification Project: Funded by Clean California, the project aims to improve a stretch of Florin Road from Tamoshanter Way to Franklin Boulevard. Bringing together community partners and stakeholders with a mission to reduce waste and debris, beautify, and improve public spaces and advance equity for the areas underserved communities. Florin Road will be beautified with updated landscaping, public seating, cohesive branding and eye-catching art installations which vibrantly display the diversity and culture of the Meadowview neighborhood. Guest: Daphne Burgess
2/11/2024	15:00	#202	Wild & Scenic Film Festival: What started out as a local film festival in the foothills of California has morphed into a movement that brings together environmental influencers, activists, and celebrities to take on pressing environmental issues. Considered the nation's premier environmental and adventure film festival, this year's virtual event showcased films that inspired climate control action. Guest: Lívia Campos de Menezes
2/18/2024	15:00	#203	Conversations: The state of the entertainment industry.  Guest: KNX airstaff
2/25/2024	15:00	#204	Conversations: (repeat) The state of the entertainment industry.  Guest: KNX airstaff

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3/3/2024	15:00	#301	CA Low Cost Auto Insurance: The insurance program was established by the Legislature in 1999 and exists as a program designed to provide income-eligible, good drivers with liability insurance protection at affordable rates as a way to meet California's mandatory auto insurance law. The CLCA Insurance Program is a state-sponsored program that makes insurance affordable for California residents who meet the eligibility requirements, regardless of immigration status. Guest: Amy Nungaray
3/10/2024	15:00	#302	St Baldrick's: It's the 25th year of St. Baldrick's volunteers working to Conquer Kids' Cancer. Giving hope to thousands of kids diagnosed with cancer – from babies and toddlers to children, teens, and young adults. The event speeds up the search for cures through St. Baldrick's, the largest charity funder of childhood cancer research grants. People signed up to shave their heads and the tradition goes.  Guest: Patrick Mulvaney
3/17/2024	15:00	#303	I'm Listening: Talking Mental Health Man to Man + Post Traumatic Stress Disorder  Guest: Dave Glover
3/24/2024		#304	Grizzly Fund: The mission is to assist Grizzly Flats Caldor Fire survivors who lost their home and to provide cost effective factory built housing. Nonprofit Mortgage has established Caldor Fire Assistance Fund to accept charitable donations to implement Armstrong Residentials rapid rehousing initiative. All donations will go to the cost of the homes, delivery, implementation and installation. Guest: Miguel Guerra
3/31/2024	15:00	#305	Sierra College Theater Arts: Do you love the performing arts and want to study theatre? Learn all aspects of production including performance, lighting, costumes, make-up, and sound. You can also learn scene painting and stage management. Experience plays from the ancient Greeks to Broadway musical hits. Start your theatre career in a safe and challenging environment, and carry the joy of theatre with you throughout your lifetime. Guest: Scott Adams