

WOMEN

A FORCE IN BUSINESS

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Sarah King
Co-Host, Two Men and a Mom
MIX 101.5



Sarah hails from Carolina Beach, North Carolina. She attended NC State University where she earned a BS in Meteorology with a minor in Environmental Science. She started her radio career at campus radio station WKNC. Her radio career continued with on-air and producer roles at 850TheBuzz, WUNC, and 96Rock. Sarah joined MIX 101.5 in the spring of 2016 as a weekend host and moved to mornings in August.

Sarah left radio for a number of years to pursue a career in event/wedding planning in New York City. Sarah and her husband returned to North Carolina in 2014 and are proud parents to their son Luca. The household also includes a lovely tuxedo cat named Babs.

Sarah has practiced yoga since the age of nineteen. She loves to cook (Italian and Asian are her favorites). She also has a passion for photography.

[Sarah also hosts a podcast with Jami Caskey called "Wine + Dandy" check it out!](#)