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## **SICK OF SARAH WINS FIRST ROUND OF MTV's BATTLE OF BANDS AND CONFIRMS MINNESOTA DATES**

Fri Nov 30 Mankato, MN @ MN State University / Impact Concert Series  
Sat Dec 8 Mankato, MN @ What's Up Lounge  
Fri Dec 14 Minneapolis, MN @ Varsity Theater (with label-mates' Origin of Species)

**SICK OF SARAH WINS FIRST ROUND OF MTV's VIRTUAL KAYA's BATTLE OF THE BANDS**  
[http://content.vmtv.com/kaya/botb\\_bracket.html](http://content.vmtv.com/kaya/botb_bracket.html)

Watch "Bittersweet" video here: <http://www.youtube.com/watch?v=t-kvJJNAXR4>

**SPIN MAGAZINE** "BUZZCATCHER" FEATURE IN DECEMBER 2007 ISSUE

**MINNEAPOLIS CITY PAGES** "POISED" FEATURE IN OCTOBER 17, 2007 ISSUE  
<http://articles.citypages.com/2007-10-17/music/poised/>

"If you've ever felt nostalgic about early Sleater-Kinney, this is your band of the year." -**NYMAG.com**

"Here's one from the "they seem to be more famous outside of the Cities" file. **Sick of Sarah** is an all-female four-piece that has been getting some comparisons to Sleater-Kinney, which, to be frank, are totally off the mark. They're far more melodic and commercial, for one thing. And band leader Abisha Uhl sounds sort of like an emo Michelle Branch (not a bad thing). They've just issued a three-song EP digitally and on 7-inch vinyl and play the Uptown Bar on Saturday before heading to New York for the CMJ Music Festival. In addition to placing some tunes on a Noggin show, they've also booked a stint performing on the lesbian-themed Olivia Cruise Lines next year." – **ST. PAUL PIONEER PRESS**

"Their music is catchy, sincere and feminist, without seeming gimmicky, whiny or overtly femme. In other words, these four women are able to be themselves, and the result is remarkably infectious."  
– **REVEILLEMAG.com** (local Minneapolis blog)

**Blog Posts** on My Old Kentucky Home, Largeheartecboy, RockSellOut, Sideonetrackone, Buzzgrinder, etc.

Minneapolis' **93X Loud and Local** Radio Show's **Band of the Week** for September 23, 2007

Live set on **Cities Live Local Music Hour** in Minneapolis: Wednesday, Oct. 24

**Olivia Cruise Line** Performance Confirmed for November 2008

Sick of Sarah releases "Bittersweet" through Adamant Records. The 3 song EP featuring "Bittersweet," "Hello Good Morning," and "Paint Like That," will be available digitally and on seven-inch vinyl. This release follows the "Los Angeles 2006" EP which featured "Mr. Incredible" and "Common Mistake." Sick of Sarah played CMJ Music Marathon on Thursday, October 18<sup>th</sup>, 2007 at Delancey Lounge in New York City as part of the SESAC showcase.

After Sick of Sarah asked fans to make and post videos for their songs to You Tube, one fan edited clips from the cable show, "South of Nowhere" which has generated thousands of downloads and while introducing Sick of Sarah to a legion of new fans. This helped lead the band to the show.

“Mr. Incredible” and “Common Mistake” will be heard on episodes of “South of Nowhere” airing on Noggin in February 2008. “South of Nowhere” is a teen show that focuses on mature subject matter and was nominated in 2007 for the Teen Choice Award for “Break Out Show” along with Ugly Betty, Heroes, etc.

Formed in 2005 in Minneapolis, MN, Sick of Sarah is an all female band whose songs reflect the band’s energy and penchant for writing blended alternative pop-rock that will have you singing after the first chorus. Lead singer, guitarist, and songwriter, Abisha Uhl, (25) has an ear for pop, a mouth for rock, and an attitude for punk. Her honest lyrics speak maturely and sometimes humorously of love, loss and often nothing at all. Before joining Sick of Sarah, Jessie Farmer (26) found success as the touring bass player for prominent Minneapolis punk band, Babes in Toyland (2000). Lead-guitarist and back up vocalist, Katie Murphy (24) and drummer, Brooke Svanes (23) shape Sick of Sarah through their experiences as musicians.

Sick of Sarah have earned a loyal gay community following and played the Pride Festivals in Minneapolis and Mankato in 2007. Sick of Sarah will perform on the Olivia Cruise Line’s Caribbean Birthday Bash in November 2008. Olivia is organizing special events and trips during 2008 to commemorate 35 years of being the leading lifestyle company for lesbians.

<http://myspace.com/sickofsarah>  
<http://www.adamantrecords.com/>

<http://www.youtube.com/user/SickofSarah>  
<http://www.romopr.com>