

## Things We Love - Sarah Overdier

Sarah Overdier is 1/4th of The Salty Caramels, the all-girl band named after Columbus' favorite ice cream flavor. Known for their unique array of instruments, they'll rock your socks off with 60's infused harmonies. When she is not singing or playing kazoo, she is working behind the scenes at GROOVE U Music Career Program helping to produce the next generation of music industry professionals. She is currently wrapping-up a solo EP, expected to be released this spring. Here are a few things she loves:

### 1. The Columbus Music Scene

If there's one thing Columbus does well, it's music. You can find great live music on any night of the week! As a working musician, I sincerely appreciate that I can live, work and play in a music city without the high cost of living of NYC or L.A. Our music community is so passionate! You can have the best musicians in the world, but you don't have a music city without loyal fans. I really think within the next 10 years, the rest of the U.S. will be lumping Columbus in with Nashville, L.A. and NYC.

### 2. The Paddy Wagon

I love most all food that comes from a truck. But those Paddy Wagon BBQ beef brisket tacos are the best food creation of man kind! My boyfriend and I look forward to any opportunity to hit-up the Paddy Wagon and practically go through withdrawal in the wintertime. The only thing better than food from a food truck is 160+ food trucks at one time during The Columbus Food Truck Festival!

### 3. The Scioto Mile

There is no better view of this beautiful city than walking along the Scioto Mile at sunset. You can't help but feel like you're in a movie. Regardless of what season it is, there are always people strolling, running, biking, walking their dog, roller blading, playing chess, you name it! And unlike some parts of the country, most people will smile and wave, even if they don't know you. Plus, there are SWINGS! You can't argue with swings.

### 4. Heatwave

Who needs a gym membership when you can literally dance your a\*\* off at Heatwave each month. If you can't get down to those rad tunes then you must take yourself way too seriously. Hosting a giant vinyl dance party is just such a Columbus thing to do, and I love every part of it!

### 5. GROOVE U/ My Job

Okay, so maybe I'm a bit biased, but I have the coolest job ever. GROOVE U is a still relatively new, post-secondary music career program in the Short North. As former music major, I had a really hard time finding my feet and creating my own path in college. So I love that now I get to work with students to help them find their niche in the music industry. As a small business, my job is full of surprises which keeps me on my feet. But best of all, every day is filled with music!