

Quick Takes

Visit Santa safely in Baker City Saturday

BAKER CITY — Baker City Downtown is hosting an event where children can still see Santa while following the state safety guidelines. The man in red will be safe behind glass at 2024 Main St. from 11 a.m. to 2 p.m. on Saturday, Dec. 19. There will not be an official photographer, but families are welcome to take photos posing in front of the window with Santa.

Santa will be equipped with a microphone and wireless speaker so he can talk to visitors. Also, a reindeer mailbox will be set up so children can mail their letters to Santa.



Travel Baker City/Contributed Photo

Take a 'Tour of the Symphony'

LA GRANDE — Unable to perform its annual Children's Concert, the Grande Ronde Symphony put together a virtual "Tour of the Symphony." Both educational and entertaining, the recording may be viewed on the Grande Ronde Symphony YouTube channel.

The video presentation is hosted by music director Zach Banks who gives an introduction to the four instrument families of a symphony orchestra. Instruments are demonstrated by members of the orchestra, who come together in the finale to perform the Harry Potter theme.

'Return to Bethlehem' on free guided walk

LA GRANDE — The basement of Market Place Fresh Foods, La Grande, is the site of a free interactive program, "Return to Bethlehem," open to visitors of all ages Saturday, Dec. 19. People participating in the guided 25-minute walk will encounter some of what Mary and Joseph did on their way to Bethlehem, including impatient Roman soldiers asking for identification, shopkeepers and a shepherd talking to an angel.

Tours will operate from 2-4:30 p.m. and 5:30-8 p.m., with groups limited to six or fewer people in order to adhere to COVID-19 social distancing rules. The tours are free, but people planning to attend are asked to reserve tickets by going to www.abundantlife.ticketleap.com. Abundant Life, a group made up of members of local churches, is putting on the event.

The tour is ADA accessible via an elevator. Market Place Fresh Foods is at the corner of Adams Avenue and Fourth Street.

MidValley Theatre Co. hosts virtual festival

LOSTINE — MidValley Theatre Co., of Lostine, is hosting an online film and photography festival this month. A broad range of submissions are welcome, including short films (less than seven minutes), ultra-short films (less than one minute) and still photography. Entries should be original work created in 2020.

The festival also will include a 48-hour film challenge in which teams of filmmakers are assigned a genre, a character, a prop and a line of dialogue, and have 48 hours to create a short film containing those elements.

People of all ages and experience levels are encouraged to participate, and a wide range of content will be accepted, including music, skits and jokes, as well as films and photos. The deadline for submissions is Dec. 28. Prizes will be awarded Dec. 30. An online gallery of entries will be made available to the public to help ring in the New Year. Thanks to a grant from the Wallowa County Cultural Trust Coalition, entry is free.



or medical provider can...

1

DIAGNOSE

and treat certain medical conditions that contribute to your weight gain, so you can **lose weight rapidly.**

2

PRESCRIBE

the right food and nutrition plan in combination with anti-obesity medications, if appropriate, to ensure you **lose weight healthfully.**

3

PROVIDE

expert personal support throughout your weight loss phase, so you **lose weight safely.**



James R. Kopp, MD
Weight Loss Physician

"We continue to help men, women, and adolescents lose 10 to 150+ pounds safely, healthfully, and rapidly. If you struggle to lose weight and keep it off, come see us, we can help."
—James R. Kopp

What people who MetTrim Say

Matt S, Yelp Review: "I lost **50 pounds, in 12 weeks.**"*

Rachel R, Facebook Review: "I lost **30 pounds, in 9 weeks.**"*

Jacki L, Google Review: "I lost **16.6 pounds, in 4 weeks.**"*



Call 541-963-9844

Or visit MetTrimMD.com/LaGrandeOR
to Schedule your Free No-obligation Consultation

MetTrimMD La Grande

907 Washington Ave, La Grande, OR 97850
MetTrimMD.com/LaGrandeOR | 541-963-9844

*Personalized plans. Individual results vary.