## Sarah Plummer wins student category for Concerto + Aria

Competition was sponsored by Grande Ronde Symphony

## By Lisa Britton

For EO Media Group

BAKER CITY — Sarah Plummer, a junior at Baker High School, has won the young student category for Concerto + Aria held by the Grande Ronde Symphony.

She submitted Concerto No. 5 in

D Major by F. Seitz.

As the winner, Plummer received \$200 and will perform with the symphony at a concert tentatively set for May 26 in La Grande.

"I was ecstatic to learn that I had won the competition," she said. "This will be my first time performing as a soloist, which is very exciting. It will also be

my first time performing with the symphony."

Although Plummer's audition video featured only the first movement of Concerto No. 5, her performance with the symphony will include all three movements.

The Baker City student began studying violin when she was 10 and received the instrument as a Christmas present.

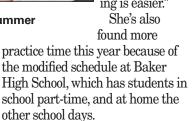
Plummer has studied violin for the last seven years, and currently works with Viet Block, who lives in Pendleton.

"When I was younger I tried a

few other instruments, but I have never found an instrument that I love as much as the violin," she said.

Prior to the coronavirus pandemic, Plummer and Block would meet in La Grande for lessons. Now, the lessons are virtual.

"My lessons have been over Zoom for the past many months," Plummer said. "At first the idea of long-term online lessons sounded pretty impossible, but it actually works quite well. As a bonus. I'm able to take lessons more consistently because scheduling is easier."

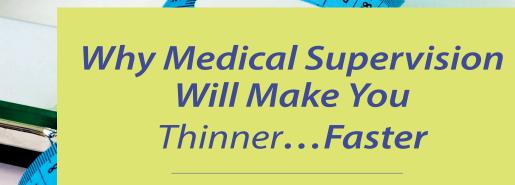


"A lot of my classes don't have Zoom meetings every day that I'm at home, so if I finish all my work I have time to practice when I'm normally at school," she said.

Other category winners in the competition were: Ariah Mann, violinist from Spokane, Washington (advanced student) and Molly Trindle, oboe player from Pullman, Washington (open category).



Sarah Plummer



Because only a weight loss physician or medical provider can...

DIAGNOSE

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

- the right food and nutrition plan in combination with anti-obesity medications, if appropriate, to ensure you lose weight healthfully.
- PROVIDE
  expert personal support throughout your weight loss phase, so you *lose weight safely*.



James R. Kopp, MD, MBA 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 <u>4 weeks.</u>**"\*



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.