



[eat&drink](#)
[calendar](#)
[best of columbus](#)

[current issue](#)
[people](#)
[music](#)

AdChoices

THE GOOSE IS LOOSE ALL NOVEMBER!

BROTHERS Est. 1907
477 NORTH PARK STREET, COLUMBUS

31 URBAN WINE

[CLICK HERE FOR MORE INFO](#)

Q&A: Sarah Plummer, veteran, advocate and speaker



Photo by Tim Johnson

By [Jackie Mantey](#)

From the July 5, 2012 edition

12

0

10

0



[Jackie Mantey](#)

Sarah Plummer

Age: 30

Day job: Speaker, instructor and writer at Semper Sarah; fitness instructor at Feel It Burn in Gahanna

Hometown: Northern Virginia

Neighborhood: Gahanna

Website: sempersarah.com

Playing Favorites

Favorite patriotic movie: The Rocky series

Favorite TV show: "Family Ties"

Favorite author: Paulo Coelho

Favorite song to work out to: "Daft Punk is Playing at My House," by LCD Sound System

Favorite place to shop: Nordstrom

Favorite quote: "There is a crack in everything. That's how the light gets in."
—Leonard Cohen

Don't let that infectious smile fool you. Sarah Plummer has seen a lot of struggle her lifetime.

The Marine has served two tours in Iraq, has been struck by lightning and once walked away from a crash that left her car totally destroyed.

But her life's work of motivational speaking and military justice advocacy stems from one of her most painful battles — she was raped by a comrade while in military training.

"My gifts lie in being able to talk about it," Plummer said.

We asked her to speak with us and learned that there are several meanings of the word "fighter" that can apply to Plummer.

My nicknames were Pep Rally and Suzy-Q. ... One of my commanding officers, every day he'd come in and would tell me to shut up and knock stuff off my desk. He'd be like, "I don't know why you smile so much." Every day. And at the end of the deployment he was like, "I just want to let you know that you single-handedly raised the morale of this unit." And I was like, "What a jerk!" But on the other end of it, it was like wow, what a lesson. Be yourself. Even when people say you shouldn't act a certain way, in the long run it pays to be yourself.

The worst part [about surviving a rape] was reporting it. Nobody believes you ... then how that got put in my record which followed me everywhere throughout the Marine Corps, and it ended up affecting my entire career ... The thing I'm most passionate about is telling people that life goes on after that. Remind yourself of who you are and that that person didn't take it from you.

I am still sort of telling girls, "This is how not to get raped," and I don't want to continue to promote that because that's not right either. It's not a checklist; that pisses me off. There were some military infomercials I just saw a year or two ago that were like that. It's this girl in Iraq walking out of her trailer to go to the bathroom and one of the male soldiers comes out and is like, "Why are you out by yourself at night?" There were some guys bullying her. The whole thing basically was, "Oh you shouldn't have been out by yourself." The whole thing undermines everything for the victim.

Yoga's become a lifestyle for me. Where I transitioned from it being pure exercise to more the mental, emotional aspect of it was actually when I was in Iraq on my second deployment. I found that the days that I did yoga, it was like a breath of fresh air.

Faith in God has also given me peace in the storm. I can still fight something or disagree or know that it's wrong but on a deeper level have a sense of peace with the big picture.

If I wasn't an eternal optimist, I'd be dead.

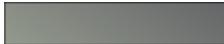


A comment box with a placeholder profile picture on the left, a text input field containing the text "Add a comment...", and a "Comment" button on the right.

Facebook social plugin

<p>VA Loans for Veterans</p> <p>www.VAMortgage...</p> <p>Have You Served? Vets Can Qualify. Loans up to \$417,000 with \$0 Down.</p>	<p>Find Military Records</p> <p>www.VetFriends.com</p> <p>Get your US Navy Records & Your Veteran ID Card</p>	<p>Custom Shoulder Holsters</p> <p>www.shoulderholst...</p> <p>Best Holster You'll Ever Wear Handcrafted by J.R.Roscoe in USA</p>
---	--	--

Search



Follow Columbus Alive on

AdChoices

Search

photo galleries



Party Pics: Condom Couture



Photo Booth: What's your favorite dog?



Party Pics: Too Darn Loud at Little Rock

Party Pics: Hills Market Happy Hour

THE A-LIST Columbus Events

Mon11/4

[motive: a new monthly creative networking event at Brothers Drake](#)
[Noired to Death: Force of Evil](#)
[Small Black](#)

Tue11/5

[Columbus Blue Jackets vs. Ottawa Senators](#)
[Improv Wars 2013: The Battle Continues...](#)

Wed11/6

Thu11/7

[Madness & Lust](#)
[Swank DJs Present: Black Gold](#)

More Events ▶

AdChoices

Most Popular | **Most Shared**

- [The List: 10 must-see documentaries currently on Netflix](#)
- [The best horror movies streaming on Netflix](#)
- [The List: Top 10 kid adventure movies](#)
- [The List: 10 worst college mascots](#)

AdChoices

[Advertise with us](#) [Search print ads](#) [About our ads](#) [Ad choices](#) [Privacy Policy / TOS](#)

[About us](#) [Alive staff](#) [Contact us](#) [Employment](#) [Find Alive](#) [Archives](#) [Newsletter](#) [RSS](#)

Dispatch Media Group

© The Dispatch Printing Company, reproduction prohibited. All Rights Reserved. For more information on this site, please read our Privacy Policy, About Our Ads and Terms of Service. It is the policy of The Dispatch Printing Company and Affiliated Companies to provide equal employment opportunity to all qualified individuals without regard to their race, color, religion, national origin, age, sex, martial status, disability, military status, citizenship or any other legally-protected status in accordance with applicable local, state and federal law.