

# Natural High Begins At Pacific Grove High School

BY BRUCE OBBINK

A few years ago a southern California gentleman by the name of Jon Sundt founded the Sundt Memorial Foundation. Mr. Sundt found himself with two children who had succumbed to drug use. He decided that he was to devote his life to the development of a cost effective way to develop a baseline for children to keep them away from the drug scene. But the question was how to do it.

He recruited some celebrities to develop a video that could be shown to young people to give them an uplifting experience – how to stay away from drugs and alcohol – how to celebrate a “natural high.”

Mr. Sundt found an education coordinator in Marcia Waitt, who was living in Pacific Grove, to help him establish a group at Pacific Grove High School that might be interested in participating in the Sundt program. His program was already finding success in Southern California.

Ms. Waitt says the program is off to a good start with its beginning in November 2010. The Natural High Club program quickly found over 30 students anxious to sign up and participate.

Their first event was “Red Ribbon Week” in early November, which was the celebration of National Anti-Drug week. The Natural High Club meets every week and schedules fun things like a hike in Big Sur.

The club decided they want to do some other fun things during the week of celebration, so they organized the Natural High Olympics as a lunch time activity.

Team members were selected, created their team names and wore colorful bandanas to show team spirit. They picked games from the TV show “Minute To Win It” so all students could participate successfully. A game board was set up as teams progressed to the win-



Photos by Bruce Obbink

ning spot. Games were played in front of the student body. During the final day of competition a rock wall was brought in for students, teachers and, yes, administrators. The event was a huge hit in Pacific Grove.

Besides doing just “fun” stuff, the club also does volunteer work in the community. Students are in the process of producing a “Natural High” calendar to show others how young people in Pacific Grove find their Natural High.

Ms. Waitt said, “We sincerely hope we can catch young people early on to show them the ‘Natural High’ and steer them away from the temptation of drug and alcohol use.”

The program is now moving forward to begin similar activities at the Pacific Grove Middle School. High School teacher Mr. Sean Keller participates as the school advisor.

For more information on this program, contact Marcia Waitt at: [marcia@naturalhigh.org](mailto:marcia@naturalhigh.org).