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Guest speaker urges healthy highs

[Sean Kelley](#), Staff Reporter

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Youth motivational speaker and stand-up comedian Matt Bellace visited Wenatchee High School March 9, speaking about the reasons that getting high on life is not only safer, but can be more enjoyable than getting high on drugs.

Matt Bellace has been a youth motivational speaker and stand-up comedian since 1995. Bellace has a Ph.D. in clinical neuropsychology from Drexel University and is a member of the National Speakers Association. Bellace is not only all these things but also the author of the book, "A Better High." Bellace can be seen on truTV's hit show World's Dumbest where he was a recurring comedian.



Guest speaker Matt Bellace asks sophomore Alex Paquette about the feelings that different types of music possess.

Bellace was asked to come speak to WHS by INSPIRE Club adviser and Student Assistance Specialist Amy McCubbin.

“I met Matt about seven years ago when he came and spoke to the high school and I felt that at the time it made a big impact and I’m hoping it will do the same this time,” McCubbin said. “I just hope that the main thing students take away from this is that there are so many other options to have a good time than doing drugs.”

“He got everyone laughing and proved his point that you don’t need drugs to have a great time.”

— ASB Adviser Brent Grothe

“I feel that most people just see [drugs and alcohol] as an escape and it’s the quickest thing to get their mind off their struggles whether it be at home, school, or relationships,” INSPIRE Club president and junior Anai Gonzalez said. “It can be hard in the moment to make the right decision not to, especially when you see all these celebrities doing it on TV with no consequences.”



Junior Anai Gonzalez

“I personally love speaking to high school students because their expectations for the ‘drug assembly’ is usually so low,” Bellace said. “If you ask people what some of their best times they’ve ever had they never mention a time while doing drugs.”

The general consensus from students and faculty has been extremely positive toward Bellace’s talk.

“I just thought it was great,” junior Miguel Viramontes said. “People should find something that makes them feel good without having to do drugs.”

“I like how Matt used research to show how laughter affects the brain just like drugs,” ASB adviser Brent Grothe said. “He got everyone laughing and proved his point that you don’t need drugs to have a great time.”

- See more at: <http://whsappleleaf.com/2015/03/guest-speaker-urges-healthy-highs/#sthash.KnoaY7Ci.dpuf>

