

New Natural High Episode Features "Hey Monday": Filmed at Warped Tour Ventura by Award-Winning Director, Josh Landan

August 1st, 2010, La Jolla, California – "Hey Monday" Lead Singer Cassadee Pope is a force to be reckoned with – and she's proving it, as the next celebrity featured on NATURALHIGH.TV, an online film series starring athletes, musicians, and role models who reject drugs and pursue natural highs. Cassadee's band, Hey Monday, has been making a lot of noise in the music world as of 2008. The band just completed a nation wide tour with pop rock sensation All Time Low and is now one of the headlining acts on the world famous Vans Warped Tour.



"I started taking voice lessons when I was four. My sister was the reason I got into it – she took voice lessons before me," says Cassadee, "and I kind of just followed in her footsteps. Ever since then, I knew I had to sing for a living." Cassadee is a vibrant role model for all young girls aspiring to excel in music. Through her diligence, her talent, and support from others, she has paved the way for all girl musicians who have a dream. She has also proven that being a rock star isn't all

about sex, drugs, and rock and roll – it's about being talented, creative, and connecting with the fans.

"I always had strong morals set when I was young. I have to worry about signing every day and drinking or doing drugs every night would dry out my vocal cords and make me sound like a frog," Pope says, "I don't want to be strung out. I want to have fun on tour and be lively and young." With her dedication to staying clean, a positive attitude, and a great band behind her, Cassadee is well on her way to making her dreams come true.

Go to NATURALHIGH.TV to watch Cassadee Pope's interview and check out Hey Monday on the Vans Warped Tour this summer in a city near you.

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