



## NEWS RELEASE



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Contact: Jessica Peterson, P.R. Director  
244-1640 (Office)/250-7320 (Cell)  
[Jessica.peterson@mesacounty.us](mailto:Jessica.peterson@mesacounty.us)

### **Teens Helping Their Peers Stay Active and Out of Trouble**

***Youth Activity Guide* helps young people find positive, healthy things to do with their free time**

“There’s nothing to do in this town!” It’s probably a statement you’ve heard a time or two. But today, members of the Mesa County Teen Leadership Commission prove that isn’t the case.

The Mesa County Teen Leadership Commission (MCTLC) is releasing an update of its comprehensive Youth Activity Guide—a one stop shop for details about local activities for young people. The project comes at the request of the Mesa County Methamphetamine Task Force, in an effort to help keep young people away from destructive and dangerous activities such as drugs and alcohol.

The students on the MCTLC made an effort to include something for everyone in this new guide. The publication is divided into various sections: sports, music, arts and entertainment, local events, outdoor activities, volunteering, faith-based activities, youth boards or commissions and resources for teens.

With help from county and school district 51 staff, the members of the MCTLC are currently doing a county-wide distribution of the guide. The publication is being passed out in middle and high schools. The guide will also be available to young people through a number of other youth programs (such as Mesa County Partners).

The guides are also now available at these distribution sites:

- ❖ On the Mesa County website: [www.mesacounty.us](http://www.mesacounty.us) ([Click here for a direct link.](#))
- ❖ Mesa Mall Guest Services Kiosk (by the food court)
- ❖ Old County Courthouse at 6th and Rood in downtown Grand Junction (inside the revolving doors)
- ❖ Community Services Building (510 29 ½ Road—at the front kiosk).
- ❖ Middle and High Schools all around Mesa County.

For more information about the Mesa County Teen Leadership Commission, visit their website at: [www.mesacounty.us/teen/](http://www.mesacounty.us/teen/). ***Members of the Mesa County Teen Leadership Commission are also available for more information or interviews.***

***“Mesa County—Creating a community of opportunities for all residents with a focus on the future.”***