
NEWS RELEASE

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Teen writers and artists honoured at inaugural awards ceremony

Three teens receive Grip X-Press Awards

Edmonton... Three Alberta youth have been named the recipients of the first ever *Grip X-Press Awards*. The awards were launched last fall to celebrate the creativity of youth in the province and to encourage them to continue honing their skills as writers and artists. More than 160 entries were received from teens across Alberta.

The recipients of the awards, which were announced during a ceremony on January 17, are:

- Best Non-Fiction Article: *The Doughnut Burger* by Scaachi Koul
- Best Short Story or Poetry: *An Abstract Concept* by Vivian Lee
- Best Photography or Illustration: *Untitled* by Michelle Truong

“The response we had, considering this was the first time we undertook this initiative, was outstanding,” says Ray Block, President and Chief Executive Officer of the Alberta Mental Health Board.

“Each entry was unique and offered an interesting perspective on what’s going on in these youths’ lives. Giving youths opportunities to connect and share their experiences with their peers and others is important in supporting them during what can be a very challenging time of their lives, and that’s an important part of good mental health as they become young adults.”

“I was very impressed with the variety and quality of many of the submissions we received. We will be offering an internship to one of the recipients so they can continue flexing their creative muscles. The way that teens across the province have embraced this magazine never ceases to amaze us and we are proud to be involved in a publication that makes such a positive difference in their lives,” says Ruth Kelly, Publisher and Editor-in-Chief of Venture Publishing.

Grip is an award-winning publication that was introduced to teens in spring 2006. The magazine is written by teens for teens, with content guided by a youth advisory council. Approximately 60,000 copies are currently distributed to Alberta junior and senior high schools, libraries, and other locations.

Additional information and past editions of the magazine can be found at www.gripsonlife.ca.

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The Alberta Mental Health Board is a provincial health authority that oversees and advances Alberta’s mental health system, serves in an advisory capacity to the Minister of Health and Wellness, and works with health regions and others to address system-wide mental health priority issues that span regional, provincial and organizational boundaries.

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