



State of New Mexico

Office of the Governor

Bill Richardson
Governor

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Contact: Yasmine Mogharreban
(Santa Fe) 505-476-2299

First Lady Barbara Richardson joins the New Mexico National Guard in Kicking off the “Guard Your Health” Program

New Mexico’s National Guardsmen To Teach Middle School Students about Making Healthy Choices

RIO RANCHO – First Lady Barbara Richardson today joined members of the New Mexico National Guard to kickoff the “Guard Your Health” program at Eagle Ridge Middle School. Eagle Ridge Middle School is one of the six pilot sites for the New Mexico National Guard’s “Guard Your Health” program.

The “Guard Your Health” program targets middle school children in New Mexico. The program is an effort by the New Mexico National Guard to promote safe and healthy lifestyles for New Mexico Youth.

“The Governor and I both believe that in order for our kids to be ready to learn, they have to be healthy. That is why we have invested in physical education at elementary schools, we have fought to get more kids immunized and on health insurance, and we are pushing to get all junk food vending out of our elementary schools,” First Lady Barbara Richardson said. “The New Mexico National Guard is doing their part to help keep kids healthy. “Guard Your Health” is a great way for New Mexico’s youth to learn about living a healthy life.”

As part of the program, New Mexico Guard volunteers go into middle schools and teach students about diet, exercise, healthy lifestyles and the dangers of drugs and alcohol.

The program was developed under the leadership of Brigadier General Kenny Montoya and the curriculum was developed by the New Mexico National Guard and Kasey Chavez, a teacher for Albuquerque Public Schools.

“Our Guardsmen are committed to serving their communities, the State of New Mexico, and their country. We have had soldiers deployed in-country and overseas in support of the war on terrorism. Our soldiers were deployed to support the Hurricane Katrina and Rita relief efforts. And, every day we are prepared and ready to respond to any state emergency, said General Montoya. “The ‘Guard Your Health’ program is another opportunity for our soldiers to contribute to their communities by serving as role models to the youth of New Mexico.

A total of six schools in Albuquerque, Rio Rancho, Las Cruces, Belen and Santa Fe are participating this spring, with the hope of adding more schools in the fall.

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