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**Johnny's Harborside Announces the Launch of their Fall Menu and the "Raise a Glass for Local Teachers" Fundraiser**

*Partnership with the Institute of HeartMath® and Ventana Vineyards promises to bring an exceptional program to local schools and teachers*

**SANTA CRUZ, Calif., – September 9, 2009** – Johnny's Harborside, a popular east harbor restaurant in Santa Cruz, today proudly announced that with the launch of their new fall menu will be the introduction of the "Raise a Glass for Local Teachers" fundraiser.

Quarterly, Chef James Wilfong updates the menu at Johnny's to showcase the best of the season. The menu changes this fall will be accompanied by a selection of six wines from Ventana Vineyards of Arroyo Seco, CA. The wines will be available by the glass, bottle or as flights. Johnny's Harborside will be making a donation of \$1 per glass or flight and \$4 per bottle. Funds raised will go to provide local teachers with training programs to help reduce stress, improve learning and overall classroom environments and reduce teacher turnover.

Nationally, about 50 percent of teachers leave their jobs within their first five years. Reasons for leaving the profession are many, but primary factors include lack of mentoring and professional development. Concentrating on developing and retaining excellent teachers will affect education in our community at every grade level.

For more than 18 years, the Institute of HeartMath (IHM) has researched the effects of stress on learning and performance. This research shows there are definite links between emotions, performance, health and well-being. IHM has designed a program that specifically addresses the stresses unique to educators and administrators.

IHM's Resilient Educator, a highly successful training program, was developed to help educators reduce stress and increase resiliency, energy levels, and mental clarity, creating a wide range of health benefits. Acclaimed by educators for its new ideas and solid foundation in neuroscience, the program's proven techniques help rekindle educators' energy and passion for teaching. Teachers learn practical, research-based tools and strategies that stop the negative impacts of stress – mentally, emotionally and physically.

To help retain our teachers in Santa Cruz County schools, Johnny's Harborside is sponsoring this special fundraiser. The Raise a Glass fundraiser will run from September 10, 2009 – January 1, 2010.

In addition, funds will be raised during a special Ventana Wine dinner to be held at Johnny's Harborside on Wednesday November 4<sup>th</sup>. It will be a six-course dinner with wine pairings. The winemaker Reggie Hammond from Ventana will be in attendance. A raffle will be a part of the fundraising efforts as well. More details to follow.

### **About Ventana Vineyards**

Ventana Vineyards is located in Arroyo Seco, California. Great wines are made in the vineyard because Ventana has the perfect combination of water, soil, climate, art and science to create superb, world class wines. Their success is evident by the fact that they are the most award winning winery in America! For more information about Ventana Vineyards visit their website at [www.ventana.com](http://www.ventana.com)

### **About the Institute of HeartMath**

The Institute of HeartMath is a 501(c)(3) non-profit research and education institute located in Boulder Creek. IHM is internationally recognized for their clinical research demonstrating a critical link between emotions, heart function, and cognitive performance. IHM's work has been published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, and the *Journal of the American College of Cardiology*. Based on their research they have also developed scientifically-validated programs, techniques and award-winning technologies for reducing stress while increasing resiliency in individuals. For more information about IHM Education and Professional Development programs visit [www.heartmath.org/education](http://www.heartmath.org/education) or call (831) 338-8500 or (800) 711-6221. You can learn more about their latest available resources by joining their social networking pages on Facebook and Twitter pages and on their YouTube channel.

### **About Johnny's Harborside**

Enjoy fresh seafood in a casual atmosphere while soaking up the view of the Santa Cruz Yacht Harbor and Monterey Bay. Johnny's Harborside specializes in fresh fish prepared at request. Johnny's Harborside uses fresh, seasonal ingredients from local suppliers. The menu includes three to five choices of fresh fish daily, sautéed, blackened, or broiled, and topped with a choice sauce and sidekick combination. In addition to "Fresh Catch Made Your Way," there is an assortment of fish specials, pastas, chicken and steaks. Johnny's is open from 11 a.m. to 9 p.m. Monday through Thursday, Fridays from 11:00 am - 10:00pm, Saturdays 10:00 am - 10:00 pm, and Sundays 10:00 am - 9:00 pm. Brunch is served Saturday and Sunday from 10:00 am – 2:00 pm. Contact Johnny's at 831-479-3430 on the web at [www.johnnysharborside.com](http://www.johnnysharborside.com).

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