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**** MEDIA ALERT ****

Paul Bonarrigo, Messina Hof Winery & Resort, presents “Health Benefits of Wine” at 2nd International Symposium on Human Health Effects of Fruits and Vegetables.

WHAT: FAV 2007 presents the “2nd International Symposium on Human Health Effects of Fruit and Vegetables”. The objective is to provide a forum for horticultural scientists, nutritionists, food scientists, biomedical scientists, chemists, biochemists, clinicians, medical professionals and social economists to exchange information and bridge the communication gap between the agricultural sciences, nutrition and health sciences.

This symposium, sponsored by the 2nd International Society for Horticultural Sciences (ISHS), Texas A&M University's Vegetable and Fruit Improvement Center (VFIC), and Center for Obesity Research and Program Evaluation (CORPE), will feature Paul Bonarrigo, co-founder of the Messina Hof Winery & Resort. Bonarrigo will speak about the health benefits of drinking wine during session 11.

Highlights of Paul’s speech will encompass:

- Historical health uses of wine
- Comparison of health between wine drinkers and non-wine drinkers
- How wine combined with diet and exercise can increase the positive results

For more information, please visit <http://favhealth2007.tamu.edu/>

WHO: Paul Bonarrigo

Paul Bonarrigo is a fascinating individual who impressively balances two successful careers. After receiving his degree to practice physical therapy from Columbia University and then studying wine at the University of California at Davis, Paul came to Bryan, Texas to start the physical therapy department at St. Joseph Hospital in 1971 and then opened the Sports and Back Clinic in 1973. He and his wife Merrill began planting grapes and founded the Messina Hof Winery and Resort, in 1977.

As the CEO of Messina Hof Winery and Resort, he is responsible for overseeing and operating one of the fastest growing wineries in the Southwest, which includes a winery, gift shop and tasting room, as well as The Villa, a luxurious bed and breakfast, and The Vintage House restaurant.

WHEN: 3:45 pm on Wednesday, October 10th

WHERE: The Omni Hotel Houston
Four Riverway, Houston, Texas 77056
Phone: (713) 871-8181

Messina Hof Winery and Resort

Messina Hof Winery and Resort was established in 1977 by Co-Founders Paul and Merrill Bonarrigo. In this their 30th year of operation Messina Hof, was founded on family values, romance and tradition. Messina Hof is the leader in the establishment of the Texas wine industry and ranks as one of the fastest growing, most award-winning wineries in the state.

More than 50 types of wine are produced at the winery, located in Bryan, Texas. Messina Hof Winery and Resort also boast on their 100 acre property the Vintage House Restaurant and Villa, which was voted “Most Romantic hideaway in the USA,” by Arrington’s Inn Travel.

For more information on Messina Hof Winery and Resort, please visit www.messinahof.com