

Food

Sometimes the wintertime blues can be just what the doctor ordered, especially if they're the kind that grow on bushes.



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Travel

The world's richest man, telecom tycoon Carlos Slim, gave a sneak peak last Tuesday at the new museum where he plans to show his vast collection of art and collectibles, including priceless pieces by Mexican muralist Diego Rivera, French sculptor Auguste Rodin and Italian master Leonardo da Vinci.



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Arts

Art works by the late Emilio Caballero, an influential art instructor and artist in the region for more than 60 years, will be on display in Dumas this month.



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LIFESTYLES

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SECTION D

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Austrian man claims music improves wine

BY VERONIKA OLEKSYN
The Associated Press

VIENNA — If one Austrian's quirky idea catches on, wine tastings could soon sound like this: Is that some Mozart in my glass? A hint of Haydn, maybe?

Convinced that music is a key ingredient for a good bottle of red or white, Markus Bachmann has invented a special speaker that exposes fermenting grape juice to classical, jazz or electronic tunes. The sound waves, he claims, positively influence the maturing process and produce a better tasting wine.

The eyebrow-raising technique is the latest in a slew of weird ways to make wine, some of which also have a melodic touch.

Take Portuguese winery Jose Maria da Fonseca that plays classical music in its century old Adega da Mata barrel hall where it ages its well-known Periquita label wines. Or French company Henri Maire that has sent thousands of bottles of red wine sailing around the world in ships to be jostled by waves. Then there's Austrian Rainer Christ, who swears by full moon grape harvesting, saying it makes his wine more complex and gives it a longer shelf life.

Scientists scoff at such methods, calling them at best harmless, at worst cynical marketing ploys.

Werner Gruber, a University of Vienna physicist and member of a group known as the Science Busters, which aims to debunk false scientific claims, rejected Bachmann's idea as "rubbish."

"Yeast, fungi, don't have opinions," Gruber said. "They really don't care if AC/DC, Madonna or Mozart is played to them."

Bachmann is undeterred by such criticism, insisting his invention will be the next big thing in winemaking.

But the 44-year-old is highly protective of his sound-infusing gadget, refusing to have the small, baby blue UFO-shaped object filmed or photographed.

He jokingly calls it a "swimming saucer" and only divulges this much: It weighs 1.4 kilograms and is inserted directly into the fermenting grape juice to stimulate the yeast.

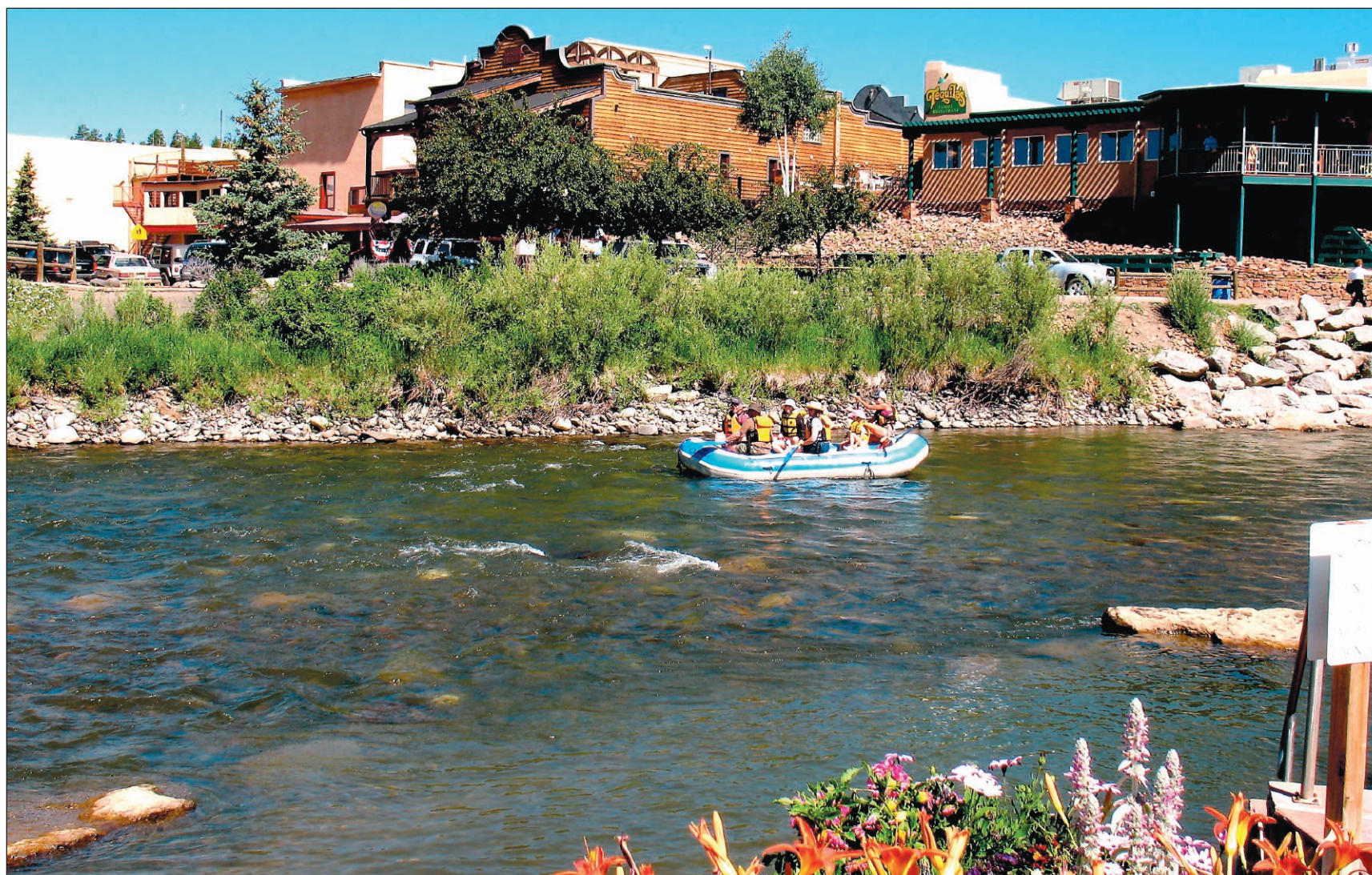
"The wines get more fruity, they get mature earlier," the former french horn player said in a recent interview. "All the tastes, flavors stand alone much better."

Bachmann theorizes that the sound waves emanating from his speaker move yeast particles around and, among other things, cause them to eat up greater amounts of sugar, resulting in a wine that has a lower overall sugar content.

"There's an absolute scientific basis for it," Bachmann said.

Florian Bauer, professor of wine biotechnology at South Africa's Stellenbosch University, said sound waves, including ultrasounds, have an impact on molecules in liquids or solids and that may accelerate chemical processes. But he said he's not aware of any established science that music makes wine better.

Bachmann has teamed up with six Austrian wine growers and an initial 31,000 liters of so-called Sonor Wines, priced at about \$26 to \$34, will go on sale soon. They include a 2010 pinot blanc infused with Mozart's 41st Symphony and a 2010 zweigelt exposed to a selection of arias.



PHOTOS BY AMY BECKER WILLIAMS / FOR THE AMARILLO GLOBE-NEWS

Raft the San Juan River through Pagosa Springs, Colo.

Pagosa Springs a placid playground

BY AMY BECKER WILLIAMS
For the Amarillo Globe-News

Pagosa Springs, Colo., sits amid the flowing San Juan River in a beautiful valley between the towering San Juan Mountains. Pagosa's locale makes it a quintessential outdoor playground, and its laid-back atmosphere makes it an easy place to escape the everyday hustle bustle.

Pagosa Springs, located in the southwest region of the state, attracts visitors from across the globe.

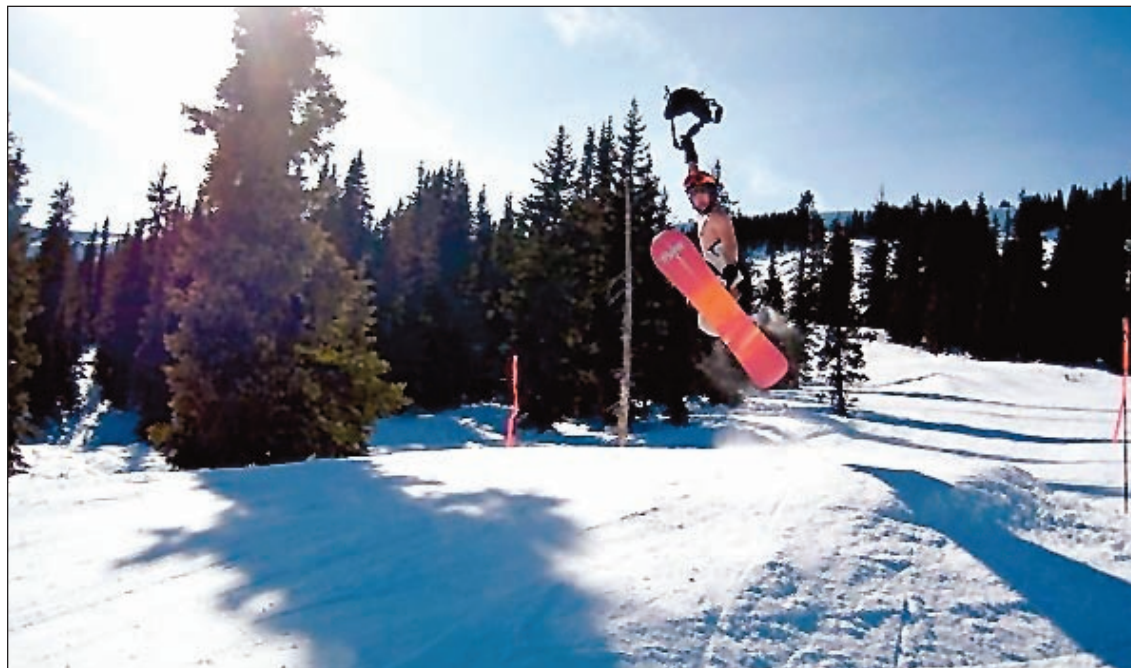
Many come, just as the Native American tribes did years ago, for its famous "healing waters." The Navajos and Utes believed the natural, mineral hot springs could heal their ailments, as many folks still believe, especially for therapeutic purposes.

Pagosa's healing waters are now channeled into some of the best soaking spots in the country. Steaming pools sit at the edge of the San Juan River at the Pagosa Spa and Resort where you can soak in sulfuric baths ranging from a mild 98 degrees to a scorching 114 degree "Lobster Pot."

Once you spend a day soaking your cares away, you'll likely agree with the 1920s moniker of Pagosa as a "Shangri-la" and as the "place to recuperate."

The springs may be the centerpiece of Pagosa, but there's plenty more to do in and around town.

In the snowy months, take to the slopes of Wolf Creek Ski Area, world-renowned for the loads and loads of snow the mountain accumulates each season — 465 inches. Wolf Creek was even noted by Forbes Traveler magazine as one



Michael Fiore of Amarillo shows his snowboarding talents on a sunny day at Wolf Creek.

of the "Top 20 Ski Resorts in the World."

Wolf Creek is a skiers and boarders mountain; you go there to tear up the slopes, not sip warm drinks in your furs. Ski season usually lasts through early April.

If downhill skiing and boarding isn't for you, Wolf Creek has 10 kilometers of cross-country and snowshoe trails to traverse, free of charge.

For an historical perspective on the Pagosa area, sign up for a guided tour of Chimney Rock, the home of the Ancestral Puebloans of 1,000 years ago.

Chimney Rock is surrounded by the Southern Ute Indian Reservation and is still considered of spiritual significance. Tours run after snow season from May 15 to Sept. 30 every year. Explore the prehistory discoveries on a 2-hour-and-30-minute-long guided tour, which includes a stop at the Great Pueblo House or opt for a self-guided tour. Chimney Rock, the tall rock structure, can be seen from highway 160 between Pagosa and Durango.

PLEASE SEE **PAGOSA** ON PAGE 5D

WIN

a trip to

PARIS!

panhandleplains.org/paris

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Real Housewives of the Wild Frontier *	Saturday, March 12 2:00 p
Remembering Everyday Life *	Tuesday, April 12 7:00 p
Documenting Photography in American Culture	
Week of the Young Child *	April 18 - 21 9:00, 10:15, 11:30 a
Spring Roundup DOUBLE STAMP	Saturday, April 30 10:00 a - 2:00 p
Friends of Southwestern Art Luncheon*	Saturday, May 7 11:30 a - 1:00 p
Night of PPHM DOUBLE STAMP	June 3 & 4 9:00 - 11:00 p

* Registration required. Go to panhandleplains.org and click RSVP to register or scan here

Blueberries top more than cereal

By JIM ROMANOFF
For The Associated Press

Sometimes the wintertime blues can be just what the doctor ordered, especially if they're the kind that grow on bushes.

Of course, it's easiest to eat blueberries out of hand or sprinkled over yogurt or cereal (just 40 calories per half cup serving), but they also make an excellent addition to cooked dishes, and not just the usual desserts and bake goods. Blueberries can have a savory side, too.

Pork Medallions with Blueberry-Balsamic Ketchup

START TO FINISH: 50 minutes
SERVINGS: 4

FOR THE KETCHUP:

2 ½ cups blueberries
1 cup packed brown sugar
½ cup finely chopped sweet onion
½ cup white balsamic vinegar
1 tablespoon minced fresh ginger
¼ teaspoon salt

FOR THE PORK:

¼ cup Wondra flour
¾ teaspoon dried thyme
½ teaspoon ground black pepper
¼ teaspoon salt
1 ¼ pounds pork tenderloin
1 tablespoon extra-virgin olive oil

To make the ketchup, in a saucepan over medium-high, combine all ingredients. Heat, stirring constantly, until the sugar has dissolved. Adjust the heat so the blueberry mixture is simmering and cook, stirring occasionally, until the blueberries have popped and the ketchup has

thickened slightly, 20 to 25 minutes. Remove from heat and set aside. To make the pork, in a shallow bowl, whisk together flour, thyme, pepper and salt. Slice the pork tenderloin on the diagonal into 1-inch thick medallions. In a 12-inch nonstick skillet over medium-high, heat the oil. Working in batches, dredge the pork medallions through the flour mixture then place them in the hot skillet. Cook the pork until golden-brown and no longer pink at the center, 4 to 6 minutes per side.



LARRY CROWE / AP

Blueberry-balsamic ketchup top pork medallions. Besides being a delicious addition to your diet, blueberries have been linked to numerous health benefits.

Pagosa: Soak in sun, 'healing waters' at Colo. town

FROM PAGE 1D

Summertime brings water lovers out in force along Pagosa's San Juan and nearby Piedra River. White-knuckled rapids flow wildly through May and June after spring run-off, while later summer months bring more family-friendly waters.

Pagosa Outside Adventures can set visitors up with rafting trips and equip them with all the tubing gear they could possibly need. You can't miss their colorful "Tubus Maximus" bus outside the store or along the road toting rapid riders.

If getting wet, and sometimes pretty cold, isn't for you, then at least walk along the river trail in town for an up-close view of all the fun.



The Springs Resort and Spa sits on the banks of the San Juan River in Pagosa Springs, Colo.

AMY BECKER
WILLIAMS / FOR
THE AMARILLO
GLOBE-NEWS

More to do

■ When there's enough snow, tube or sled down Reservoir Hill, right off Hot Springs Boulevard in town.

■ Tour the Fred Harman Art Museum for a look at his American West Paintings and his famous cartoon strip characters "Red Ryder and Little Beaver," which became the largest syndicated comic strip in the country. 85 Harman Park Drive, 970-731-5781, www.harmanartmuseum.com.

■ Fish for trout or just enjoy the beautiful scenery at Williams Creek, northwest of Pagosa. For hiking along the creek and into the Wilderness

Area, take the trail north of Cimarrona Campground. For up to date fishing information, contact Let it Fly, 1501 W. Hwy. 160, 970-264-3189, www.flyfishpagosa.com.

■ Hit the links at the Pagosa Springs Golf Club, a 27-championship hole public course in a gorgeous setting. #1 Pines Club Place, 970-731-4755, www.pagosagolf.com.

■ Attend a special event like the annual Pagosa Folk 'N Bluegrass Festival in early June.

■ Grab breakfast, lunch or a dessert from the Pagosa Baking Company, and if you're lucky they'll still have some lemon cookies left. 238 Pagosa St.,

970-264-9348.

■ Chill on the outside deck of Kips Grill. The drinks are cold and the food is tasty, especially the mozzarella stuffed green chili tacos. 121 Pagosa St., 970-264-3663.

■ Stay the night at the Springs Resort and Spa with 24-hour complimentary access to the soaking pools. Massage and spa therapies are available as well as several package deals from romance to adventure, 800-225-0934, pagosahotspings.com.

For more information contact the Pagosa Springs Area Visitor Center, 402 San Juan St., 970-264-2360, www.visitpagosaspings.com.