

ALISON PALMER OPENS NEW PHYSICAL THERAPY CENTER

Team takes a hands-on, holistic approach

If the notion of physical therapy conjures images of stationary bikes, e-stimulation and ultrasound machines, one will find a refreshingly new concept of physical therapy at the newly opened Alison Palmer Physical Therapy and Wellness Center. Owner Alison Palmer has chosen to integrate her physical therapy background with other types of therapies and offer the Telluride community a center of healing that focuses on enhancing wellness and health.

Palmer has been a practicing physical therapist for 32 years. Formally trained in London, she recently became a certified functional manual therapist through the Institute of Physical Art. This type of therapy is a cutting-edge, hands-on, holistic approach, and Palmer says the method has made her more passionate than ever about treating and helping patients because it focuses on physical improvement while simultaneously acknowledging the effects of mental, emotional and spiritual stresses on the body.

Functional Manual Therapy blends the value of hands-on techniques and movement patterns to restore mobility of the joints and soft tissues, including muscles, nerves, organs, fascia, skin, tendons and ligaments. Neuromuscular re-education restores specific muscle function. Finally, the integration of motor control ensures proper movement patterns, allowing the body to move more efficiently in daily life. Palmer believes that this type of therapy encourages the patient to take an active role in his or her healing process.

"It's not just about receiving treatment and trying to get a quick fix," she said. "I'm looking at all the body's systems and how they function together."

Palmer offers 75-minute one-on-one treatments.

Palmer's patients range from high-level athletes to chronic pain sufferers to people who need pre- and post-operative rehabilitation or have neurological disorders.

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Birthdays

Sept. 28: John Bergtolio, Will Durant, Matthew Kell, Tom Kennedy, Sharon Pape, Rebecca Richards, Marilyn Siegel, Don Smith; **Sept. 29:** Jed Brown, Sarah Clark, Robert Hennessy, Bill Mahoney, Jr., Steve Margetts.

If you'd like any additions, deletions or corrections to the birthday list, please contact Bobbie at bobbies@telluride-colorado.net. Ages 18 and over please.

TELLURIDE DAILY PLANET

ORBIT

THE SECOND FRONT PAGE
SEPTEMBER 28, 2014



Andrew Dolese and his team will begin their Telluride Green Tours in October. The tours are designed to provide visitors and locals with a greater understanding of the marijuana business in town, but they also throw in a little history along the way. [Photo by Stephen Elliott]

MARIJUANA

Clearing the smoke

Green Tours will show tourists and locals the ins and outs of Telluride's marijuana business

By STEPHEN ELLIOTT
Staff Reporter

"I came to Telluride in 1994 for a year," said Andrew Dolese, echoing the familiar story of a single season in town turning into 20 years. Dolese has worked all kinds of jobs in the ensuing two decades and is now ready to start up a new venture to take advantage of the excitement over newly legal marijuana in the state of Colorado.

Dolese will begin offering Telluride Green Tours on Oct. 15 to educate both locals and tourists on marijuana policy, types and the local dispensaries.

Dolese, a realtor who works a few nights a week as a bartender at the Sheridan Bar, said his interactions with tourists over the last few months inspired him to start offering the tours.

"There hasn't been a single day when I've been working at the bar since January 1 [when retail marijuana was first available] where not one group of tourists has asked me under their breath where to find weed," he said.

The tours will run Wednesdays through Saturdays from 3:30 to 5:30 p.m. and offer an overview of Telluride history, including Butch Cassidy, Bridal Veil Falls and the Sheridan Hotel, in addition to presentations at each of the four local marijuana dispensaries.

Modeled after Telluride Food Tours, each group will feature a knowledgeable local tour guide, some of whom have experience working at dispensaries and all of whom have lived in Telluride for many years.

Tours showcasing Colorado's marijuana industry have become popular in Denver and other cities, but Dolese's endeavor will be the first such tour program in Telluride.

"Telluride has a long history of being very tolerant to marijuana, even before we had medical marijuana. What I'm trying to show people is that this is nothing new," he said.

Dolese's expertise comes both on the political and consumer side of the marijuana industry. He served for four years on the Telluride Planning and Zoning Commission during the crucial

Sunday Focus: Business & Real Estate

1. The people have spoken, and the people really, really like beautifully animated "Ernest & Celestine," from the creators of "The Triplets of Belleville." Sunday at the Palm is treating the community to a free screening on Sunday at 4 p.m. at the Palm Theatre.
2. Get your "om" on and find inner peace at guided meditation with Kate, a free lunchtime offering at the Wilkinson Public Library on Monday from 12:15 to 1 p.m.
3. Fuse music with exercise at POUND with Lynn, a unique high-energy exercise routine that combines weighted drumsticks with Pilates and other strength training. Instructor Lynn is a pro, having formerly worked at Madonna's gym, Hard Candy, in Mexico City. Class is at the Wilkinson Public Library on Monday from 5:30 to 6:30 p.m. in Spanish and English.

REAL ESTATE

TELLURIDE SOTHEBY'S PARTICIPATES IN INTERNATIONAL CONFERENCE

Five local Realtors attend Miami event

Telluride Sotheby's International Realty, a luxury real estate firm based in Telluride and Mountain Village, recently participated in the 2014 Sotheby's International Realty Global Networking Event, which brought together approximately 1,500 network members from 31 countries and territories worldwide.

This dynamic, three-day event, which was held Sept. 8-10 at the Fontainebleau Miami Beach in Florida, provided a unique opportunity for Sotheby's International Realty professionals to network and share best practices with their colleagues from all over the world.

"The Global Networking Event provides a great value to our firm," said Nels Cary, broker and owner at Telluride Sotheby's International Realty. "It offered the opportunity to network with some of the world's most talented real estate professionals, generate valuable referral business and learn more about the industry and the Sotheby's International Realty brand's vision for the future."

The event was attended by Sally Puff Courtney, Bill Fandel, Matthew Hintermeister, Stewart Seeligson and Tracy Boyce.

Telluride Sotheby's International Realty, which has six offices throughout Telluride and Mountain Village, offers exclusive Sotheby's International Realty marketing, advertising and referral services designed to attract well-qualified buyers to the firm's property listings. In addition, the firm and its clients benefit from an association with the

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The team at Alison Palmer Physical Therapy and Wellness Center, from left, Alessandra Jacobson, Alison Palmer, Roger Baril, Wendy Borof and Ambrosia Brown. [Photo by Melissa Plantz]

Alison Palmer Physical Therapy and Wellness Center

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"I see physical therapy as a resource for injury prevention and promotion of better health," Palmer said. "Patients can come and have an evaluation and be proactive now instead of when they already have pain or may need a joint replacement. These problems are often preventable if dealt with early enough."

Sharing the recently remodeled space with Palmer is Wendy Borof of Pilates Balance. Borof — a 21-year local — added three reformer machines and offers private and group 60-minute Pilates sessions. Borof believes that Pilates is a perfect addition to physical therapy and massage because it improves body awareness and promotes efficient movement, creating good habits, leaving the ones that can cause injuries behind.

"I love Pilates," said Borof, "because it focuses on functional movement patterns and strengthening smaller muscle groups to help balance the often over used bigger muscles. Whether you are a biker, runner, skier, construction worker or sit at a desk all day, Pilates is beneficial."

The goal of Pilates, Borof said, is to keep people injury-free and in good shape, which makes it a natural addition to the Wellness Center.

For much the same reasons, Alessandra Jacobson and Ambrosia Brown have signed on. We all know that massage improves circulation, range of motion in joints, promotes flexibility, flushes out toxins and stimulates lymph circulation. Most important to overall wellness, massage helps de-stress people, which according to both Jacobson and Brown is one of the biggest problems in the Tel-

luride community.

"We are all of a bunch of over-achievers," Jacobson said. "We take on so much. Allowing yourself time to let go and do something very kind for yourself is so important to total wellness."

Brown, who offers pregnancy massage in addition to deep tissue, adds, "There is a time and place for massage, but if there is an injury that I am limited in treating, one of the other practitioners can help. Working together allows us to offer each person a different kind of treatment."

Clinical psychologist and organizational development consultant Susannah Smith, PhD., sees a very strong link between mental health and overall health: wellness is the integration of mind, body and soul. And being in the Wellness Center with Palmer and the other therapists makes it that much easier to coordinate care.

"All of our practices are related," Smith said. "This type of integrative approach is much more helpful than just trying to treat one aspect at a time. What I know is true, is that when people don't take care of their bodies their minds don't do so well."

Smith offers not just consultation but deep relaxation and hypnosis, which improves the immune system and helps with pain response.

Stress, she says, dramatically decreases ones ability to heal. To that end, she offers stress and pain management, sleep treatment and has specialized training in custody mediation and parenting plans, play therapy with children, family therapy, individual therapy and couples therapy.

Recently relocated from Pao-

nia, Roger Baril incorporates mind, body and spirit into all of his healing modalities. Cofounder of Integrative Therapies and co-creator of BioKinetics: Somatics in the tradition of Thomas Hanna, PhD. (founder of the American Feldenkrais Guild), Baril helps people become more consciously aware of how we hold ourselves and what habits we get stuck in.

"I help people get control of those habits so they can find more freedom, which is our God-given right as human beings," Baril said. "When people say to me, 'I'm just getting old,' I think that is a myth. We can continue to improve throughout our life."

Baril integrates neuromuscular and myofascial types of massages, rolfing and postural integration with active participation — using movement as therapy — as well as cranial sacral, yoga and tai chi.

The recently remodeled Alison Palmer Physical Therapy and Wellness Center is a warm, healing environment, with private treatments rooms. Located at the quiet, west end of town at the Bottom of Lift 7 in the Cimarron Lodge, the Wellness Center feels tucked away from the thrum of everyday Telluride life.

The Wellness Center has a therapist that can help patients work toward wellness and a healthy balance of mind, body and spirit.

"I believe that everybody has the untapped potential to become more empowered, stronger and pain free," Palmer said. "At the Wellness Center we all work together for our patients' optimum care."

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