

## Additional Photography Credits //

### Page 14-15 //

Justin Stephens (Cee Lo Green); Mienny Photography/Getty Images (Toronto); shutterstock.com (butterfly); Scott Suchman (Restaurant Nora); Dimitrios Kambouris/WireImage.com (Ricky Martin); Joe Pugliese/Bravo (Lisa Vanderpump); Ken Goodman (Batali, Tucci); Michael Hendrickson (candle).

### Page 56-57 //

**Circle Photo:** Arpad Benedek/Getty Images (Toronto). **Fashionista:** Courtesy Templar Hotel (guest room). Courtesy ONE Restaurant/ Hazelton Hotel (dinner). **Culture Vulture:** Courtesy Four Seasons Hotel Toronto (lobby); Art Gallery of Ontario/The British Library (Pacino di Bonaguidi, The Appeal of Prato to Robert of Anjou); Courtesy Nota Bene (kitchen); Charles Leonio (TIFF Bell Lightbox). **Scenester:** Michael Weber/Thompson Toronto (pool); Thane Lucas (The Distillery District); Paula Wilson (Colborne Lane); MangoStudios (Weslodge Saloon). **Design Fan:** Courtesy Gladstone Hotel (Teen Queen room by Barkovic); shutterstock.com (chair); Courtesy Momofuku (Noodle Bar). **Foodie:** Courtesy The Ritz-Carlton, Toronto (cheese cave); Courtesy St. Lawrence Market (peameal bacon sandwich); Courtesy The Harbord Room (patio).

### Pages 66-70 //

Photos by Justin Stephens. Stylist: Atiba Newsome. Groomer: Shawn Janifer. Set Design by Hugh Cummings, Falling Tree Art House. Cockatoo courtesy of Benay's Bird and Animal Source. Producer: Liz Lang.

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Raymond Boyd/Michael Ochs Archives/Getty Images (Goodie Mob); Raymond Boyd/Michael Ochs Archives/Getty Images (The Voice).

### Page 80-81 //

Siqui Sánchez (Bourdain); Steve Henke (Zimmern)

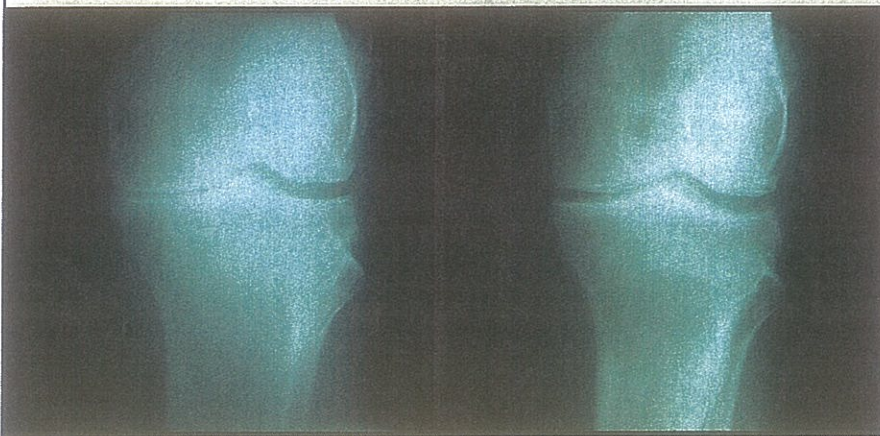
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### Pages 84-85 //

Rick Kern/Getty Images (SXSW); Siqui Sánchez (Tangier); SASHA SHEMIRANI/ABC via Getty Images (The Taste); Mike Persson/Camera Press/Redux (Bourdain in 2001); Ben Hider/Getty Images (Bourdain with Zimmern); Siqui Sánchez (Bourdain).

## THE CENTER FOR REGENERATIVE MEDICINE A NON-SURGICAL TECHNIQUE TO FIGHT AGAINST ARTHRITIS AND SPORTS INJURIES



The Knee Diaries: SJ is a 60-year-old male with the chief complaint of knee pain who visited The Center for Regenerative Medicine over a year ago. He was diagnosed with bone-on-bone osteoarthritis of the left knee, causing much pain and discomfort; at that point he was told only a total knee replacement could help him. He is otherwise healthy. On exam he had point tenderness to the medial side of the left knee (medical lingo: inner side). An X-ray showed severe arthritis of the knee (X-ray on the left). Patient started receiving treatments at The Center for Regenerative Medicine. Today he is feeling better (X-ray on the right).

This is how it works: The physician introduces **Cell Therapy** into damaged, arthritic cells by means of a precise injection. This process is followed by several other modalities, including Collateral Artery Flow Exercises (C.A.F.E.), in order to accelerate the process. Depending on tissue damage, severity of the condition and the size of the joint that needs to be injected, people usually need a series of 1 to 6 treatments to improve. There is usually no downtime, and people can go back to their usual activities or work immediately. The treatments can help most musculoskeletal problems such as low back pain, neck pain, knee pain, shoulder pain, whiplash, sciatica, tendinitis, sprain, strains, torn ligaments and cartilage damage.

Located in Miami, Florida, The Center for Regenerative Medicine includes a team of professionals that are dedicated to improve your quality of life, paving the way to enhance the science of non-surgical orthopedic medicine. World champions, sports legends, professional and amateur athletes, dancers, and people with just plain pain and arthritis go to The Center for Regenerative Medicine for nonsurgical orthopedic care. Using the facility to improve their condition, thousands of successful cases have been treated over the past twelve years.

For more information and to read more on "The Knee Diaries", please visit [www.arthritisusa.net](http://www.arthritisusa.net) or call (305) 866-8384.

(Peru continued from page 79)

darker, earth-toned buildings and churches displaying striking "Cuzco School" religious paintings that combine indigenous Andean and 17th-century European styles. Inside Cuzco's cathedral, you'll find intriguing paintings of the Virgin Mary (dressed in a mountain-shaped skirt with a river running across the hem) and an Andean Last Supper, with Jesus and his disciples dining on a feast including guinea pig.

Continue your art appreciation tour at the Centro de Textiles Tradicionales del Cusco, which showcases traditional Andean weaving, and at the Museo de Arte Popular, a tucked-away gallery packed with folk art depicting everyday scenes, fashioned from wood, metal, clay, stone, even guinea pig bones.

At the sprawling Cuzco markets, you'll pass piles of potatoes of every imaginable variety and women preparing soup served in ceramic bowls for a crowd. Behind the main plaza, in narrow lanes winding up to the bohemian San Blas district, shopkeepers and street vendors sell irresistible crafts, textiles and baby alpaca sweaters.

Choosing among Cuzco's many outstanding restaurants is tough, but the dining is definitely fine at stylish Limo (think inventive Peruvian food such as fried yucca balls with Andean cheese served at balcony tables with a stupendous main plaza view), chic Cicciolina (global cuisine made with locally sourced products including salt from the Sacred Valley's pans) and laid-back Pachapapa (traditional Peruvian dishes such as *aji de galina*, shredded chicken in a creamy yellow chili sauce with nuts and Parmesan cheese).

Even if you think you've had your fill of Inca ruins, check out the Inca-colonial hybrid in the heart of Cuzco—a Spanish church built atop the curving stone wall of the Inca temple Qorikancha. Also visit Sacsaywaman, an enormous Inca fort on Cuzco's outskirts. Its glorious view may get you dreaming about seeing even more of Peru—the Amazon, Colca Canyon, Lake Titicaca and beyond. //



## Departments //

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The Masters; What's in Lisa Vanderpump's bag; Amazing races; Jen Kirkman's favorite street; Jeremy Wade in Colombia; Mark Tercek; Senator Max Baucus; Ali Velshi; Arcades; Brand mascots on Twitter and Facebook; Philippine style; Andrew Zimmern and more.



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**54** cityicious

**56** 1city5 Ways

Toronto hosts a famous film fest, true, but it's a star in its own right with fashion, design, culture, restaurants and hotels that rival those in a certain south-of-its-border megalopolis.

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**40**

We dare you not to drool while reading about the sweet treats of Eric Wolitzky, head pastry chef at Cakes & Ale in Decatur, Georgia.

**152** Games



**95** In-Depth: Franchising

Under-the-radar franchises, plus lessons from franchise misfires.



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Sky takes flight en español.

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In-flight entertainment; Tunes; Drinks & eats; Route & terminal maps; SkyMiles; Delta digital; Internet onboard; U.S. arrival forms.

## Editor's Note //

New Yorkers are accustomed to spotting A-listers huddled at tables in Manhattan restaurants, but can you imagine the head-turns at Perla when Anthony Bourdain and Andrew Zimmern sat down together on a recent evening? ("I'll have what they're having.") After all, these two globetrotting, risk-taking, food-devouring New Yorkers will say—and eat—almost anything. Wish you could have been a fly on the wall for that conversation? Your wish is our command.

This month, *Sky* contributing editor Andrew Zimmern sits down with friend and colleague Anthony Bourdain, mano-a-mano, and you get to listen in. Lucky for us, they happened to be in the same city on the same day. Bourdain's new show, *Parts Unknown*, debuts this month on CNN, where you can get a weekly taste of Tony as he fearlessly travels the globe.

Speaking of flies on walls, watch a behind-the-scenes video of our cover shoot with CeeLo Green at [deltaskymag.com/ceelo](http://deltaskymag.com/ceelo). When design director Geoff Kinsey said he wanted to use the pink cockatoo from *The Voice* as a photo prop, I thought it might be one accessory too many. Geoff's vision won out, and for good reason. But the fun story behind the story is the fox pup that also came to the set. Apparently it was "in training" for future work in front of the camera. The animal handler brought the furry "intern" to the set so it could get used to the noise, lights and action that occur at photo shoots (who knew?). Though the pup didn't make any of our shots, the sassy little redhead does make a cameo on the video. *Foxy*.

—Jayne Haugen Olson



## Contributors //



### Siqui Sánchez

Sánchez is a regular photographer for Getty Images as well as advertising and corporate clients, including nautical shipyards.

**Home Base:** Barcelona

**Favorite Destination:** New Zealand

**Story:** "Guts, Glory & Growing Up," p80

### Betsy Rubiner

Rubiner's travel stories have appeared in many publications, including *The New York Times*, *Real Simple* and *The Washington Post*.

**Home Base:** Des Moines, Iowa

**Favorite Destinations:** The Dordogne region of France and the Lake District of England

**Story:** "Peru Rising," p72



### David Nicolas

Nicolas has shot editorial and advertising assignments for *Food & Wine*, *Los Angeles Times Magazine*, *Outside*, *Time Inc.*, *Travel and Leisure* and *Vanity Fair*, to name a few.

**Home Base:** Bogotá, Colombia

**Favorite Destinations:** "Spain—and any place I haven't visited yet."

**Story:** "Peru Rising," p72