

PUZZLE ANSWERS

Easy KENKEN				Hard KENKEN			
2 ⁺	3	2 ⁺	4 ⁺	6	1	3	2
2	3	4	1	6	1	3	2
1	4	2	3	4	3	2	5
3	2	1	4	5	4	1	6
4	1	3	2	2	6	5	4
				1	2	6	3
				3	5	4	1

Easy Sudoku									Hard Sudoku								
1	7	8	5	4	9	3	6	2	3	4	1	7	6	8	2	5	9
3	5	6	1	8	2	4	9	7	5	6	9	2	1	3	8	4	7
4	2	9	7	6	3	8	1	5	8	2	7	5	4	9	6	3	1
5	3	1	6	2	7	9	8	4	4	1	5	8	9	2	7	6	3
9	4	7	3	1	8	2	5	6	9	3	2	4	7	6	1	8	5
6	8	2	4	9	5	7	3	1	7	8	6	1	3	5	4	9	2
2	9	4	8	5	6	1	7	3	6	7	8	9	5	1	3	2	4
7	1	5	9	3	4	6	2	8	1	9	3	6	2	4	5	7	8
8	6	3	2	7	1	5	4	9	2	5	4	3	8	7	9	1	6

K	I	S	S	C	A	P	O	A	S	S	A	M
I	N	C	A	R	O	A	D	N	I	T	R	O
T	H	E	P	I	E	R	R	E	T	R	A	M
I	N	S	T	A	T	E	F	E	E	B	L	E
T	B	A	O	M	A	R	B	R	A	D	L	E
V	I	R	G	O	S	O	A	T	E	T	S	
S	T	I	R	G	A	R	N	E	T			
S	O	U	T	H	E	R	N	C	R	O	S	S
B	R	O	N	T	E	O	K	A	Y			
S	T	D	U	R	I	F	U	T	I	L	E	
C	H	I	N	E	S	E	F	L	A	G	T	E
R	E	V	O	T	E	R	O	D	G	E	R	S
A	M	I	S	H	F	I	V	E	S	T	A	R
P	O	D	I	A	D	E	E	R	T	I	E	R
E	B	E	R	T	A	D	D	S	A	L	P	S

CITYLICIOUS

OCTOBER 2015

A taste of what's happening around the world this month.

1 RALEIGH
The fiddle and banjo reclaim their mountain music roots alongside headliner Alison Krauss & Union Station at **Wide Open Bluegrass**. Red Hat Amphitheater. October 2-3. wideopenbluegrass.com

2 CHICAGO
Tens of thousands of participants hit the pavement for a scenic 26.2-mile, 29-neighborhood challenge at the **Bank of America Chicago Marathon**. Grant Park. October 11. chicagomarathon.com

3 SHANGHAI
Music, dance and other performances converge at the **China Shanghai International Arts Festival**. Various locations. October 16-November 16. www.artsbird.com

3 SYDNEY
Wet your whistle in more than 70 venues during **Sydney Craft Beer Week**. October 17-25. sydneycraftbeerweek.com

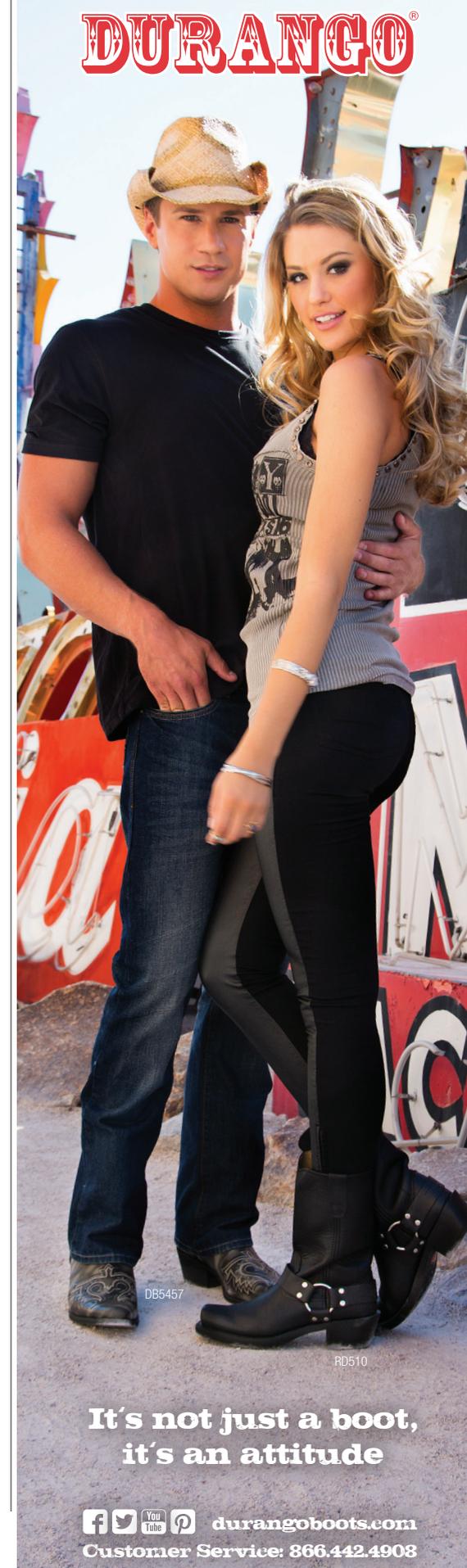
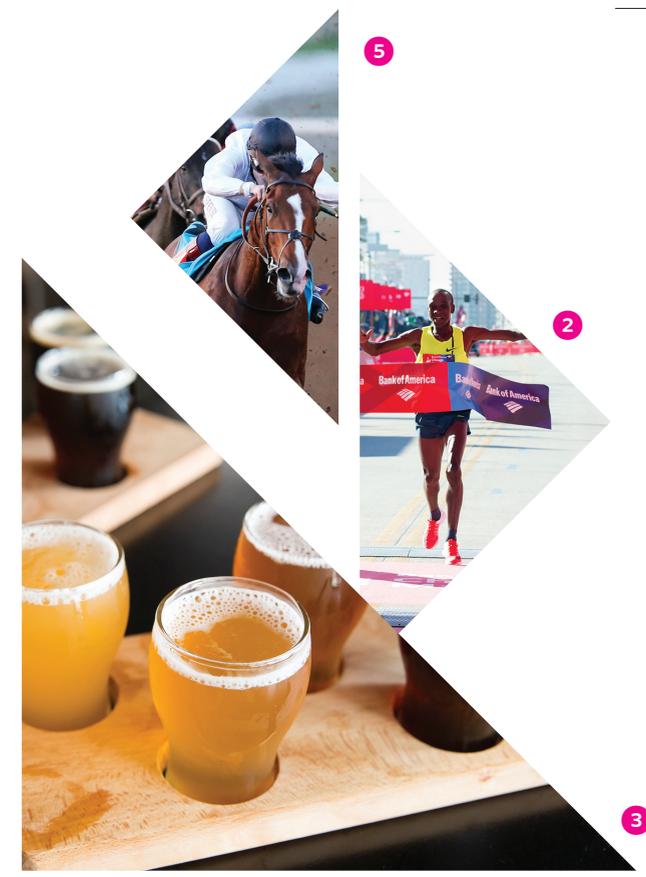
4 LOS ANGELES
Benefactors, celebrities and host Gwyneth Paltrow honor *American Horror Story* creator Ryan Murphy at the **amfAR Inspiration Gala**, a fundraiser for AIDS research. MILK Studios. October 29. amfar.org

NEW YORK
Honoree Tory Burch joins the party as the Breast Cancer Research Foundation celebrates the millions of dollars being directed toward research at its **Symposium and Awards Luncheon**. Waldorf Astoria. October 29. bcrcure.org

5 LEXINGTON, KENTUCKY
The **Breeders' Cup World Championships** guarantees signature bourbon cocktails, music and sightings of the horse of the year, American Pharoah. Keeneland. October 30-31. breederscup.com

ATLANTA
Assist on-stage detectives in their sleuthing as a member of the suggestion-wielding audience in **Murder, She Improvised**. Dad's Garage. Friday nights through November 27. dadsgarage.com

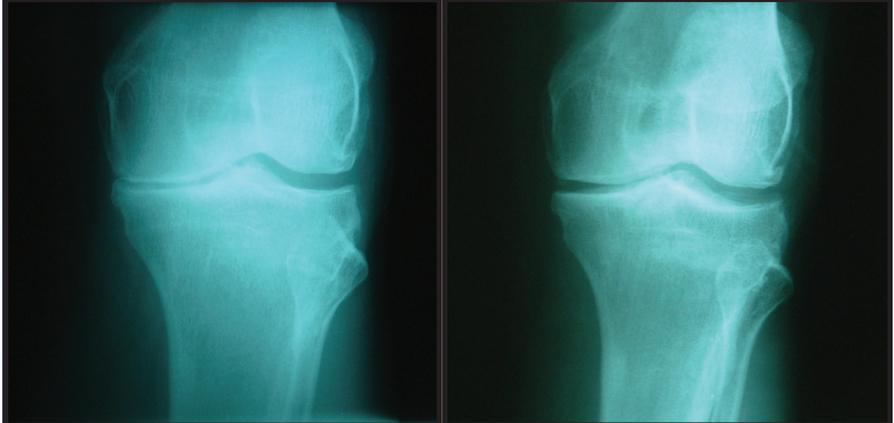
6 AMSTERDAM
Munch: Van Gogh examines the affinities between the Dutch painter's works and those of his contemporary, Edvard Munch. Van Gogh Museum. Ends January 17. vangoghmuseum.nl



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**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 or call (305) 866-8384.

SEE PAGE 45 FOR PHOTO CREDITS.

"PEOPLE ARE TERRIBLY UNDERWHELMED WHEN THEY RECOGNIZE ME IN A RACE. THERE'S NOTHING FUNNY GOING ON. IT'S JUST A LOT OF SILENCE AND PAIN."

—ACTOR WILL FERRELL ON RUNNING MARATHONS