SPECIAL 3 YEAR ANNIVERSARY ISSUE

SEPTEMBER 2014

SUPERMODEL

SEVEN WAYS TO KEEP YOUR GIRL DURING FOOTBALL SEASON

8 MINUTE BREAKFAST WORKOUT

BEST TAILGATING SNACKS & BREWS (PLUS)

MUST HAVE APPS World of Kandy Australia Kandystand Sweets September Krush Marissa everhart

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Reminds us what is sexy



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Bronze buns & toes dipped in sand.



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Sarah Hilton is one sexy mum!



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Video games reviews are back with a look at Madden 15, NHL 14, and MX vs ATV



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We catch up with Kandy race girl Angie Smith as she pursues the 2014 NHRA PSM championship.

MISCELLANEOUS

 \rightarrow MUST OWN APPS

> PIMP YOUR RIDE WITH THESE ACCESSORIES

ightarrow NHRA ENTERTAINER SPOTLIGHT



Cover Model: Tatiana Likhina

Photos by: Volker Fleck

Hair & Makeup: Susana Betancourt

Letter from the EDITOR

Welcome to Kandy magazine's three year anniversary issue. Russian supermodel Tatiana Likhina lights up the cover for us. Tatiana recently shot her first Guess campaign and we were lucky enough to catch up with her in Miami Beach. Celebrity photographer Volker Fleck, once again, was the man behind the lens for this cover shoot. Is Tatiana the next SI Swimsuit cover model? Only time will tell.

Our September Krush of the Month hails from Seminole, Florida - Marissa Everhart. As you will soon find out Marissa loves the sun, or to use one of her favorite sayings, "bronze the buns". Also, the Kandystand is back with a new lineup and some new sweets for Kandy readers. The World of Kandy goes back under to Australia with Aussie model Sarah Hilton.

Our writers, after taking August off, are back with insightful and funny columns. The Kandy Sex and Relationships guy reminds us that even though it is football season we still need to make some time for the woman in our life. Kandy gamer has returned with a look at Madden 15, NHL 14, and MX vs. ATV. Our tech guy has a list of mandatory apps for your smartphone and tablet. Kandy Kuisine offers up simple tailgating ideas and the Kandy Koncierge recommends a few brews to wash down the tailgate cuisine.

We were able to pry celebrity fitness expert Jason Rosell away from his booming #Sexercise Empire to share with us a few simple exercises to start the day. Kandy Car Guy has a few accessories to pimp your ride and our sports department takes a look at the upcoming NFL and college football seasons.

We had a busy summer on the social front with Kandy events and appearances including our Sweet 60 party held in July at the W Hollywood and life on the road supporting NHRA Pro Stock Bike racer Angie Smith, or as we refer to her "Kandy Girl Angie". Check out the galleries inside this issue.

So, sit back, let your fingers start tapping away at the screen and enjoy our the newest issue of Kandy.

Cheers!

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KANDY SWEET 60 & AART PARTY AT W HOLLYWOOD

Photos by Chris Brody and Pro Player Insiders

arlier this summer Kandy magazine, in association with Pro Player Insiders and 3PMedia Partners, hosted the first Kandy Sweet 60 / AART (Athletes For Arts Renaissance Tour) event at The Living Room inside the W Hollvwood. Hosted by Kandy magazine's very own Krush of the Year Jessica Hall, the event had a big turnout from celebrities and athletes, as well as many of the Sweet 60 Kandy girls including Nikki Leigh, Rachel Bernstein, Laurie Young, Claudia Fijal, DJ LC, Nina Carla, Melissa Riso, Kyndal K'yaire, Lana Kinnear, Elizabeth Deo, to name a few. DJ Dazon flew in from NYC to provide the tunes and local LA models Raguel Pomplun, Crystal McCahill and Caya Hefner added to the sights of the room.

KANDY NIGHTLIFE

Notable names in attendance: Kerri Kasem daughter of Casey Kasem and radio host, Jamie Anderson – Snowboarder, Doug Christie formerly of Los Angeles Lakers and his wife Jackie Christie, Porsha Coleman of Hollywood Today, Billy Davis retired Dallas Cowboy two-time Super Bowl Champ, Tyree Washington - Olympic Gold Medalist, Austin Pettis of St. Louis Rams, Brett Stimley of Transformers. Antonio Cromartie Arizona of Cardinals, Patrick Chung of New England Patriots. NFL great Terrell Owens. Prince Amukamara of the New York Giants, DeShaun Foster formerly of the Charlotte Panthers and coach at UCLA, Julius Thomas of the Denver Broncos, retired Super Bowl Champion Darrell Reid of the Indianapolis Colts, Duke Ihenacho of the Denver Broncos, Rob McClain of the Atlanta Falcons, Antoine Cason of the Charlotte Panthers, Chris Carter of the Pittsburgh Steelers, Lindsey Berg - a US Olympian in Volleyball, Chris Paul of the Los Angeles Clippers, actress and Billboard Top 10 recordina artist Christina Milian. Octavius J. Johnson of Ray Donovan, and heavyweight fighter Mariano Mendoza.



KANDY NIGHTLIFE

















KANDY NIGHTLIFE





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TOP 5 Tailgate Brews For the Discerning Beer Drinker By Steve Scala

Stella Artois (AB InBev) stellaartois.com

Style: Belgium Style Lager **Strength:** 5.0 ABV

Now a part of the AB InBev stable, Stella Artois is one of the world's best-selling beers and is enjoyed in more than 80 countries. While Stella is known in beer snob circles as "Belgium Bud-Light" it still makes for a decent pregame choice. Light straw color, crisp carbonation, light hops and a sweet clean finish. At 5.0 ABV, drinking more than a few Stella's will start to pack a punch!

Ale Asylum Bedlam

(Ale Asylum Brewery - Madison Wisconsin) aleasylum.com Style: Belgian style IPA Strength: 7.5% ABV

A chaotic blend of Citra hops and Belgian-style yeast give this Belgian aromas of summer fruit with IPA а bright hop presence and ิล plush finish. This mid-west iewel will not only please the most discerning tailgater but, its' 7.5% ABV will get you primed for the Big Game after just a few rounds! Seek Asylum!



Daisy Cutter Pale Ale

(Half Acre Brewing, Chicago IL) halfacrebeer.com Style: American Pale Ale Strength: 5.2% ABV

The smell of fresh cut arass on the field this west coast style pale ale is chock-full of dank. aromatic hops. Hints of pine needle, citrus and orange peel with a light carbonation and crisp mouth make this a fine choice for pregame libations. Available in 4 packs of 16 ounce cans.



Fresh Squeezed IPA (Deschutes Brewery, Oregon) deschutesbrewery.com Style: American IPA Strength: 6.4% ABV

This Oregon gem İS with packed delicious hints of grapefruit, fresh squeezed orange and mango. Amazing flavors yielded from the heavy helping of Citra and Mosaic hops. Nicely carbonated, smooth and creamy and will sneak up on you!



Lagunita's IPA (Lagunitas Brewing Co. Pentaluma, Ca) lagunitas.com Style: American IPA Strength: 6.2% ABV

Classic west coast IPA. Notes of citrus and pine most likely from cascade hops. Their new Chicago brewery, distribution Mecca makes this California staple widely available throughout the States. Perfect Spring/ Fall tailgate beer.

Enjoy these Pregame Favorites & Please Drink Responsibly!!!

<image>

We met Tatiana in Miami Beach earlier this year at one of the many curbside bistros that adorn the streets of Miami Beach, Barceloneta famous for their tapas. Miami is well-known for its statuesque fashion models that look like they just stepped off a runway in Milan, Italy. For Kandy to transition from glamour models to runway models is a big leap. We love glamour models and we know our readers love them as well. Fashion models are typically untouchable for men's magazines. However, Volker had hyped up Tatiana as a possible candidate who could maybe break that glass ceiling barrier existed that has between fashion models and men's magazines. We held out hope. As Tatiana approached our table we knew immediately that all the hype flowing out of Volker's mouth was well justified and we had found our three year anniversary cover model who possessed the face, the sex appeal, and, for lack of a better term, the swagger that would lead us into our third year. Men of earth, say hello to Tatiana Likhina of Moscow, Russia.

Follow Tatiana on her Social Media:

www.facebook.com/tatilikhina www.instagram.com/tatilikhina



12 FACTS ABOUT Our cover mode



She was born in Moscow, Russia.

After only 2 years in the US, she landed a modeling gig with Guess.

She has discriminating taste in cities. Her favorites are New York City and she loves Paris.



Her passport photo is sexier than her drivers' license photo.

⇒ She left her family and country so she could pursue her dreams of being a model.



She wishes America had more Russian food.

The highlights for her going home are seeing her family and the food.

If she was able to choose between being an actress, TV host, or a designer she would choose to be an actress.

Her most exotic location for a photo shoot was in a big castle in Florence, Italy.

→ Her favorite locations to shoot in the USA are on the beaches in Miami and LA.

⇒ She loves the Metropolitan Museum in New York City, as well as the restaurants Gramercy Tavern, Cipriani, and Le Cirque.

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INSIDE THE MIND OF A RISING SUPERMODEL

The sexiest thing a woman could wear for her man is just high heels.

The sexiest thing a man could say to a woman is I love you.

The sexiest thing a man could ever do for a woman is give her a pedicure.

She says thank you very much to God for everything she has, first thing in the morning and last thing at night.

4 RANDOM Q'S With Our Cover Model

How you were discovered by Guess?

I did a shoot with photographer Megane Claire in Miami and she showed the picture to Paul Marciano. He liked me and gave me this chance! I'm so lucky! It was my dream to shoot for Guess.

Tell us a little about your Kandy cover shoot.

It was amazing experience. I wanted to work with Volker for a long time. When I realized that we were shooting a cover for Kandy I was on the top of happiness. I hope you like the result.

What is a typical day for you when you are not shooting?

I work out with my trainer, sleep a lot, walk in the park, see my friend, and read philosophy.

What is your beauty secret? Can we bottle it up and sell it to millions of women around the world?

Yes, sure! It's 2 liters of water every day, workout a lot, a lot of sleep, a lot of scrub exfoliation, and a lot of fruits and vegetables.

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Randy Mariasa Randy Presents

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KANDY MAGAZINE

WATER SPORTS, TOASTED BUNS,& NAPS 3 Of Our Favorite Pastimes

3 Of Our Favorite Pastimes All Wrapped Up in This Month's Krush

You could say it is more difficult to land the Krush of the Month for Kandy magazine than to grace the cover of Kandy. We don't publish a Krush every month. Krushes have to be special, unique. But, we have to publish a cover twice a month, no getting around that. So, when Marissa came under consideration for Krush of the Month we were curious to hear from her perspective how special it would be if she was named a Kandy Krush of the Month. "It would be such an honor to grace the pages of Kandy. Some of my favorite models were named Kandy Krushes. I would probably break out in the octopus dance but no one would understand haha". You are absolutely correct Marissa, no one would understand. Kandy Krushes are very unique to themselves. They all have qualities men wish all women possessed. Marissa would keep any guy on this toes, but in a good way. "I'm a bubbly spontaneous woman that goes after what she wants. I'm known to have a huge heart and a very bubbly personality with a little bit spunk."

Marissa is also testament to the fact that you do not have to reside in southern California or move to southern California to land the title of Krush of the Month. As a matter of fact, she resides in Seminole, Florida "I couldn't imagine growing up anywhere else. It's beautiful here. I can go across the street and have an ice cold beer and put my toes in the sand. I'm so blessed to be able to live in a place people dream to vacation at." That sounds very relaxing Marissa. But, this is a very competitive business, so she must have a competitive side. "I believe the only person you should ever try to be better than is the person



you were yesterday. So yes I would say I was competitive."

Naturally, one must assume if Marissa enjovs dipping her toes in the sand then water activities and other beach festivities cannot be far behind. "I love being out on the water, boating, skiing, tubing. That's my favorite way to spend the days "ATTEMPTING" water sports, even though I end up falling on my face most of the time hahaha." Ouch! That must hurt, especially skiing. Oh wait, did someone mention other beach festivities? "Bronzing my buns, haha. Ok besides that I'm constantly in the gym. It's practically my second home. I love staying fit and active." We have a new favorite beach festivity, bronzing buns! "Always have time to bronze my buns and let's be real - toasted buns are way better than pasty ones. haha." We completely agree Marissa, completely agree.



We are pretty certain that it is not much of a stretch if we were to ask Marissa to describe her ideal location for a shoot that tropical beaches would be involved. "My dream location would definitely be in beautiful Bora Bora, in one of the huts, naked with some really neat jewelry above the crystal clear water." Damn! You are tempting us to start publishing nudes. Sounds like Marissa has an adventurous side, and with adventures usually come mishaps. "I was attempting to be sexy on top of this slanted rock and ended up rolling off the other side. HAHA" That sounds more painful skiing than water face-plants.

Let's recap, blonde, bronzed model who loves water sports and calls the gym her second home. Well, you know the old saying, Work Hard, Play Hard. "Let's put it this way, I like to party! And by party, I mean take naps. haha Napping, or what I like to call it taking my siesta, is a daily ritual for myself. Haha"

Or, maybe that old saying is just that, an old saying. Look for Marissa popping up all across the globe as she works on new projects with The Black Tape Project Jamaica Paradise Challenge and partakes in the International Bikini Model Search in the Dominican Republic.



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KRUSH OF THE MONTH

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Kandy Krush Ingredients

Name: Marissa Everhart Age: 22 Hometown: Seminole, FL Measurements: 32D - 24 - 32 Height: 5'2" Weight: 105 lbs Hair: Blonde Eyes: Hazel Social Media: facebook @MissMarissaEverhart instagram @playmatemarissa twitter @PlaymateMarissa

Favorite curse word: A** it's all about the booty Favorite kind of music: house music gets me pumped in the gym Favorite drink of choice: Corona with Clamato juice & a lime Mmmm makes my mouth water

Three things you cannot live without: My family, friends and my puppy Paizlee

Your best feature: I would have to say my booty What is sexy? Personality is the sexiest thing by far Most embarrassing moment: It's too embarrassing to tell Which came first the chicken or the egg? Chicken Top item on your bucket list: Go skydiving naked I really wish guys would stop ... being so cocky When life gives you lemons ... Make lemonade with a splash of vodka My parents would be shocked if they knew ... I don't think anything would ever faze either one of them

KRUSH OF THE MONTH

A Descent

Photography by: Natalie V LHMU: Natalie V I Stylist: Sarah Batten

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AUSSIE ST

s it true Aussie's have kangaroos and koala bears as pets, akin to how American's have cats and dogs?

Haha... kangaroos are pests; we have dingoes and wombats as pets.

Really!? We'll play the dumb American part. What are dingoes and wombats?

Haha... a wild dog and a very lazy marsupial. Really we just have cats, dogs and gold fish with the occasional lizard or ferret. haha

Marsupial. That sounds like a kangaroo to us. We are going to keep believing you have kangaroos as pets. Tell us why American men should go to Australia at least once in their lifetime.

That's an easy one! Sharing a beer at the local pub with a bronzed bikini babe... only in Australia. haha

WATCH THIS VIDEO ABOUT MARSUPIALS.

Where is the best tourist stop in Australia?

The best of Coastal Victoria, the great ocean road. Breathtaking scenery!

Who is your favorite Australian actress? Cate Blanchett.

HowaboutAustralianmusic? Got a favorite band?INXS - legends!

What is your favorite guilty pleasure?

I wish my answer was a little more exciting but pjs, a movie and a bag of caramel popcorn is def' my guilty pleasure.

When you think of USA, what is the first thing that pops into your mind?

The first thing that pops into my mind is LA! I've never been but have always wanted to go! That and tootsie rolls.

KANDY INGREDIENTS

Hometown: Brookfield, Victoria Measurements: 36-26-33 Height: 5'1" Weight: 101 lbs. Hair: Brown Eyes: Hazel

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34



WWW.SHOPKANDY.COM



Hometown: Scottsdale, AZ Age: 25 Measurements: 36DD 26 35 Height: 5' 10" Weight: 130 lbs Hair color: Blonde Eye color: Green

To me a gentleman is a man who shows respect for someone's true character. Chivalry is still a classic plus however it's also important to be a gentleman with your words as well as intensions. First impressions matter!

Photography by: S. Pierre Price

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SHOP NOW



Hometown: Newport Beach, CA Age: 29 Measurements: 33B 23 32 Height: 5' 4" Weight: 104 lbs Hair color: Brown Eye color: Blue

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CORISSA FURR

One of the sexiest thing my guy does for me... is cook me a delicious steak dinner followed by some wine, music, romantic fire in the backyard and maybe a full body massage.

Photography by: Aaron Riveroll

Hometown: Los Angeles, CA Age: 19 Measurements: 32D 24 33 Height: 5' 9" Weight: 103 lbs Hair color: Blonde Eye color: Brown

LEXIE MARLOW

A gentleman to me is a man that has his life together professionally as well as personally. He needs to be loyal, faithful and always put his woman first.



owadays, you can personalize everything from your pan pizza at Dominos, to the Pandora channel streaming from your iPhone. Modern customers demand the ability to customize their experiences, which is why automakers have started to give their cars multiple personalities. Press the 'Sport' or 'Sport+', button and your fluffy couch-mobile suddenly becomes a taute corner carver, banging off shifts in the blink of an eye. Press another button and you can change the color of the mood lighting, or the information being displayed in your gauges. The Me Generation now has the instant automotive gratification they've always wanted.

Kandu

If you don't have the money to drop on a schizophrenic new Audi, or a color-changing Kia, don't despair. We're about to show you how to Pimp Your Ride, Kandy Style.

Cue Xzibit Wait, where is he?

By Teddy Field



Asanti 2014 Collection 806 Wheel

The easiest way to personalize the look of a car is to change the wheels. But you have to do it right, and allow the wheels to *compliment* the look of the vehicle. If you make the rims the focal point of the car, you're going to look like every other crack dealer in South Central LA.

One of the premier wheel makers in America is called Asanti, and their car jewelry is worn by supercars and showcars across the globe. Their latest collection impressive some includes new wheel designs, and they're available in a wide array of attention-grabbing finishes. You can even further the personalization by ordering a custom finish, or having the wheel color-matched to your car. They aren't cheap (the average wheel costs around a thousand each), but they can turn a good looking car into a great looking car.

GE NightHawk LED Headlights

Say you're rolling around in your Gam-Gam's old Lincoln, and you want to drag that big ole' brick into the 21st century. GE's new NightHawk LED headlights can help you do just that.

These innovative new headlights are designed to replace your old sealed-beam headlights, without modifying a thing. They plug right into the car's existing H4 headlight plug, and they're available in a round or 5x7 square housing. LED headlights are about a billion times brighter than standard halogen lights. They draw less current, and they last longer too. Screw that new S-Class. Your hooptie's just been pimped.



Boss Audio Phantom Skull Speakers

Want to turn your mom's old Civic into a sinister extension of your Gothic-self? Then checkout Boss Audio's Phantom speaker line. They're not that expensive (you can buy them at Walmart), they sound pretty good, and they've got a neat-looking skull with red eyes that blink with the music. If you dig the outlaw look, these speakers will definitely make *Devil* is a lady more entertaining.

KANDY CAR GUY

RoadPro 12V In-Car Appliances

It might sound stupid to have a coffee pot, a frying pan, a hair dryer, or a stove that you can...plug into your cigarette lighter. But if you basically live in your vehicle (i.e. drive a cab, a big rig, or live in a van down by the river), having all the comforts of home within easy reach, might be pretty appealing. To that end, a company called RoadPro has developed an entire line of household appliances that you can use...inside your car.

There's a portable stove that looks like a lunchbox. A coffee maker that'll brew a fresh cup of joe directly into a stainless steel travel mug. There's a lighter-powered hair dryer, for those days when you're

seriously late for work (or you just took a bath in the aforementioned river). You can whip up some scrambled eggs with your in-car frying pan (but not while you're driving... *please*). And you can even cook a juicy rump roast with your mobile crock pot.

A crock pot *in your car*. Suck that Xzibit!

Bumper Dumper Hitch-Mounted Toilet

Because sometimes, shit happens. Would we kid about a bumper dumper? See for yourself HERE.

Bucket and trash bag sold separately. Please poop responsibly.

KANDY GIRL NEWS

What's New Kandy Girl



Our NHRA Pro Stock Motorcycle racer Angie Smith has been on a tear this season. Angie won her first ever 'Wally' as Event Champion

at the Epping, New Hampshire race where she defeated her husband Matt Smith in the finals and made ESPN's Sportscenter Top 10 Plays of the Day.

Despite missing the first race of the season Angle has qualified for the NHRA Pro Stock Motorcycle Countdown to the Championship which kicks off in Charlotte, North Carolina the weekend of September 12th. The top 10 racers in each NHRA race class are eligible to compete for their class title. Out of 26 PSM racers who competed during the 2014 NHRA Mello Yello Pro Stock Motorcycle series, Angie qualified 9th for the Countdown. She is joined in the Countdown by Matt Smith Racing teammates John Hall, Scotty Pollacheck, and her husband and defending champion Matt Smith. Take a break from football this fall and head out to the local NHRA track when the series comes to your town. Go Angie!

COUNTDOWN TO THE Championship schedule

Sept. 12 – 14
Sept. 19 – 21
Sept. 26 – 28
0ct. 3 – 5
Oct. 3 – Nov. 2
Nov. 14 – 16

Charlotte, NC Dallas, TX St. Louis, MO Reading, PA Las Vegas, NV Pomona, CA

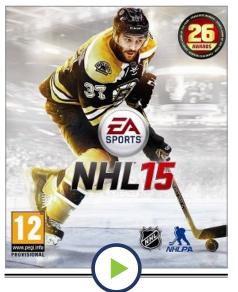




Published by: EA Genre: Sports Release Date: Aug 26, 2014 MSRP: \$59.99 Rating: E Available On: PS4, Xbox One, PS3, Xbox 360

s there a bigger sports game than Madden? It's possible that the FIFA series clocks in more played hours globally, but no sports release has the impact and hype that Madden has. The release of a new Madden game isn't just a date on the calendar -- it's a turning point for millions of football fans. A new Madden means fall. A new Madden means excitement. And, most importantly, a new Madden means football. Glorious, wonderful football.

Madden, like Mario Kart or Call of Duty, is one of those games that almost transcends reviews People who like Madden are going to buy Madden, regardless fo what ...



Published by: EA Genre: Sports Release Date: Sept 9, 2014 MSRP: \$59.99 Rating: E10+ Available On: PS4, Xbox One, PS3, Xbox 360

ext-gen consoles are Nhere, which means it's time for sports games to take the next big leap forward. Every new generation of technology brings massive innovation and evolution to the sports genre, whether you're talking about football, soccer, boxing, or hockey. But there's a downside: the complications associated with developing for a new console often force game creatorstostrippopularfeatures to keep development moving along the necessary timeline.

This is much the case with NHL 15, a hockey title with superior design that comes at the cost of some of the franchise's ...

TAP HERE TO READ THE FULL GAME REVIEW



Published by: Nordic Games Genre: Racing Release Date: Sept 9, 2014 MSRP: \$29.99 Rating: E Available On: PS3, Xbox 360, PC

nce upon a time, there was a games publisher called THQ. It was kind of a big deal, publishing franchises like Saints Row. Darksiders, Company of Heroes, WWE, Red Faction, and more. Unfortunately, THQ went bankrupt and auctioned off all of its intellectual property. One of those bits of intellectual property was the MX vs. ATV series, which was purchased by Nordic Games amidst the chaos.

MX vs. ATV: Supercross is more than a sequel. It's a resurrection. Two years before THQ collapsed in 2013 and was forced to sell its titles to the highest bidder ...

TAP HERE TO READ

THE FULL GAME REVIEW

TAP HERE TO READ THE FULL GAME REVIEW

KANDY ENTERTAINMENT



By Ron Kuchler

Jason, everyone has their favorite track on the circuit, what is your personal favorite?

There are so many great tracks out on the circuit, but for what we do fan engagement, I would have to say Bristol, TN. These fans get riled up just at the sight of the Team Mello Yello. They get the deal. We give free things away to fun engaged fans. They want to participate. They all understand the marriage between competition and entertainment at the track which makes our jobs easy and enjoyable!



What is the craziest occurrence you have witnessed at a NHRA event?

This past week in Brainerd I think I saw the craziest thing. Two Top Dragsters crashed during their run late in the day. Both drivers were fine, but when do you see two Top Dragsters crash on the same run?

Do you have a favorite NHRA memory? I think it would have to be the first time I saw the sport in person. I got to go down to the starters' box and stand between two top fuel cars. WHOA! I will never forget the feeling! My eyes were burning from the nitro and I could barely see, but when those two cars launched from the starting line, every part of my body shook and I screamed like a little girl. I was hooked! That was 1995 and I have been out here ever since.

Who would you say is the most personable NHRA celebrity?

Having a chance to be around all of these personalities has been great! Everyone hears John Force give these crazy non-sequitur speeches at the top end and people love them. He truly is the best at keeping you on your toes, but there are so many personable celebrities. Brandon Bernstein, Shawn Langdon, Clay Millican, Terry McMillen, Fast Jack Beckman, Erica Enders Stevens ... they are all great. Just head over to their pits and say hello. All make time to talk to the fans. That is what makes the NHRA so great...access!

No love for the Pro Stock bikes and our Angie Smith. We'll let it slide. Who would you say are the most passionate NHRA fans?

The fans in Indy are truly passionate about this sport! When you head there for the Big Go, you know the fans will be there to not only watch the pro categories, but they will sit through all of the sportsman categories as well. They love this sport!

The best thing about Mello Yello is ...

The mind blowing citrus flavor!

KANDY FITNESS



If you want to make the best out of your day, get your body fat burning and metabolism up high, do this routine right when you wake up! Take a 30-second break between exercises.

(Editor's note: we were going to provide illustrations on the exercises but if you don't know how to do a jumping jack, sit up or push up then you probably shouldn't attempt these exercises. If you are confused by high knees, butt kicks and planks, check out Jason's web sites below for clues.)

- * 50 Jumping Jacks
- * 10 Push Ups
- * 20 Sit Ups
- * 20 High Knees
- * 20 Butt Kicks
- * 30 Second Plank

Repeat the cycle 3 times, 1-minute break after eachcycle.

Keeping it Caliente with Jason Rosell, & Fitness Personality Nutrition TV Expert

Jason is the CEO/FOUNDER of his fitness & nutrition company www.CalienteFitness.net and the inventor of the hottest new workout trend #SEXERCISE www.SexerciseWorkout.com. Jason is not about looking or being perfect, but simply looking and feeling amazing while still being able to eat most foods and enjoy life without going into extreme workouts or fad diets. He is no stranger to the worlds of reality television, fitness and music. But most people do not know is that Jason was very fat for most of his young life. Hard to believe today when you see him on TV and shirtless in music workout videos, but he was a heavy hitter.



What kickoff the third year of help all of us "guys" beat Kandy than introducing the battle of the bulge a new monthly feature, like he did, and keep the fitness. Our good friend pounds off! We are not Jason Rosell. whose going program is to *#Sexercise* taking storm, has generously couch potato bodies of agreed to provide us yours moving a little with monthly fitness & more smoother.

better way to nutrition tips to expertly to PqoXuou with death these the world by exercises; just get those

(See picture below of his fat boy transformation).



To learn more on Jason or to start his online fitness & nutrition plans, visit him on his official website www.JasonRosell.com and follow him on social media ... Instagram @jasonrosellLIVE.

KANDY KUISINE

FOOLPROOF FOOLPROOF FOOLPROOF FOOLPROOF

Football season wouldn't be the same without the great food. Tailgating just wouldn't be tailgating without delicious distractions to pass the time before the game, regardless the size of your gathering. Here are some foolproof menu items to keep stomachs full and heads in the game.

KANDY <mark>Kuisine</mark>



<u>CHILI</u>

Not only a classic game day food, it's also easy to make and actually tastes better when it's had time to brew in its juices, shall we say. If you have mixed tastes in the crowd, you can keep it vegetarianorthrowinbrowned turkey meat for the weight conscious. Crock-pot enthusiasts have it easy... combine the ingredients, let it cook, and transport the crock-pot on game day. If you make it in a pot, seal it up in Tupperware once it is done cooking. The basic ingredients in any chili are beans,

diced tomatoes, tomato and onions. Add paste. different kinds of seasonings, bell peppers, and cheese, as you please, to appeal to various taste buds. Tabasco and cayenne pepper are popular choices for the while beef heat seekers. bouillon cubes and bacon bits are perfect for the salt cravers.

JELLO SHOTS

You know those small to-go containers you get salad dressing in at restaurants? They also double as Jello shot containers on their weekend shift. Creating Jello shots is as simple as mixing the Jello mix with some vodka and then pouring the mix into the containers to set in the refrigerator. Quadruple points for your fellow tailgaters for making them in team colors. Just another tailgate that can be prepared ahead of time and thrown into the cooler in a plastic bag alongside the beer.

GUACAMOLE

Any self respecting tailgate party includes guacamole.

KANDY KUISINE

Whip up a batch of homemade guacamole and bring some Dixie cups for guests to dip from with the store bought tortilla chips. Guacamole is automatically less likely to brown than avocado solo because of the lime mixed in, but to browning further reduce cover the surface of the guacamole with an extra lime spritz or with a thin layer of salsa. The acid keeps the green avocado flesh looking green and appetizing. Guacamole requires only a few ingredients – mash up a batch of ripe avocados, add chopped garlic, lime juice, chopped tomatoes, chopped and chopped jaonions, lapenos. You can also get creative by mixing in hummus or Greek yogurt, to switch up the flavor a bit.

HOT DOGS

Hot dogs are foolproof tailgating options and they are significantly easier to cook than burgers or chicken. To cover all your bases try veggie dogs, turkey dogs, or beef dogs for your non porkeating friends. All you have to do is plop them on the grill and provide the buns and condiments. Put a Food Network chef spin on the dogs and grill up onions and bell peppers as toppings, in addition to the classic sauerkraut option.

CHOCOLATE COVERED STRAWBERRIES

Oh, hey there fancy tailgater! Chocolate covered strawberries are easier to make than a cupcake and pleasing to eye, as well your female guests' appetite. Melt chips, chocolate add in one tablespoon of oil, and start dipping away with the biggest strawberries you can find. Chill them for an hour on parchment paper for the perfect pastry chef look. Cover the dipped strawberries with chopped walnuts or even some whole chocolate chips and your guests will be asking where you hid Sandra Lee.





7 WAYS TO KEEP HER HAPPY DURING SPORTS SEASON by Jim DeBellis

Tt's game time!

▲ I know it seems like summer just started, but our NFL gladiators have already donned their pads and uniforms, and the "Boys of Summer" are gearing up for the MLB playoffs – and that means that we will have a lot of nights and weekends tied up with the gang at the sports bar, chained to the boob tube in the den, or tailgating at the stadium, grilling brats and downing brewskis.

It all sounds perfect and exciting – until you think about coming home late and just a tiny bit tipsy to the loving arms...uh... make that the screaming homicidal scowling face of the beautiful pit bull that you love and cherish. Why can't she just understand that guys have important priorities that can't be ignored? Football, a big playoff series, and championship games are ingrained in our DNA and part of tribal culture...a our tradition that has to be honored...and a right that comes with being born male. Right? Compromising on our sports would be like compromising on our manhood.

Of course, if we try to defend that position (and

we've all tried), we will be defeated by tears, tantrums, guilt, or forced abstinence. ("Hey, if you love your buddies and your beer so much, why don't you make love to them?" No, thanks.)

But it's not hopeless, guys. I've plotted a course for this Fall that (I think) is going to allow me to eat my NFL/World Series cake and still have a happy girlfriend too. Here is a list of my top 7 ways to get through the sports season like a manly man while keeping your lady happy too.

1. THE PRE-SEASON HUDDLE

Stop the problem before it starts. Set aside an hour (after a nice dinner and two glasses of wine) when you both can be undisturbed and talk about the upcoming sports season. Bring a calendar or planner and a scheduleofallthegames.Now, you can't just lay down the rules and tell her you will be unavailable to her for anything but sex for the next five months. You have to at least try to seem like you're coming with an open slate and open mind, and that she will have some say in how things shake out.

Put your non-negotiable "can't miss" games on the

Magnanimouscalendar. ly give up some non-home team games you don't care about, and add in one or two date nights every month. Schedule them, and honor them. Just don't forget that the NFL has added a game every Thursday night this year too. So, if you're into college and pro football, that means you will be tied up Saturday all day and night, Sunday all day and night, Monday night, Tuesday night for Fantasy League, and Thursday night – plus a lot of other nights for the pennant races and the World Series through October. Maybe Wednesday bowling (unless that's night) or Friday you could spend some time with her. Wait...wait...Tell her vou will put her before football every Friday night – unless you follow high school football in Texas (but leave an out for baseball playoffs).

Just explain what's coming up and your commitment requirement, and let her know that you don't ever want her to feel left out.

2. TAKE HER ALONG

That's right. She can't feel left out if you take her with you once in a while – or at least offer to take her and beg a little if she says no (but not too much). It could be a weekly thing for all the guys to take their girls to the sports bar on Monday night. She will probably want to leave early so she won't be tired for work in the morning, but at least she will know that she has nothing to worry about when you go out with the guys.

If you actually are going to a game, an extra ticket can be expensive and hard to come by, so invite her to the pre-game tailgate party. You can cook for her for a change. Just make sure there are other girls there too. Then the ladies can go shopping or sip on some blue umbrella drinks at a sidewalk bistro, and the guys can go to the game and meet up later.

3. DO A SUNDAY ROUND-ROBIN

Take turns hosting the Sunday afternoon football event, and make the ladies a part of it. Some of them will want to watch the game, and others will want to sit in the dining room and chat or have a Tupperware party or whatever it is that they do. Instead of guzzling a beer after every touchdown, go and give her a big hug and a kiss, and spend halftime with her. The bonus might be that the ladies will take care of the snacks. And, in front of their friends, they also like to pretend that they take good care of you by bring in a cold beer once in a while and smiling cheerfully.

4. PLAY "LET'S MAKE A DEAL"

It's called quid pro quo in legalese, or (more appropriately in this case) "tit tat." for You give something; you get something. There's a possible deciding game of the World Series on Friday night, and she wants to go out or visit her parents. You know the Series will be over before next Friday, so make a deal: You get to watch the game this week, and then next week you'll take her parents out for dinner and then go dancing with her after-wards – or even to the ballet or orchestra. Mavbe she's not a black dress and heels kind of girl and would rather go to see the new museum exhibit or hit Six Flags. Give her something she wants, and make it fun. Then you might deserve to get what you want too.

5. GIVE IN ONCE IN A WHILE

Face it: Sometimes you just don't really care about the Thursday night match-up. Maybe she had a hard day and wants to go out to eat, or she wants you to go with her to see her sister's new baby. Just do it – especially if you see that "I need you" desperation in her eyes. She's worth it, and she will appreciate it.

6. SWEET LITTLE THINGS

Use the time that you do have together to make her feel special, and do sweet little things to show her you are thinking about her when you're away. Little love texts when you're out, or a little sexting foreplay conversation from the sports bar might be fun for both of you – and the rewards could be great. Or stop and get some of her favorite donuts on vour way home. Bring home Chinese and a pint of Ben & Jerry's for her after work if you'll be going out... and kiss her, for Pete's sake. Hold her, look in her eyes, and tell her how special she is. When you have a night at home together, turn off the TV, open a bottle of wine or brew a pot of hazelnut coffee, and just talk and laugh ... and see what happens.

7. BRIBERY: PROMISE HER A TROPICAL GETAWAY OR DIAMOND EARRINGS FOR VALENTINE'S DAY

Give her something to look forward to all season when she's missing you something that will make her sacrifice worthwhile. Valentine's Day is the first big romantic date after the Super Bowl, so maybe that could be your target. (If vou don't make dinner reservations for Valentine's Day in January, you might be out of luck. so take care of it as as the soon Super Bowl match-up is decided.)

It might be a gift or a getaway along with a fancy lobster dinner and her favorite high-profile restaurant. You got to feel like a man all season, so now let her feel like a lady. And start putting away \$50 a week right now, because you are going to want to fork over a nice set of diamond earrings or tickets for 5 days and 4 nights on Paradise Island in the Bahamas. Better make that \$100 a week.

V YOU ARE A SINGLE GUY WHO READS KANDY AND THAT MEANS YOU ARE CONSTANTLY ON THE GO. LUCKILY FOR YOU, OUR INTERNS HAVE COMPILED A LIST OF APPS THAT WILL HELP YOU MAXIMIZE YOUR VALUABLE TIME.

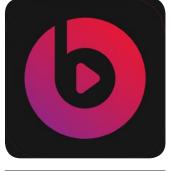
9 TO 5 APPS



at the forefront of app technology and their app updates ahead keep them of the competition. With the Starbucks app you can pay at 7,000 Starbucks 2,500 stores and Target and Safeway locations.



Starbucks has been Fitbit enables you to track basic activity and runs, or you can connect with Fitbit's line of activity the trackers and Aria Smart Scale to get a complete picture of your daily stats.





Beats Music provides you with unlimited, ad-free access to over 20 million songs from every genre. You can listen anytime on demand or download music to listen offline.

WhatsApp Messender allows you to get around your text messaging and data restrictions on your mobile phone bv using in-app technology to communicate with friends and family who also installed have the app.

3 DAY WEEKEND APPS



UBER is your taxi substitute. You can request a ride and be picked up within minutes. You can even compare quotes for different vehicles.



Urban Spoon puts a million restaurants at your finger tips with ratings and reviews by cust-omers just like you, as well as food critics. You can even make reservations at any OpenTable (US & Canada), or Dimmi (Australia), or Bookatable (UK) restaurant.



OpenTable helps you make reservations at over 20,000 restaurants in the US, Canada, and Mexico. You can find restaurants by cuisine or location and narrow your search by price, rating, or distance.



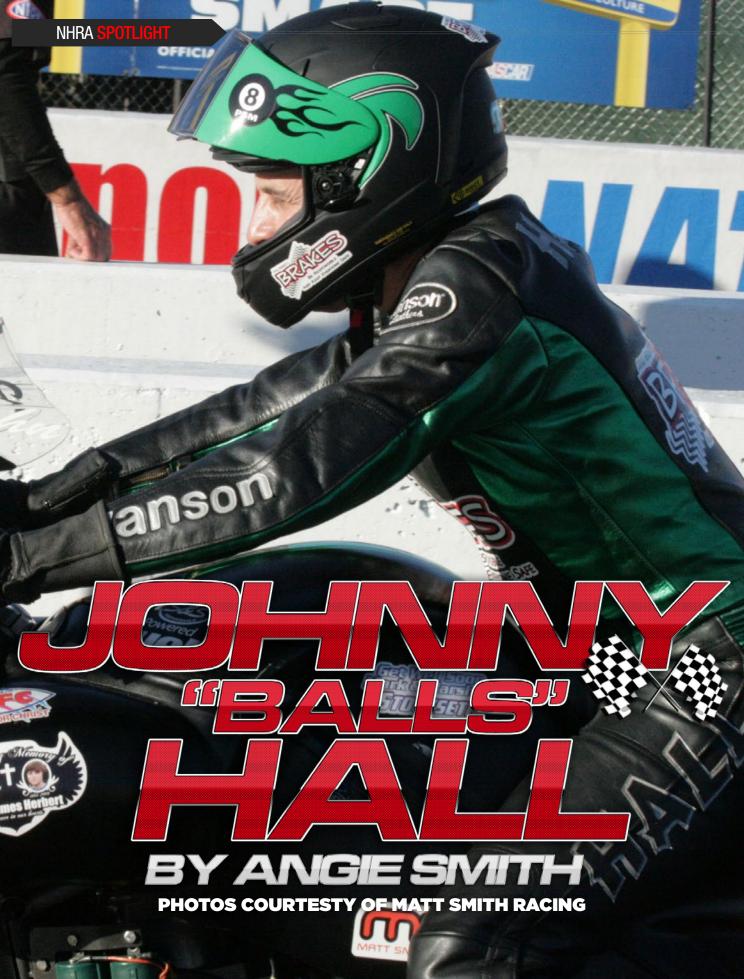
Eventbrite keeps you up to date with all the popular local events and even allows you to purchase tickets through the app as well as storing the ticket on your phone.



StubHub allows you to buy and sell tickets right from your phone. There are 4,000+ interactive maps where you can filter ticket listings by section and see the view from your section before you buy on select venue maps.



Fandango is the #1 movie ticketing app where you can find all the latest movie times at your local cinema.



When the girls go out on the starting line all you hear are the whistles and the guys yelling.



ohnny, tell us about your nickname and how it came about? My nickname is Johnny Balls and actually Matt Poli-

to and Tim Hailey thought it would be cool to make my name a little more "catchy"!! I told them it wasn't up to them to change my name but they are good buddies of mine that are involved in the media so they changed it in the media. So now I am Johnny Balls.

When you are not racing, what occupies your time?

I buy and sell houses. Flip houses. I also enjoy snowboarding with my family in the winter. Living in CT it snows a lot so our family started snowboarding and I really enjoy it.



Share with us the experience of winning the US Nationals!

I didn't qualify well. I struggled every round of qualifying and I honestly didn't think I was going to qualify. I knew we had a great bike but we just had to get it from the starting line to the finish line under full power and we would be good. Eddie Krawiec was the #2 qualifier and I ran Eddie in the last qualifying round. I ran faster than Eddie in qualifying so I knew I at least had a chance against him in the 1st round. I just took it all in stride and the win lights were flashing in my lane round by round. I really didn't think about it being the U.S. Nationals. I was just focused on racing. In the final round, I had to race my teammate Matt Smith who is

also my crew chief and team owner. I wasn't nervous going up to race Matt in the final. It was just another race to me. When I won, it really didn't set in until the next few days had passed. It was really special for several reasons. The first was, of course, it's the U.S. Nationals which is the biggest NHRA race of the season. It is comparable to the Daytona 500 in NASCAR. It was my father's 93rd birthday. I got to take my father a Wally home. His priceless. reaction was He said. "Wow! That's nice... how do you get one of these?" I said you have to win it. He said, "Geez, you got to win it ... That's real wood." said He that's nice and put it down

NHRA SPOTLIGHT



and moved on. He was in World War II so it's hard to impress him because he has lots of metals to show off. The only thing I regret is my wife and kids were unable to make it to the race that weekend because of their school schedules. I would have loved to share the win with them but we celebrated when I got home.

What's been the biggest challenge for you this season so far?

I think my biggest challenge of the season thus far is... I am more comfortable on the bike and I think my reaction times have suffered because of that. Last year my reaction times were better but I had other challenges as far as riding the bike down the track. I would say last year my adrenaline was flowing and I was really focused on the things I needed to do on making a pass. This year I am more comfortable on the bike and more relaxed because Matt Smith has made me a better rider since last year. Maybe I am too relaxed on the bike. I have lost my reaction times and hopefully I find them. If anyone has seen them please let me know. Haha. I think I lost my reaction times in Indy last year so maybe when I go back this year I will find them there.

I think we should start calling you Johnny Cool. Do you ever get upset?

I absolutely do get upset. With

me it's ALL or NOTHING. Either I am really mad or I am not. When it comes to racing I try to stay as calm as possible. Freaking out never really helps anything so I try to stay cool, calm and collect for the most part. Freaking out kind of throws everything off. At the races, it's all about having a great time and turning on win lights.

66... spice it up a little with new beautiful faces ...

Any suggestions on bringing greater fan awareness to our race class, NHRA Pro Stock Motorcycle?

I think NHRA PSM needs to target a younger crowd. For example, if you watch motorcross, they have young beautiful girls doing interviews. I think they need to maybe change the demographics of the media personnel. I am not saying it's going to bring a ton of fans but I do think it will bring a new generation to watch our sport. It's all about what's appealing in my opinion. I am not saying anything about the people that do our interviews now. All I am saying is we just need to spice it up a little with new beautiful faces maybe.

Social media obviously is larger... than it ever has been... Social media is perfect at getting the word out at a rapid

NHRA SPOTLIGHT

pace to large amounts of people... social media is only going to increase with time. I think it's a huge avenue for athletes and celebrities to have... interactions with fans.

Off topic, who do you root for in other sports? I noticed you live halfway between NYC and Boston.

In NASCAR, I am an avid Jeff Gordon fan. We live in New England but we are closer to New York than we are to the Red Socks so I am a Yankees fan. I grew up a Yankees fan but I am also a New England Patriots fan.

I think the Kandy girls are exactly what they want.

Final question, what do you think of my personal cheerleaders, the Kandy girls?

I think they are GREAT for everything. People see them and want to be around them. That's what catches the attention of the fans and gets them interested and goes from there. It goes back to what I was saying about what is appealing to the vounger generation. I think it is great for the sport. The crowd loves it and that is who we are there for. If there weren't fans then we wouldn't be racing so we have to appeal to the





fans as much as we can. I think the Kandy girls are exactly what they want. When the girls go out on the starting line all you hear are the whistles and the guys yelling. To me that says they like it and they are fans. What Kandy Magazine is doing with the Kandy Girls and Angie is taking sponsorship to the next level and making it beneficial to the fans.



PREDICTIONS

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o earth shattering news in our predictions for the upcoming season. The Broncos and Seahawks clearly look like the class of their conferences. Barring major injuries to key players, it would be a giant surprise if they did not meet in a rematch in the desert in February for the title. Even though Denver spent heavily in the off-season to upgrade their D, Seattle's D looks impressive as ever and should lead them to a repeat title.

AFC East

- 1. New England Patriots
- 2. Miami Dolphins
- 3. Buffalo Bills
- 4. NY Jets

AFC West

- 1. Denver Broncos
- 2. San Diego Chargers
- 3. Oakland Raiders
- 4. Kansas City Chiefs

AFC South

- 1. Indianapolis
- 2. Tennessee
- 3. Jacksonville
- 4. Houston Texans

AFC Central

- 1. Baltimore Ravens
- 2. Pittsburgh Steelers
- 3. Cleveland Browns
- 4. Cincinnati Bengals

NFC East

- 1. Philadelphia Eagles
- 2. Dallas Cowboys
- 3. NY Giants
- 4. Washington Redskins

NFC Central

- 1. Green Bay Packers
- Detroit Lions
- Chicago Bears
- 4. Minnesota Vikings

NFC South

- 1. New Orleans Saints
- 2. Tampa Bay Bucs
- 3. Atlanta Falcons
- 4. Charlotte Panthers

NFC West

- 1. Seattle Seahawks
- 2. San Francisco 49ers
- 3. Arizona Cardinals
- 4. St. Louis Rams

AFC Playoff Teams

Denver Broncos, New England Patriots, Baltimore Ravens, Indianapolis Colts, San Diego Chargers, Pittsburgh Steelers

NFC Playoff Teams

Seattle Seahawks, Green Bay Packers, Philadelphia Eagles, New Orleans Saints, San Francisco 49ers, Dallas Cowboys

AFC Champion

Denver Broncos

NFC Champion

Super Bowl Champion

Seattle Seahawks

Kandy

2014 College Football **Predictions**

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ollege football has returned to America. This year there is a new way to determine the national champion. While it is not perfect it is an improvement over the controversial BCS formula. You can bet there will be fans complaining once the selection committee makes it final four pick but to those fans we say, "if you are complaining, you obviously were not one of the two best teams in America anyway so shut it."

Here is Kandy's Pre-Season Top 25 and our predictions for the teams playing in the first ever playoff games.

- 1. Florida State
- 2. Alabama
- 3. UCLA
- 4. Georgia
- 5. Stanford
- 6. Oregon
- 7. Michigan State
- 8. Texas A & M
- 9. LSU
- 10. Ohio State
- 11. Missouri
- 12. Wisconsin
- 13. Arizona State

- 14. Auburn
- 15. USC
- 16. Baylor
- 17. Oklahoma
- 18. Louisville
- 19. Oklahoma State
- 20. Kansas State
- 21. South Carolina
- 22. Clemson
- 23. Michigan
- 24. Notre Dame
- 25. North Carolina

4 T<u>eam Playoff</u>

Florida State, Alabama, Georgia, Oregon

SEMI-FINAL ROUND

Florida State over Georgia Alabama over Oregon





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