



ENTOURAGE vs. JURASSIC WORLD

DWAR WENTE

Summer's Hottest Flirt

WRCKLOFF ISSUE

AUSSIE SWINSUIT MODEL EI SE SCHEERING Gets Cheering

2015 SUMMER GUIDE CAR STYLE

JUNE 2015

GRILLING TECH

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SUMMER FASHION TRENDS CHIVALROUS CHAUVINIST THE PHAROAH

TOUGH MUDDER

ROUSEY vs CARANO

CHEATING SCOREBOOK



Kane Kane Bable of Contents

COVER MODEL IRYNA IVANOVA



Krush of the Month ELISE NATALIE Gets Cheeky!

Our June Krush Elise Natalie was crowned Australia's 2014 Miss Swimsuit USA International and the beauty pageant queen gets 'cheeky' in her US magazine debut.

SUMMER'S HOTTEST FLIRT

When was the last time you flirted? Iryna and Kandy have been flirting for a couple years. We're finally dancing! Swimsuit optional.



Summer Entertainment Foo Fighters go on tour and Hollywood delivers two movies for different audiences, Entou-

Kandy Sports Guide

Summer means one thing to a sports fan, it's time to step outside and work on your tan as there are few options unless you a baseball fanatic in which case you get the College World Series, the Little League World Series, and MLB. Kandy sports correspondents have dug deep though and talk Ronda Rousey or Gina Carano, American Pharoah's chase of the horse racing's Triple Crown, and reflect on cheating in professional sports which FIFA has taken to a new level.

rage for the Kandy audience and Jurassic World for everyone else but we think even the Kandy audience will love Jurassic World.





Kandy Summer Life You are in for a treat – words, words, words. Our columnists are serving up a lot of words this month covering summer. Summer fashion tips to keep you in the game, grooming reminders to raise your game, a car style guide to match your game, and a manual for the chivalrous chauvinist to perfect your game.

Miscellaneous

Our Tech Guy merges grilling with technology to help you cook the perfect steak and Kandy Sports Girl joins a million other participants around the globe in conquering Tough Mudder.





KANDY MAGAZINE



Photos by: AMaginations Photography

<u>Letter from the EDITOR</u>

'm beginning to get up there in the years but everyone once in a while I feel a decade or two younger as I reconnect with my college buddies. As they sit around and talk about sending kids off to college and I warm myself to the wives who are meeting me for the first time and have already decided that I am the devil, there is always a 'newbie' who inquires, "Kooch (that's what my friends call me), how do you find all these beautiful women to grace the pages of Kandy?" I'm not sure why but this question invigorates me. It instills a sense of youth. And, the energy depriving minutes or hours I just spent convincing the wives I am not the devil are immediately replenished as adrenaline kicks in. Before I answer, there's always a pause as I first reflect on my private life, which is that of an average guy. But, then I think of the public life and it could very well be something out of Entourage, so succinctly put in press notes for the upcoming movie – "Ever cruise Sunset Boulevard in a stretch limousine, and then hit the red carpet ...? Stop by an impromptu party on the beach in Malibu, where the sun always shines and the cocktails flow? Score the best table at the hottest restaurant in town, no reservation required? And all the while, everywhere ... gorgeous starlets ... It's everybody's fantasy to live the Hollywood dream,..." The answer is yes, and those moments do exist. The key is finding balance and to not let the Hollywood dream consume your life.

My path to Kandy was a long, winding road that had more canyons without bridges, whitewater rapids without paddles, and shark-infested waters without cages. I won't bore you with the details but I never stopped believing and if you have a dream neither should you. Now, to my answer, it is the same to everyone who asks the question. To which I say, *"That is a conversation for another time and place and preferably not with your wife in attendance. My presence today, at your backyard barbeque, is to warm to your wife the idea that you and I going out for a beer or two one evening will not end in debauchery. <i>Trust me, it won't."*

I remind them to never judge a book by its cover, something their wives soon discovered after getting to know me and realizing I am not the devil. And NHRA fans, competitors, team owners and officials, who actually met the Kandy girls at race events, quickly discovered that the girls are friendly, intelligent and not at all what they've read on message boards about the girls. I guess, for many out there in the world, it is easier to tear people down than to help build them up. Maybe it is a reflection of today's society. But, to you the reader, we appreciate you helping us climb to the top and thank you for keeping us up there. We appreciate your loyalty and now on to a quick preview of Kandy's summer.

Ah, summer. The sound of waves crashing at the beach. The hum of a powerboat pulling a jet-skier across the lake. The splash of rapids against the river rocks. The scent of sunscreen on the tanned perfect bodies of the Kandy girls. Welcome to our Summer Kick-off Issue and a preview of what lies ahead this summer for the men and women of Kandy. We have an amazing summer lined up for Kandy readers. Next month we unveil our 2015 Krush of the Year; then it's our 2nd Summer Swimsuit Issue and we close out the summer with a very special Kandy 4-Year Anniversary Issue.

SCROLL DOWN



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KANDY MAGAZINE



TOP SUMBR STYLE TRANS

As summer season is upon us, it is quite the time to add warm weather staples to our wardrobes and get rid of the winter stuff. Summer is the best season to play with colors, to break the rules, to show off some skin, and adopt new styles. Even office days become fun when you are wearing trendy clothes that put you in the spotlight. However, if you want to avoid the confusion and fill up your wardrobe with the essentials, then read onto the recommendations below and find out what's 'in' this summer.

YOU CAN'T MISS DENIM

Well, if you are thinking that denim is going out of fashion, you are sadly mistaken. Denim is usually in fashion throughout the year but for this summer, double and triple denim is the way to go. If you are thinking that just your pair of denim jeans would do, you need to think again. If you really want to stand out and look chic, you have to have more than two pieces of denim including denim jackets, shorts, pants, and shirts. The denim trend this summer is



going to be way more playful. You can add textures to your look by buying colored, faded, or textured denim.

Tips to Rock the Denim Look

Instead of picking out dark blue denim pieces, go for more variety. Pick different hues like you can pair off-white denim pants with a faded dark blue denim jacket. If you are wearing a blue denim shirt, pair with a light colored jacket (any other material) and light colored denim pants. These looks are perfect for office and casual events.

If you are planning to go out on a lunch, you can pair blue denim pants with a pastel colored casual shirt. This is the classiest look that you can rock in the daytime.

PUT ON WHITE TRAINERS

If you are having trouble finding the perfect pair of shoes that you can use at multiple occasions, white trainers is the way to go. White trainers look clean and classy, and compliment any look that you want. Whether it is a casual meeting or a night-time event, white trainers will give you that extra oomph that you are looking for.

ADD STRIPED BLAZER TO THE WARDROBE

Stripes have been in fashion for quite a while now. However, the fashion scene tells us that striped blazers will be hot this summer. Blazers are an essential part of your wardrobe, especially if you have a job. To make your appearance grand for work-related meetings, you need to wear a striped blazer.

Striped blazers are stylish and give a smart look. The stripes on blazers can be horizontal or vertical. You can go for colored stripes or thick single colored stripes. Whether you want to go to an evening outdoor party or a casual dinner, striped blazers are perfect for all occasions.

The best thing about white trainers is that they suit everyone's style. Moreover, when you have a pair of white trainers, it becomes extremely easy to choose the outfit to go with it. Due to their simplicity, white trainers make the whole look chic. These shoes are definitely going to be huge this summer. So, don't forget to grab yours to achieve that casual-smart look.

Tips to Amplify the Look with White Trainers

White trainers can enhance the look of any outfit. To make the most of these timeless pair of shoes, pair them with printed shorts or navy blue pants. If you are looking to achieve a more corporate look, pair your white trainers with khaki pants, white shirt, and a blazer. You can also wear these shoes with a complete dark colored outfit.

Tips to Create an Inspiring Look with Striped Blazers

If you don't want a lot of patterns and prints all over you, then pair your striped blazer with plain white pants and a blue colored button down shirt. If it is an important meeting that you have to attend, add a tie to complete the look.

Going for a casual dinner? The best way to pull off the smart look with a striped blazer is to pair it with a plain colored T-shirt and dark colored pants. It is best to wear a pair of loafers or leather shoes with the striped blazer to complete the look.

DON'T RUN FROM PRINTS

If you are one of those who are afraid of playing with prints, you should seriously try out a look with printed clothes. Whether it is shorts or shirts, prints are massive this





The most creative and trendy motifs that you can go for this summer include floral prints, polka dots, tropical prints, camouflage, geometric designs, block colors, and stripes. The best thing about prints is that you get a chance to play with colors and truly feel the summer vibes.

Tips to Amp-Up the Printed Look

The key to rocking the printed look is to avoid adding too many prints. So, if you want to hit the beach or go out with friends, you can simply pair your printed shorts with a plain shirt. If you are going out for some outdoor activity, you can wear shorts or button down shirt with geometric design. Don't go overboard with prints as wearing all-printed outfit can make you look somewhat messy. are looking to achieve a smart look, pair your button down shirt or a printed T-shirt with navy blue or grey chinos.

For a more casual look, you can pair your pastel colored chinos with a white button down casual shirt or a polo shirt. You can further enhance your look by wearing a satin scarf or a hat.

GO FOR PASTEL COLORED BOTTOMS

Pastel colored apparel has been evolving for the past few years. Most of the top designers in the fashion industry are working on their summer lines that are packed with pastel colored bottoms. So, there is no reason for anyone to not add pastel colored leg wear to their wardrobe.

ADD COTTON TWILL TROUSERS To Your Wardrobe

Chinos or cotton twill trousers were initially designed for military guys. However, today, chinos are widely donned by men to get a stylish appearance. These trousers are not only smart, but they are extremely comfortable as well.

Due to their smart-casual and chic look, chinos will be in fashion throughout summers. Chinos are available in a variety of colors including khaki, pastels, earthy tones, and dark colors. So, when picking a pair of chinos, make sure you pick the one that goes with other items in your wardrobe.

Tips to Wear Chinos

The best way to wear chinos is to have them fit like the trousers of your suit. You can also roll the chinos at the hem to striate a more upbeat and smart look. You can pair your chinos with a blazer for a more corporate look. If you want to attend a casual event or The good thing about pastel bottoms is that they help emphasize your top wear. Pastel colored chinos also go well with striped blazers and printed shirts. Apart from chinos, pastel shorts are also in fashion for the hot summer days.

Tips to Don Pastel Colored Bottoms

If you want to create a smart look with pastel bottoms, you need to learn to wear them the right way. If you are heading for a casual event, you can pair your pastel chinos with a striped button down shirt. If you want to go to the outdoors or hang-out with friends, pair your pastel colored shorts with floral or tropical printed shirt. To attain a sportier look, wear a polo shirt with your pastel colored shorts and don't forget to rock some pair of sunglasses.

If you are travelling, pair your pastel colored chinos with a light colored blazer and a bright colored T-shirt. The white trainers go perfectly well with pastel colored bottoms.

KANDY MAGAZINE

WRAP UP!

This article enlists the hottest summer trends that you should focus on. With the help of the tips given above, you can hit the shopping mall without worrying about which things to buy. When changing your wardrobe for summer, you have a lot to play with. You can go for a more vibrant look by adding colors and prints or you can simply create a casual-smart look that you can carry the entire day. So, what are you waiting for? Hurry up and grab your summer essentials today!





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KANDY GROOMING



Grooming Tips to Keep You in The Game

The sweltering summer season doesn't mean skin and hair care changes for women alone. If you value your personal image, you should follow a daily regimen for skin care and grooming during the long summer months. You will enjoy more success, professionally and in your personal life, if you always look your best.



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Beard Maintenance



B.O.







Skin Care

Sun Screen

KANDY GROOMING



Take Care of your Hair

Many shampoo brands are classified by the type of hair on which they will be used. Most "normal hair" products will work, unless you have very oily or dry hair. Moisturizing shampoo will provide your hair with extra moisture, but discontinue using it if it makes your hair appear oily. You only need a small amount of shampoo for your daily hair washing.

Hair Conditioners and Conditioning Treatments

Select a conditioner that is made for your hair type, so your hair will look shinier and feel softer. Conditioners with moisturizers allow your hair and scalp to retain their natural moisture more easily, and this is ideal, especially if you have coarse, dry or curly hair. You may also use a thickening product if you have thin hair. It will coat each hair with protein, and works especially well if you have flat or fine hair.

Taking the time for deep-conditioning hair treatments will give you stronger hair and a healthier scalp. These hair products contain proteins for softness and humectants that rehydrate your hair. Once a week is usually enough for a deep treatment, unless your hair is especially dry or coarse.

Dry Shampoo for Busy Days

There is no rule that says you must wash your hair every day. However, if you want to look your best, you can use dry shampoo on those days you don't do a full wash. Powdered shampoos improve your hair condition and keep it from becoming dehydrated.



KANDY GROOMING



Facial Cleansing

Men should use cleansers with moisturizers – they are not made exclusively for women. Warm air, UV rays and wind can leave your skin leathery, flaky, dry or itchy. Since men may not have as many antioxidants found naturally in their skin, a moisturizer will help to heal and maintain your skin cells.

Men used to have to make do with women's moisturizing cleansers, but men's and women's skin have differences. Your skin is about 20% thicker than most women's, since you have more connective tissue and collagen than women do. There are many men's moisturizing products available now, and the area of skin care for men has very definitely evolved in recent years. You shouldn't have any trouble finding men's cleansers and moisturizers.

You will see many more men's skin care products in your local drugstore or online. Men don't have as much a need for exfoliating as women do, since your skin exfoliates naturally when you shave regularly. Using a lighter moisturizer is helpful, since your skin is probably oiler than most women's. Be sure to select a product that is suitable for your skin type, especially if you have sensitive skin.

The Eyes Have it – Tweezing Your Eyebrows

The unibrow was never very popular, and it's not a look you want to show, summer or winter. Using tweezers, hold the skin in between the brows taut, with a finger and thumb. Pull the unibrow hairs out from the base, every two to four weeks. Pulling swiftly will or prevent hair breakage and the sting won't be as noticeable.



Grooming the Nose Area

Nose hairs are necessary for the protection of your mucous membranes, but you don't want to allow them to "grow wild". Stand in front of a mirror and simply squeeze both sides of your nose, If hair can be seen, snip the tips with a nose hair trimmer. This can be done as often as necessary.

Shaving Is Good for your Skin

It may surprise you to know that shaving benefits the health of your skin. It aids in sloughing off dead, rough skin and helps in exfoliation. If you end up with raw or red skin after you shave in the summer months, look more closely at the way you shave.

Using a wet washcloth on your face before you shave will open your pores and soften the hair. Pre-shave lotions also soften your hair, which makes it easier to shave. Don't use bar soap for shaving; rather, use a rich and moisturizing shave cream. You'll be preventing nicks and this will allow you to shave without razor burn.

After you shave, use an aftershave product that nourishes your skin. This closes the pores and moisturizes and soothes your just-shaved skin.

For Those Who Sport a Beard...

If you have a beard, it is imperative to keep it clean and well-trimmed, especially in the summer. Mild shampoos allow you to cleanse your beard, without bothering sensitive skin.

After you shampoo your beard, a conditioner may be applied. Make sure that you thoroughly rinse it, or it may cause flaking. Beard hair is usually quite coarse, so conditioners won't work as well as they do on your hair, but your beard will still feel softer.

Pat your beard with a clean towel to dry it. You don't need to blow-dry your beard, since this tends to be harsh, especially on sensitive skin. Comb your mustache and beard and remove any tangles. You can use a brush, if that's more comfortable for you.

Professional or Home Beard Grooming?

Unless you have a friend that's quite handy, you may want to leave beard trimming to a professional. Alternately, you can trim your own beard, as long as you have all the right tools. You should use beard trimmers or scissors. Barber's scissors are helpful, if you choose to trim your beard this way. If you elect to use a trimmer, then models that are cordless and rechargeable are good choices.

A wide-tooth comb is helpful for maintaining your beard, while a fine-tooth comb often works better for mustaches. You can also purchase combs specifically made for mustaches and beards.

Be sure not to trim your mustache or beard when they are wet. Water causes the hair to become longer, and you could trim off more than you want.

If you're using scissors and a comb, go through your beard with the comb and cut the hair outside the comb itself. You won't be perfect the first few times, so be careful that you don't cut off too much. It's much better to not cut off enough, rather than taking off too much.

Beard Trimmers Make the Job Easy







Keep Your Chest Looking Great for the Summer

Chest hair should be a bit over one-half inch in length, according to many men's style salon professionals. Use a hair clipper, and trim it every two to three weeks. If you have never trimmed your chest hair before, leave it a bit longer the first time, so the change won't appear or feel too abrupt.

Getting Rid of Body Odor

If the hot, humid weather leaves you sweaty and sticky, there is more you can rely on than simply deodorant. Start when you shower by using a body cleanser with bacteria fighters. Body

odor occurs when bacteria and sweat mix, and body washes help to prevent odor before it has a chance to begin.



Skin Care for Summer

The hot weather of summer usually causes your skin to secrete more of its own oil, or sebum. This is especially true in humid areas. Excess oil may cause your skin to appear shiny, and can clog your pores. These problems are especially prevalent in men who have oiler skin to start with.

Select a skin cleanser that will break down impurities and oils, which will leave your pores unclogged and clean.

Summer = Sunscreen Required

Even if you feel that sunscreen application every day is annoying, it saves your skin from wrinkles, premature aging and, of course, skin cancer. The sunscreen products you buy today are not sticky like old-style sunscreens. Most of them are made with lightweight formulas that even allow you to forget you are wearing a sunscreen. By the way, sunscreen is important during the winter months, too.

Look for sunscreens that are broad-based, without oils. SPF 30 or higher is generally thought to be safer. Matte formula sunscreens absorb your excess oil, so your skin won't feel greasy. If you will be outdoors a lot during the day, be sure to take sunscreen along

and reapply it every one or two hours.

Perfect Your Skin Routine

If you have any specific concerns like acne, sensitive skin or wrinkles, you once would have had to purchase a variety of products to handle all your issues. Today, you will find many formulas available that can handle any problems you may have with your skin.



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By Teddy Field

The way a guy dresses tells the world a lot about who he is. For example, I typically wear a polo shirt, chinos, sunglasses and a bluetooth. As you might expect, I live in a trendy downtown apartment, drink an odd brand of whiskey, and drive a convertible sports car. According to Google, I'm "preppy"...although most of my friends use the term "douchebag" (I suppose screaming into the bluetooth while hauling ass with the top down does fit the stereotype). But the look isn't intentional, and neither is the car. I wear Izod polos and drive an obnoxious convertible because they fit my life. And after years of reveling in my own awesomeness, I've learned that if you want to achieve zen, your car and personal style should be an extension of your actual world. Not some lame attempt at following the latest

fad. So let's look at some popular styles and see what kind of car should be hanging







Business Casual - 2015 Lexus IS350 F Sport

If you've been working your way up the corporate ladder, then your wardrobe no doubt contains at least three slim-cut blazers, and an assortment of flattering khakis. A comfortable, reliable car is definitely necessary. But it also needs to be nice enough to carry your drunken co-workers / bosses home from Applebee's on Tequila Tuesdays. Because nothing says 'hard worker' like giving your boss a comfortable backseat to pass out in.

If this describes your life, then say hello to the 2015 Lexus IS350 F Sport. It's an MBA on wheels but it's also entertaining enough to relieve your stress on the way home from work. For example, you've been waiting around all day for an updated T114 form, so you can close that deal with WidgetCorp. But the idiot in the Atlanta office never faxed it to you. Now at this point, you could relieve your frustration by trying to hit the janitor in the head with company-branded stress balls, while he obliviously mops the floor, listening to La Vita Loca on his iPod. Or, you could just stomp the Go-Pedal in your Lexus,

and let 306 precision Japanese horsepowers wash all your troubles away. The sharp rear wheel drive chassis and F Sport suspension, make the IS a stress relieving blast in the curves. And the 5.5 second, 0-60 time means that you'll get home in time for Shark Week.

Lexus worked very hard to create a sports sedan that rivals the BMW 3-Series and Audi A4. $igodoldsymbol{\Theta}$

The available active evenencion (AVS) charpens the car's reflexes allowing you to ewitch



2015 VW Golf SportWagen TDI Clean Diesel Starting at: \$25k

Power: 150-hp - 2.0L turbodiesel MPG: 31 city / 42 hwy / 35 combined

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MORE PHOTOS



Hipster - 2015 Volkswagen Golf SportWagen TDI Clean Diesel

Do you like to sit in the park reading vintage poetry books, while listening to Pink Floyd on your iPod 16? Did you blog about the spinach-wheatgrass muffin that you had for breakfast? If so, then you probably have a closet full of vintage plaid shirts, skinny jeans, and a bunch of retro t-shirts that you found at the thrift store. Your current ride is probably some iconic hunk of metal that runs on French fry grease, and is painted a suitably earth tone shade of brown. But that Volvo 240 D isn't going to last forever, so why not upgrade to a new diesel wagon that flips a proverbial bird at modern consumerism?

The 2015 Volkswagen Golf SportWagen TDI is based on the new Mk7 Golf platform, and it's powered by VW's excellent 2.0L turbodiesel. The styling is sleek and modern, yet it'll still stand out at the local Farmer's Market. Inside, you'll find a blend of retro and modern,







2015 Chevy Colorado Starting at: \$20k Power: 200-hp - 2.5L 4cyl /

Outdoorsy / Jock - 2015 Chevrolet Colorado

Do you like to hunt, fish, surf, play contact sports, climb things, go mountain biking, camping, or take part in any activity that makes wearing camouflage socially acceptable? Then your clean clothes pile is probably full of blue jeans, shorts, and a bunch of wildly colored t-shirts that're made from that silky breathable material. If this describes your 'active lifestyle', then you're going to love the 2015 Chevrolet Colorado.

This tough looking Tacoma-sized pickup from Chevrolet offers the toughness of ladder frame construction, with a selection of modern powertrains, including a 200-hp 4-cylinder and a 305-hp 3.6L V6. You can have a 6-speed manual, a 6-speed automatic, 4WD, a locking rear differential, and an immensely capable off-road version called the Chevrolet Colorado Z71. There's a 6.2 ft bed, a 5 ft bed (both offer integrated bumper steps, and an available EZ-Lift tailgate), a 4-seat extended cab, a roomy 5-seat crew cab, and a raft of optional cargo handling, towing, and off-road equipment.









Photography by AMaginations Photography



KANDY MAGAZINE



Photography by AMaginations Photography



KANDY MAGAZINE



If you've got it, flirt. And, Iryna has it. Kandy and Iryna have been flirting on and off for a couple years now. If we were a magazine publishing nude photos Iryna would have been on our cover a long time ago. Over that time, it almost seemed as if that nudity to Iryna was not optional but mandatory and that was where Kandy's flirting always stalled. Nudity always got in the way. Upon review of the latest selection of photos of Iryna we are seriously rethinking our policy on nudity. The female body is a beautiful work of art and Iryna's body is the female body at its finest. Alas, all we may share with you the





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Iryna 101

→ Iyrna was born in Voronezh, Russia and lived in Feodosiya, Crimea until the age of 15, where she moved to Tucson, Arizona with her family. She attended the University of Arizona, receiving her MBA. Iryna is currently the market manager for the band Critical Hit.

Humor 101

What we now about Russian models is they tend to have a sense of humor. What we don't know about Russian women is if that sense of humor is ha-ha funny or sarcasm. Take for example, this quote from Iryna, "I do all the work, just relax," when she was asked what makes her a good lover. Hmm. Sarcasm or reality? She obviously likes to be on top. That sounds like a win-win for us.

Sex 101

Best we can decipher there are seven hours in the day when Iryna does not think about sex, 6 am to 9 am and 11pm to 3 am. What exactly is taking place in Iryna's life during those hours is a mystery.

Dreams 101

Well, it appears that Iryna hopes to one day to invent teleportation or become a chessmaster. We say there are better odds on chessmaster than teleportation. But, hey, we are not the ones with a MBA so what do we know.

Checkmate 101

Her twitter professes her love for animals, big boobs, Louboutin heels and coffee. Well, some men may not be so passionate about the animals but we are pretty sure they are a big fan of the other three.

Closing the Deal 101

So, you want a girl like Iryna to wake up next to you every morning. It's fairly easy. Here is all you need: be smart, career focused, make her laugh, play the piano, and show up well-dressed. Oh, and if you want to seal the deal, recite all 196 countries and 44 US presidents in order in under 2 minutes. Yeah, that last one killed us too.

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The Pharoah & The Crown

By William Poole



Photo credit: NBC Sports Grou

I'll Have Another Winning 2012 Preakness

For one illustrious Saturday in May, sports fans have the ultimate excuse to drink mint juleps and don seersucker suits, whilst gambling on cheekily named horses. But after the pomp and circumstance of the Kentucky Derby, thoroughbred horse racing loses mainstream luster for another 364 days. That is unless a horse has a shot at the Triple Crown.

Seemingly, only an exclusive group of privileged people care about horse racing year round. However, when a horse has a chance at the Crown, the world takes notice, if only because the feat is so rare. The Triple Crown has been won by eleven horses, but the last to accomplish the task was Affirmed in 1978.

American Pharoah will have his chance to end the Triple Crown drought in 2015. The three-year-old colt ran a beautifully strategic race at Churchill Downs and led wire to wire in the mud at the Preakness Stakes last weekend. Even an amateur spectator can deduce that he is the best horse in this year's field. Heck, his rival and stable mate Dortmund probably knows where he stands; as is the 'Pippen' to American Pharoah's 'Jordan.' Remember California Chrome? I'll Have Another? How about Big Brown? They were all household names in the last decade for the same reason American

Pharoah is a household name right now. Then, all three of the aforementioned horses

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WHO WOULD YOU RATHER KNOCK YOU OUT Rond Rouse States of the second state

By John Zakour



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fter watching the clip from the new Entourage movie where Turtle sees if he can last 30 seconds in the ring with current UFC woman's bantamweight champ Ronda Rousey, I got thinking. It didn't take long at all for Ronda to put Turtle on the matt and lock him in an arm bar. Yeah, I know this was a movie, but I get the distinct impression that Ronda could take him in real life. I couldn't help thinking how fun that scene must have been to film. I also got pondering who I rather be KO'd by -Ronda or another famous and beautiful fighter, Gina Carano.

Let's take a look at the Tale of the Tape. Ronda is 5'7" and weighs in at 135lbs. She is 28. Ronda's base martial art is judo, where she was an Olympic medalist. Besides Entourage, she has been in the movies Furious 7 and Expendables 3. Gina is 5'8" and weighs in at 145 and is 33 years old. She is a mixed martial artist and an ex-American gladiator. She starred in Haywire and is featured in Deadpool. To summarize, they are both stunning World-Class athletes who could beat the crap out of most average guys.

Note, this is not meant to be a spitting contest over whether a world-class woman fighter can beat up an average guy; that's not the point. (Because... well, they could.) The point is which one would you rather be "*put to sleep*" by. I'm an ex-Judo guy so I really







Cheating in sports has become a sport in itself.

What rules violation can top another? Who will be the next to break the rules? How long will a suspension last?

Keep score at home to not miss the next development.

The sad, realistic aspect of rules violations in sports: They will never stop. Rules violations now will continue to happen 50 years from now and so on. Infractions imposed on the wrongdoers are like a faulty dam, unable to stop the dirty flow of water.

Those trying to be that dam — the governing bodies — have as much to blame because of their reactive instead of bold proactive behavior. After all, they have to look after their wallets.

We thought we've seen it all: A pitcher scuffing baseballs with sandpaper. NASCAR drivers making illegal modifications to their cars. Baseball players juiced with performanceenhancing drugs. Wide receivers using Stickum to better catch a football. Recruiting violations in college sports.

On and on it goes.

But just when we thought every type of infraction has surfaced, we learn that New England quarterback Tom Brady allegedly ordered two equipment managers to deflate footballs to gain an unfair competitive advantage.

Is anybody shocked over Deflategate? No. The appropriate word is "amused" because of what we are accustomed to reading in the news section now rather than the sports page.

From 2001 to 2010, the NCAA imposed violations on 53 of the universities in its top competitive level in football. That's an average of 5.3 schools a year that suffered a penalty, which obviously did not deter illegal behavior. No fear factor exists because of the NCAA's wait-and-hope stance.

Not every NCAA institution is squeaky clean. In fact, most get away with infractions, either minor or major in scope. Think of how damaging it would be for the NCAA to be aggressive going after the elite programs that have athletes who may receive improper benefits on recruiting trips?

The NCAA financially can ill-afford programs such as Alabama, Ohio State and Michigan to be hounded. Any time a traditional power like USC, for example, is weakened by a scholarship reduction because of a lack of institutional control, it affects TV ratings when the Trojans play.

The NCAA and ESPN, ABC, CBS and Fox Sports can't have any of that.

The Ted Wells report into Brady's alleged tie to deflating footballs suggests the NFL did not launch a sting operation against the Patriots before the playoff game against the Colts.

The Wells report explains that Colts general manager Ryan Grigson sent an email to the league office raising concerns about air pressure in the Patriots' footballs before that game







→ If you can connect the dots from these clues – bubbles, men and the wild – well then you might just be psychic. You see, our interview with Elise cast a wide net and when it was all said and done those three items are what stood out to us. Oh, and that she won the 2014 title of Australian Miss Swimsuit USA International and she proclaimed that Aussie men can drink American men under the table. "Drinking and Bikinis". That seems like a more suitable headline to get a Kandy reader's attention.

ELISE ON ROMANCE

What would be the ideal first date?

Something unpredictable, low-key, original and exciting. I love surprises but nothing too over the top. First dates to me are all about getting to know someone, and I like to move away from more traditional conventions.

What first date would be a deal-breaker?

A fast food restaurant would have to be a deal breaker for me, but at the same time I'm not a suggesting a five-star restaurant. I like my dates low-key, casual and a place where you can get to know someone.

When out on a date would you rather the guy order you a glass of champagne or a beer?

You can't go past a nice glass of champagne, I love my bubbles.

How would you describe the ideal romantic evening?

I think casual settings can be a lot more intimate and romantic. My ideal date would be something different or exciting like ice-skating, followed by snuggling up at home with a movie. I like to try different things but at the end of the day I think low-key dates can be the most romantic.

ELISE ON AMERICA

What do you love most about America?

The part I love the most is definitely that America offers everything. If an American told me they hadn't left America I wouldn't be surprised, you can do everything from island holidays to snow trips! It's an incredible country and I love so much about it. America is definitely the land of opportunity.

Where is your favorite vacation spot?

Aspen Snowmass in Colorado would have to be one of my favorite vacation destinations. The challenge of hiking to the top of the highest summit and snow-boarding off the edge is an adrenaline experience like no other. Finish the day with an outdoor Jacuzzi and you have a winning vacation.

66 American men ... don't take on an Aussie in a drinking challenge ...



What is the biggest difference between Aussie men and American men? I've found that Australian and American men can be different but are similar in the sense they're sporty, ambitious and driven. If an American came to Australia the main thing you would notice is Australian men are louder and they party hard. My warning to American men is don't take on an Aussie in a drinking

challenge; you would do well to keep up!

What separates Aussie women from other women around the globe? I think what defines Aussie women is that we are very laid back and relaxed about situations. At the end of the day a majority of us are outgoing and we enjoy having a good time without complications.

Where is the one place in Australia every American male should visit? The beaches, we are known for having some of the best beaches in the world! Not only are they filled with beautiful white sands, great surfing spots and popular night spots but we also are known for our beautiful women. American men would definitely appreciate the likes of Cottesloe and Scarborough Beach.



If you could pick any 3 individuals to join you on a deserted island who would they be and why?

I'd definitely need someone who could make me laugh. I think I would definitely go crazy if I was stranded with three people who don't have a sense of humor or a little bit of sarcasm. Probably Kevin Hart or Vince Vaughn they would keep it light-hearted and probably a bit awkward, which is always fun.

My mum - she's my best friend and someone I can talk to about anything. She does drive me a little crazy at times, but whose mum doesn't?

Lastly, I'd have to choose Bear Grylls from Man vs. Wild. Have you seen some of the survival tactics he's come up with? You don't want to be stranded without him around to tell you what to do. Plus, if anyone knows how to build something resembling a boat to get our arses out of there, I'm sure it's him.

On a scale of 1 (low) to 10 (high), being that you are Aussie and all, how are your surfing skills?

I love my water sports but when it comes to surfing I wouldn't say I'm the best, maybe a 5, but give me a week and I'll pick it up as I'm a quick learner.

What is your favorite sport? Personally I play basketball, snowboard and do kick-boxing. So, when it comes to watching sports, I enjoy a large variety of high-action and extreme sports such as Aussies Rules (the Australia version of Grid Iron), basketball, boxing, tennis and snowboarding. Come to think of it I enjoy anything with high action and intensity.

66 A fast food restaurant would have to be a deal breaker for





66 ... you always leave wanting more



66 ... a great smile oozes sexiness and confidence!





66 ... I like it hot and spicy.









Aussie women ... we enjoy having a good time without complications.

2



PULL TAB



Aussie women ... we enjoy having a good time without complications.





Kandy Krush Ingredients

Name: Elise Natalie Hometown: Perth, Australia Measurements: 32D, 25, 34 Hair Color: Dark Blonde Eye Color: Green/Blue Height: 5'8 Weight: 120 lbs Social Media: Instagram @elise_natalie facebook.com/EliseNatalieOfficial

twitter.com/elise_natalie

Favorite Feature on a Guy: A great smile and a hot set of abs! Nothing is sexier to me than seeing a guy who works hard for his body and looks after himself. And to me a great smile oozes sexiness and confidence! I like my man to be cheeky and fun.

Feature on Yourself That Receives the Most Compliments: I always get compliments on my eyes but I hope to think my personality is the feature that people like me for. I'm known for both my playfulness and fun-loving nature.

Favorite Meal: Whenever I have a cheat meal I head straight for Mexican food! I love the variety, the combination of flavors and most importantly I like it hot and spicy.

Favorite Article of Clothing: Asking a girl to choose one is always going to be next to impossible! In summer I guess I can't go past a pair of bikinis or a cute dress.

Favorite Actor: Leonardo Dicaprio, he has exceptional talent and his acting in [The Wolf of] Wall Street was phenomenal. If I'm looking for a laugh however and a bit of fun, I couldn't go past Vince Vaughn.

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Favorite Actress: Scarlett Johanssen – she's exudes sexiness, class and confidence and she's very adaptable when it comes to taking on different	UP & D
roles. I liked her a lot in The Island, it was an action-packed movie and she played a great character. I have a lot of respect for her.	Scrol
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Favorite Singer/Musician: Justin Timberlake. He's a great performer and	



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FEEFIC 'SONIC HIGHWAYS' SUMMER 2015 TOUR

By Tobias Pettigrew





Where many have burned brighter but burned out faster, Foo Fighters are one band who have racked up success after success. From the post-Nirvana one-man-band era of the early '90s, to the stadium-filling, explosive rock group we have today, survival is almost certainly a euphemism. Foo Fighters have thrived where so many other fellow 90s alt-rock bands have failed. It surely begs the question – is it better to burn out, or fade away? Front-man David Grohl, in all likelihood, would defiantly answer with 'neither'. True to form, Foo Fighters released their eighth studio album, 'Sonic Highways', in November 2014.

In the making of the album, David Grohl travelled to eight cities across America with a film crew, interviewing music icons such as ZZ Top, Buddy Guy, Dolly Parton, Kiss and The Eagles, along with renowned producers and industry veterans. While each song is inspired by the music scene and social background of each of the eight cities – indeed, Grohl collaborated with a long list of musicians on the album – 'Sonic Highways' holds on to the familiar feel-good, fist-pumping punk rock sound that makes Foo Fighters such an accessible, enjoyable band.

'Subterranean', recorded in the band's ancestral grunge home of Seattle, is slow, moody, and represents the difficulties of moving on from the ashes of Nirvana in the band's early years. Washington D.C. sets the scene for '*The Feast and the Famine*', and it's pulsating, angst-driven punk-rock sound harks to the energy and anger of the '68 race riots that specifically impacted Washington D.C.

The final track of the album – 'I am a River' – begins as a melancholy ballad, before soaring to majestic, stadium-filling heights, with Grohl pelting out the title lyrics before being joined by the LA Youth Orchestra, who lend an appreciated depth of harmony to the song, and the album as a whole.

While 'Sonic Highways' might not be particularly groundbreaking, it doesn't need to be. The album rejoices in the Foo Fighter's signature energetic alt-rock sound. Not only that, 'Sonic Highways' – released alongside the documentary series of the same name – is an outright celebration of American rock 'n' roll – both past, present and future.

The Foo Fighters have always been an intermediary between the alternative underground and the mainstream, enduring three, often crisis-filled decades of rock. As such, it's hard to imagine a band more suited to rejoice and reflect in the nation's musical heritage, and their new album proves they're the stronger band for it.

It only seems suitable that the Foo Fighters kick off a gigantic, ambitious 'Sonic Highways' tour this summer in the US. They'll make their explosive debut in Washington D.C.'s RFK Stadium on the 4th of July, hitting up nearly 40 venues across North America, from New York to Vancouver, and Toronto to Albuquerque. Going full circle, they'll also make appearances in the cities that inspired 'Sonic Highways', including Chicago, L.A., Austin and Nashville.

In celebrating their musical heritage, the Foo Fighters have also chosen fine young musicians to keep the rock 'n' roll torch burning. British hard-rock duo 'Royal Blood' seem like an obvious choice as a supporting act, their rhythm heavy performance is the perfect, groovy warmup for Foo Fighter's famously crowd-pleasing rock riffs and singalong hits. The band, formed in 2013, has taken the UK by storm, debuting at number one in the charts. The likes of Jimmy Page of Led Zeppelin have expressed admiration for the band, stating: In celebrating their musical heritage, the Foo Fighters have also chosen fine young musicians to keep the rock 'n' roll torch burning. British hard-rock duo 'Royal Blood' seem like an obvious choice as a supporting act, their rhythm heavy performance is the perfect, groovy warmup for Foo Fighter's famously crowd-pleasing rock riffs and singalong hits. The band, formed in 2013, has taken the UK by storm, debuting at number one in the charts. The likes of Jimmy Page of Led Zeppelin have expressed admiration for the band, stating:

"I went to hear them in New York. They were fantastic. Absolutely riveting. It's so refreshing to hear, because they play with the spirit of the things that have preceded them, but you can hear they're going to take rock into a new realm."

Watch out, US, you're next.

By Tobias Pettigrew

Be sure to see Foo Fighters and Royal Blood on tour this summer in the US, from the 4th of July to 7th of October. Check out their tour itinerary below.

7/4/15 Washington D.C. RFK Stadium

7/6/15 Camden, N.J.. Susquehanna Bank Center Kansas City, Mo. Sprint Center

8/22/15 St. Paul, Minn. Xcel Energy Center 9/18/15 Anaheim, Calif. Honda Center

7/9/15 Toronto, Ontario Molson Canadian Amphitheatre

7/16/15 New York, N.Y. Citi Field

7/**18/15** Boston, Mass. Fenway Park

7**/19/15** Boston, Mass. Fenway Park

8/12/15 Edmonton, Alberta Rexall Place 8/24/15 Detroit, Mich. DTE Energy Music Theatre

8/25/15 Pittsburgh, Pa. First Niagara Pavilion

8/27/15 Indianapolis, Ind. Klipsch Music Center

8/29/15 Chicago, Ill. Wrigley Field

9/11/15 Vancouver, British Columbia Rogers Arena 9/21/15 Los Angeles, Calif. The Forum

9/25/15 Phoenix, Ariz. AK-Chin Pavilion

9/27/15 Albuquerque, N.M. Isleta Amphitheater

9/29/15 Oklahoma City, Okla. Chesapeake Energy Arena

9/30/15 Wichita, Kan. INTRUST Bank Arena

10/4/15 Atlanta, Ga. Centennial Olympic Park



9/12/15 George, Wash. Gorge Amphitheatre 9/14/15 Portland, Ore.

10/5/15 Nashville, Tenn.

10/7/15

Bridgestone Arena



-



KANDY MOVIE REVIEW











US Release Date: June 3rd Rated: R

Starring: Kevin Connolly, Adrian Grenier, Kevin Dillon, Jerry Ferrara, Jeremy Piven

Co-starring: Debi Mazar, Rhys Coiro, Billy Bob Thornton, Rex Lee, Emanuelle Chriqui, Emily Ratakjkowski, Ronda Rousey, Mark Wahlberg, Constance Zimmer, and Haley Joel Osment Director: Doug Ellin Studio: Warner Bros. Pictures

God, we love the opening in the production notes from the studio. "Ever cruise Sunset Boulevard in a stretch limousine, and then hit the red carpet at a star-studded movie premiere? Stop by an impromptu party on the beach in Malibu, where the sun always shines and the cocktails flow? Score the best table at the hottest restaurant in town, no reservation required? And all the while, everywhere you go, gorgeous starlets wave as you pass by. It's everybody's fantasy to live the Hollywood dream,..." Yes, this is how we





FROM THE DIRECTOR OF SHERLOCK HOLMES AND SNATCH



THE MAN FROM

A HIGHER CLASS OF HERO



KANDY MOVIE REVIEW





Release date: June 12, 2015 Genre: Epic Action-Adventure Rated: PG-13 Cast: Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio, Ty Simpkins, Nick Robinson,









Omar Sy, BD Wong and Irrfan Khan Director: Colin Trevorrow Executive Producers: Steven Spielberg, Thomas Tull Studio: Universal Pictures

'hoa! The word I caught myself uttering over and over as I watched the advanced footage of Jurassic World. Where every sequel has failed since the original Jurassic Park was released 22 years ago, Jurassic World has succeeded. Do I dare say that Jurassic World has the potential to exceed the original Jurassic Park? Yes, I do. This film appears to be the blockbuster of all blockbusters this summer. The island of Isla Nublar, where the original Jurassic Park took place, is now home to the theme park Jurassic World. And, if you are a fan of the book, you would recall that Isla Nublar is annihilated by the local government. But, hey this is the movies and they have a tendency to change the ending, much like the fate of Matt Hooper in Jaws – the first summer blockbuster ever - so sequels can be created. I am not usually a fan of 3D but I have got to think that Jurassic World in 3D is going to have many preteens dirtying those whiteys of theirs.









COED VICTORIA ELISE

School: UNLV

Year/Major: Junior majoring in Microbiology

What caught our attention:

A girl in the shower! Winner every time!

Is there a difference?

I don't Cosplay but I do enjoy superheroinspired photoshoots!

Favorite Hotspot in Vegas:

Definitely will have to say Marquee Nightclub at the Cosmopolitan of Las Vegas!

Did someone say pool party?

Did you know that Marquee also has a Dayclub? And what do you know, I work there!

Sounds like a good reason for a Kandy road trip and a cabana poolside full of Kandy girls at Marquee. They do have a pool, right?



THIS IS HOW YOU DIE

INS DOUS CHAPTER

THE DARKEST CHAPTER GOES BACK TO THE BEGINNING.





THE TICKET TO SUCCESSFUL SUMMER FLIRTING **B**E A /

By Jim DeBellis



Summer is in full swing, and it's time to focus on every man's favorite sport: Girls! Basketball and Hockey seasons are over. Football hasn't even gotten to training camp yet. And Baseball – well, it's still early in a very long season. So it's time to give the ladies what they want from you all year long: your time and attention.

Like the deer and the antelope, you have to put on a little demonstration of your manliness to get the female's attention – but women are a mysterious breed, so you also have to earn a spot next to them with a bit of wholesome, adorable, and gentlemanly tenderness.

A "manly gentleman" may sound like an oxymoron, but we're dealing with women here, so you've got to find that fine line between "bad boy" and "altar boy" if you want to push all the right buttons. Her body wants the hunky bad boy, but her heart wants a good and trustworthy man. Too much "bad" and she will classify you as a jerk; too much "good" and you will be relegated to the friend zone. You have to be bad enough to get her juices and her urges flowing but good enough for her to like you and trust you with the key to paradise. rely on humor, brilliance, artistic talents, or confidence to display your competence in the art of being a man – but you probably do pretty well with the charm and personal connection.

There are some easy and natural ways to get your flirt on that will interest and beguile her:

Eye contact immediately connects people on a very personal level and gives them a sense of already knowing each other – so look at her! If you can catch her looking at you, so much the better.

Then *smile*. A smile establishes trustworthiness and friendliness, and maybe a little playful interest.

Once you have "gotten to know her" from a distance, it's time to use the power of your manly presence and bad boy confidence. Now is the time to invade her space. If she's sunning at the beach, sit by her waist facing her, with your knees in front of you. Or lean right up next to her if she's seated at a bar. If she's the middle girl in a line of ladies on the bleachers at a softball game, walk up and, pointing to the one-inch space between her and the next girl, ask if anyone is sitting there.

It's easier than you might think. After all, she was born wanting you, so she really wants to believe that you are worthy of her affection. And your ability to impress her is encoded in your DNA, so just tap into it. Just make sure you remember to be a man first and a friend second.

If you've got the motorcycle, the six-pack, and that rugged aloofness, the manly part may come easy, but the tenderness could be a challenge. If you're built more like Jack Black or Jesse Eisenberg than Brad Pitt or Bradley Cooper, you may have to

These are pretty brash moves, but here's the key: Don't compound the bold manly action with a chauvinistic comment. Rather, be a cuddly puddle of gentlemanly sweetness and tender, heartfelt compliments. When she throws sand at you at the beach, just say, "Look, I'm not going to bother you. I just wanted to tell you that you're the prettiest girl on the beach today. My name is Todd. Maybe we can talk or

but check to see if she's looking at you from time to time, and act accordingly. And don't tell her she's hot or sexy – that's what pigs with one thing on their mind would say. Tell her she's pretty, as a knight in shining armor would do.

Just as the moon moves the tides of large oceans, your manly presence so close to her, inside her personal space, will naturally make her heart flutter and cause a tingle of euphoria from the "happiness hormones" like endorphins that you release into her bloodstream.

So be a man, but act like a gentleman. Never be tentative or apologetic for claiming the space you deserve on this planet or your birthright to mingle with the kind of women you dream of – and who dream of a man like you. Treat the ladies well, but do it with the strength and confidence they want in a man. If you want your summer flirtations to produce the best results, try being a chivalrous chauvinist.




RESET THE FUTURE 2015





ONE SMALL ORANGE HEADBAND WAS WORTH IT... OH, AND THAT PINT OF BEER! By U.K. Sports Correspondent Rachel Argyle

Some of you might call it sport; I call it pure, filthy fun. I'm talking about Tough Mudder – the world's most popular obstacle event.

The first remark I got when I signed up to my first Tough Mudder last year was "*isn't that the one you get electrocuted in?*" Yes, yes it is! This was usually followed with "*why the hell would you pay to do that?*" On paper it doesn't sound too appealing - the ice cold water, tear gas, electric shocks and lots of mud over a 10-12 mile course. But throw in belly laughs, bucket loads of team spirit and a refreshing pint at the finish line and you're onto something special. At least, that's what over 1 and a half million participants worldwide think anyway.

Last year, I was one of them as I prepared to pop my Mudder cherry. No amount of training sessions with weights, ropes and climbing frames could quite prepare you for









ΕN W в AN STEVENS

Hi Kandy Fans! I hope you're making rocking progress in the gym and reaching all your goals. If you read my article in the April issue, I hope those tips were able to point you in the right direction. Now it's time for a daunting topic, what to do when your progress plateaus! Scroll down to find out how ...



HEREARE5SINPLETIPS.

Variety. It's good to keep with what works. Squats, chest presses, etc. But it's also good to keep things fresh. If you start to stall on your progress, add in some variety - another angle for the exercise, supersets (2 exercises back to back) or even a drop set (on your last set, do 3 sets back to back while decreasing your weight).

- Assess your eating. Assuming you have your eating on track, you may need to reassess and possibly add in more food. Yes, more food! If your metabolism is really kicking, you may need the added fuel.

Rest days. A lot of the time, people plateau because they aren't properly resting. Remember, you don't need to train every day. "Rest as hard as you train."

Sleep. This connects to number 3, resting. If you aren't sleeping, you're likely not recovering optimally. Make sure you're getting your ZZZ's!



Purposeful training. Every workout should have an objective. You should never go into the gym not knowing what's coming. Focus on your goals so you really hammer that workout day.

Remember, we all hit plateaus. Just keep focused on your goals and progressing forward. The key is to never stop going!

Until the next time Kandy lifters!



ABOUT THE AUTHOR

Daniel Stevens is an Optimum Nutrition Sponsored Athlete and the 2014 Heavyweight Mr. Illinois. Prior to his bodybuilding career, he was a competitive cyclist and crowned Illinois StateChampion 7 times. In addition to bodybuilding, he is also the owner of Premier Fitness, a boutique style gym focused on 1-on-1 personal training outside of Chicago, IL. But above all, Daniel's proudest title is being fiancé to Kandy's December 2013 Krush of the Month, Claudia Fijal.

Daniel is available for personal/online training, appearances as well as seminars.

Keep up with Dan:

IG @Dmoneystevens

Twitter @DannyStevens27

& www.premierfitnesssociety.com





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SUMMER FOOD TECH

Summer has finally arrived in the northern hemisphere and that means it's grilling time. And what better way for the Kandy millennial man to grill than by adding a little modern technology to the equation. The following gadgets will ensure that you never over-cook or under-cook on the barbeque again.



Retail Price: \$99.99

The next generation iGrill is a Bluetooth Smart grilling thermometer designed for the pros but built for everyone. It may well be the ultimate grilling gadget for pit masters worldwide.



iGrill 2 Product Features:

Four Probe Capability (comes with 2) 150 Feet Bluetooth Smart Range 200 Hour Battery Life Illuminated LED Display Proximity Wake-Up Magnetic Mounting Two Viewing Angles

iGrill[®]mini

Retail Price: \$39.99

Take the guesswork out of grilling and smoking with this ultra-compact Bluetooth Smart meat thermometer. It monitors the temperature progression of your food or the ambient air temperature of your grill or smoker right from your smart device using the iDevices app.

Product Features:

Single Probe Monitoring 150' Bluetooth Smart Line of Sight Range 150 Hour Battery Life Temperature Indicating LED







magnetic mounting

p iDevices

iDevices Connect App – Free iOS and Android Download

The coolest item we discovered about the iDevices Connect App is that if you one of the few cool kids who sports an iWatch you can use the iDevices app from your iWatch to program and monitor your grilling.

iDevices Connected App Features:

Custom and Preset Temperature Alarms Min / Max Temperature Range Graphing and Exporting Simultaneously Monitor Multiple iDevices Connected Products Social Sharing Timer









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E FORCE AWAKENS Η



It's Summertime or Better Known As 3 NONTHS OF TORTURE BUDwid Butland

By David Rutland



Summer is finally here. Well, Thank God for that. Unless you happen to live in the Southern hemisphere, you've probably had upwards of six months of wearing far too many clothes, suffering from intermittent snotty noses, and desperately trying to stave off vitamin D deficiency.

After toiling through the harsh winter, and enduring an unpredictable, indifferent spring, you can finally start to relax, unwind and enjoy life. It's already light when you raise your head from the pillow, and you can enjoy daylight well into the warm evening.

But really, it's time to start planning how to spend your summer vacation. If you want to hit the beach, you need a beach-ready body. God, you're disgusting - just look at that unsightly, flabby paunch drooping over your belt. Obviously, you were worried about starving to death over the winter, and there's no way you can show off your pasty skin in this condition - tough guys will kick sand in your face, while lithe, lissome, hardbodied girls mock your misfortune. Shit... how long do you have until the start of the vacation season? One month? Two months? If you put in a couple of hours in the gym after work every day, cut back on the vino tinto, and go on a crash diet, then maybe, just maybe you won't humiliate yourself in front of hundreds of strangers when you proudly peel off your pants in public.



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