

INTRODUCTION

If I could have one wish in this world, it would be that my beloved grandmother, Miriam, could be alive to see me now. I think she would marvel at what I've done. She would be proud that I have made a name for myself as an international musician, that I have brought Caribbean food to so many people - and that I have even slain Dragons! She would be even more proud that it is all down to her and all that she taught me as a small boy in Jamaica.

My gran taught me the magic of cooking: how to mix Caribbean flavours and the subtleties of traditional herbs and spices. She loved cooking and I would watch, transfixed, happy to be with her and to help her. She never gave me proper instructions - that wasn't her style. I learned all that I know about the wonderful West Indian food I have been cooking and eating all my life just by observing her. She would be so happy to know that many of her recipes are now here for you in my cookbook.

The Caribbean has a rich history and has been home to many different cultures which have had tremendous influence on the tastes and flavours of the food. Many of the ingredients you'll see in this book are originally from the Far East or India, and have been adopted by the Caribbean as their own. A few recipes here also put a little Jamaican flavour in European food, like pasta and pizza, so that you can see all the ways you can use our herbs and spices!

SOURCE 2

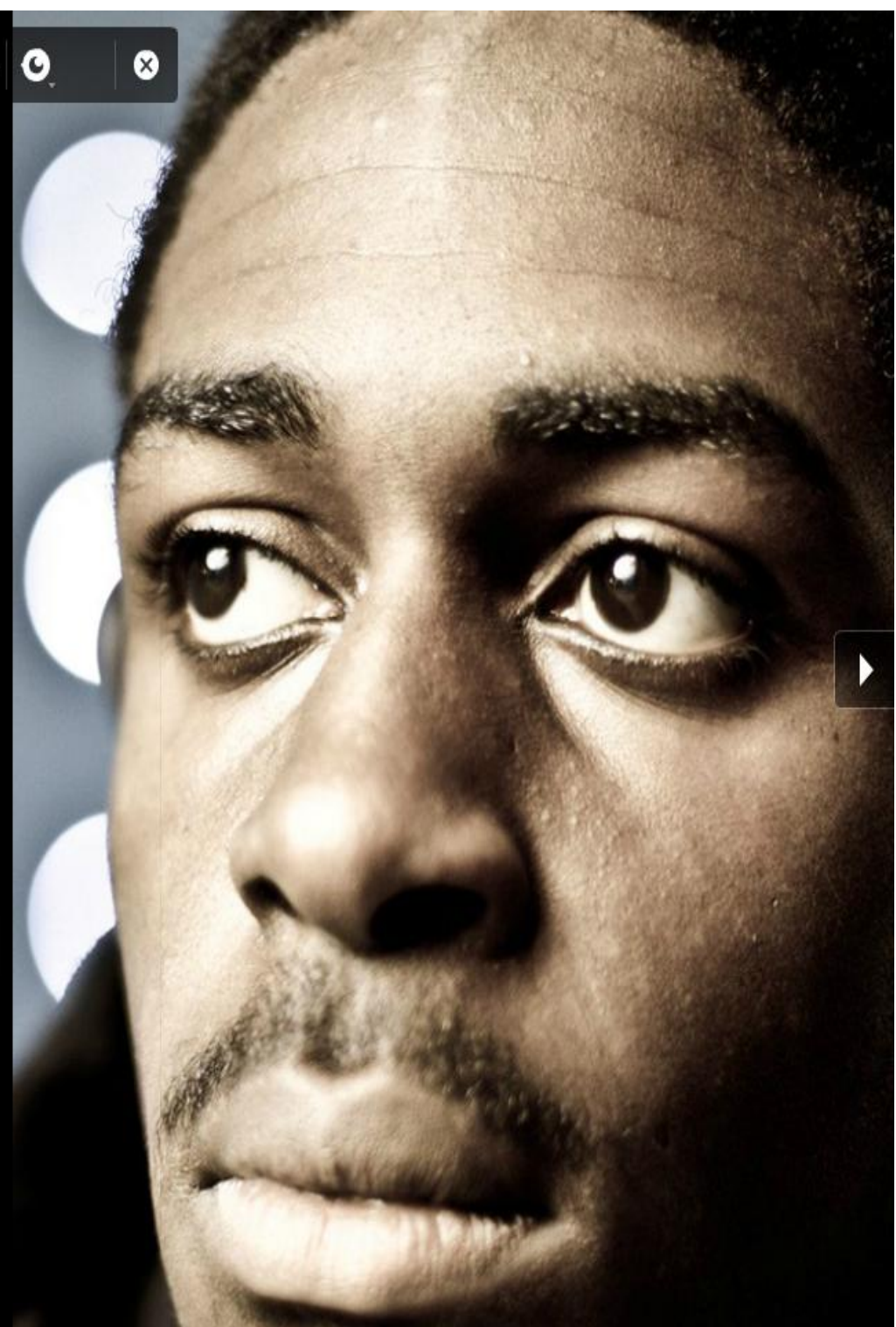


LABRA SPORT

ENJOY WIRELESS MUSIC AND
TALKS WHILE EXERCISING

UNDERPRESSURE

WITH ELISHAMA 'LISH' UDOROK





SOURCE 2 (CONTINUED)

VWhen we were sent a bunch of these headsets to check out, there was only one man suitable for the job and that was Lish, who aside from having Parkour tek, is deadly serious about his tunes. So the prospect of having a suitable non-obtrusive device that allows for full on training while being able to listen to his music, was something he was definitely feeling.

Handing over to Lish.....

Let's get this straight, I'm really liking these. As far as I'm aware, there are two versions. One for iPod/iPhone/iPad's and one for regular mobile phones. For the purposes of this test I'm using one for a regular bog standard mobile phone.

Looks wise, there isn't much to them. It's simply two ear pieces that fit over your ears and they are connected by a thin plastic wire which I assume is there to stop clumsy people from losing one of the ear pieces when not using them.

Anyways, they come with clear cut instructions but it's all straight forward enough to set up, so even a next level skinner would be ok. Connecting the headset to your phone via bluetooth take seconds to do and as soon as you do, you're good to go. It really is that easy.

SOURCE 3

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EXAM STRESS

Like it or not, at some point in our lives, we have to take exams. At school, college, uni, even learning to drive – there's no escaping them.

For some people it's no big deal, they even get off on it, but for most of us, exams are stressful.

But stress isn't all bad. It's the thing that gives us a rush of adrenaline to make us bother to sit down and study. Without it, we'd all just lie in bed watching the TV rather than ploughing through some dull book. Stress helps to motivate us and raises our game when we're faced with a challenge. But it's a fine line – too much stress does the opposite and causes us to get anxious and tense. It means we start panicking and we can't stay focused.

You can feel tired, angry, frustrated and down

Students that call CALM say that exam problems are their most common cause of anxiety. So if you are feeling stressed out about exams, relax, you can bet that most of the other people around you are feeling the same. Everyone goes on about success, and it can seem that your whole future is going to be determined in a couple of hours, regardless of all the hard work you have put in over the years.

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ABUSE ALCOHOL &
DRUGS ANGER
BEREAVEMENT BULLYING
DIVORCE & SEPARATION
EATING DISORDERS **EXAM STRESS**
FINANCIAL STRESS HEARING
VOICES HOMELESSNESS

WHAT'S
ON YOUR
LIST?