

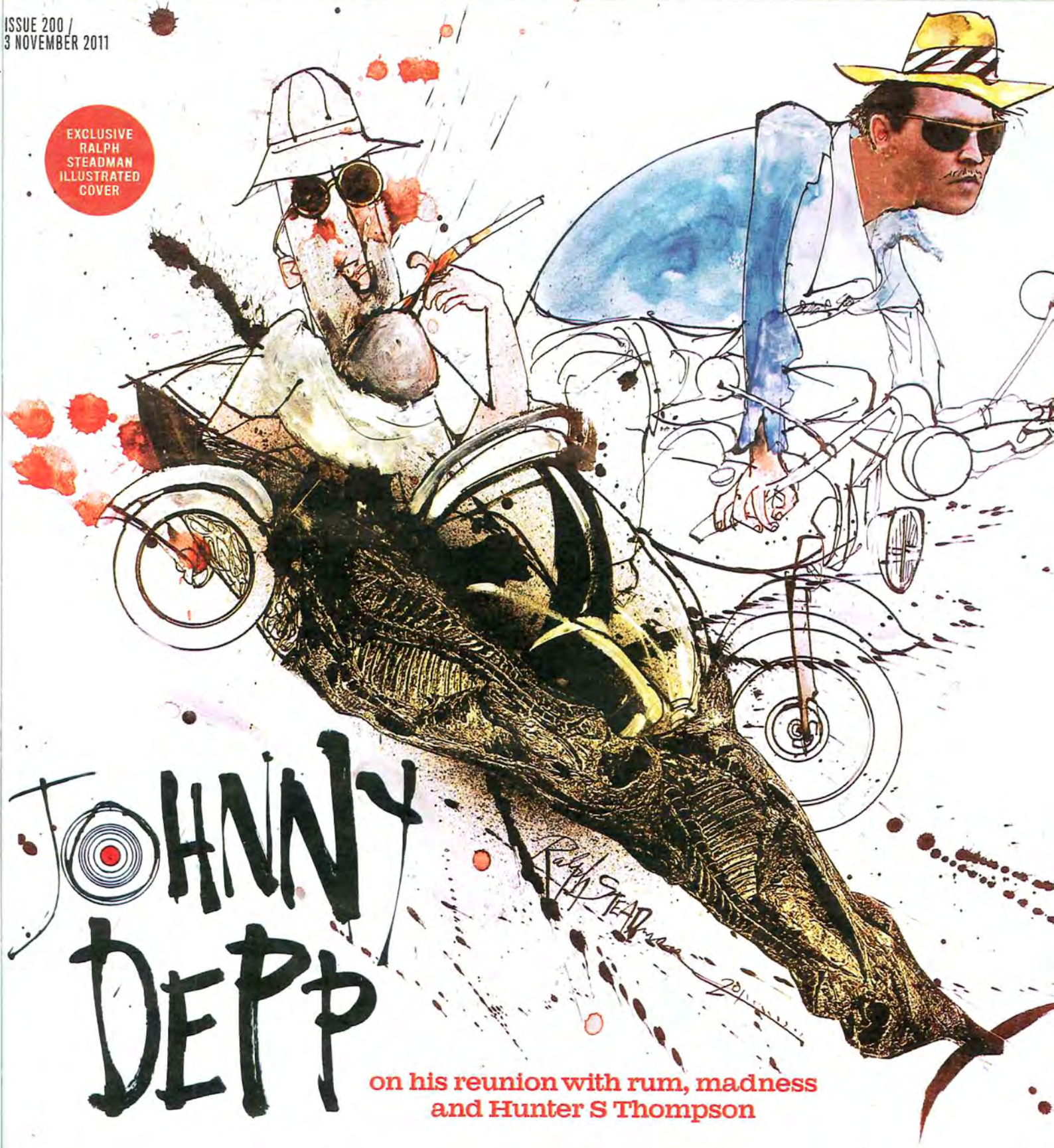
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EXCLUSIVE
RALPH
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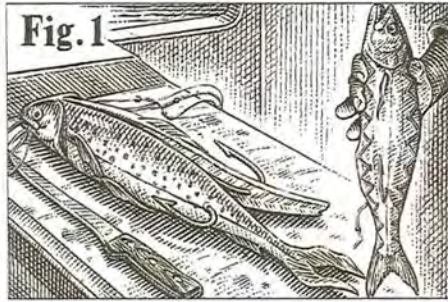


JOHNNY DEPP

on his reunion with rum, madness
and Hunter S Thompson

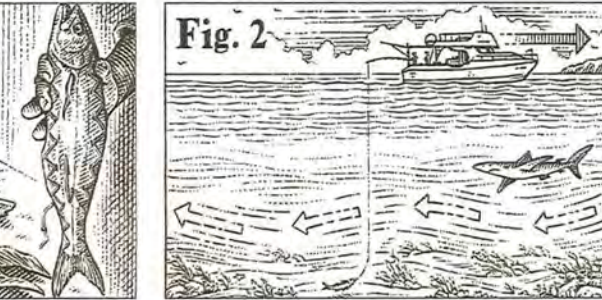
Ralph Steadman

How to catch and land a shark



Ever fancied re-enacting *Jaws* without messily exploding a pressurised scuba tank? Leading shark hunter, Captain Mark 'The Shark' Quartiano (Marktheshark.com), teaches us how to catch the ocean's greatest predator.

1 "First, you'll need the heaviest tackle possible: a graphite/fibreglass rod and a Duel reel. The best bait to use is tuna or bonito. Sharks are pretty smart, so you have to hide the hooks properly. To do this, you need to de-bone the fish, slide the hooks inside and then sew it back up again."



2 "Reel your bait down into the water until you feel it touch the ocean floor. Presentation is crucial – if it's being spun by the current, the shark will know to avoid it. The 'power drifting' technique combats this, where your helmsman keeps the boat in and out of gear, motoring into the current to keep the bait still."

3 "We usually insist our customers wear a harness, because landing sharks can be extremely dangerous. But if you're on your feet, make sure you lean back when you feel the shark take the bait, so you don't get pulled

over the side. You'll need at least one other person on board to help you land it, so make sure they're nearby in case it starts struggling. With your weight backwards, hold on to the rod and let the shark tow the boat around until he's tired out. Be warned: this could take hours."

4 "Once you feel the drag on the line die out, start reeling up slowly. When the fish is less than 10ft under the surface, get your buddy to harpoon it, so there are two of you lifting it. You want the shark to be dead before you haul it into the boat, to avoid getting bitten."

HOW TO BUST A GHOST

In real life, paranormal hunting doesn't involve marshmallow men. We asked parapsychologist Dr Ciarán O'Keeffe (courtesy of *The Ward*, out now on Blu-ray and DVD) how to bust a ghost.



"This is the most intense game of laser quest ever"

1. BE PREPARED "You need warm clothes and a supply of food and drink. Being comfortable puts you in a better state of mind should you be faced with a ghost."

2. TAKE A TAPE RECORDER "It serves two purposes: for making notes and recording Electronic Voice Phenomena."

3. GET HOLD OF AN ELECTROMAGNETIC FIELD METER "EMFs can affect your brain and make you think you're seeing

things. If the meter records a change from a ghost, you can rule out hallucinations."

4. NOTE THE TEMPERATURE "There is always an association with experiencing something ghostly when the temperature drops, so take a thermometer

5. KNOW THE SIGNS "Be aware of any tapping, knocking or smelling perfume or cigaret smoke. Also watch out for the hairs on the back of your neck standing up – a reaction known as 'a sense of presence'. But rule out any natural explanation for the signs first."

Make a perfect mixtape

DJ, and cover star of Oasis's *What's The Story* *Morning Glory*? Sean Rowley shares his tips on how to compile the perfect mixtape.

● "Don't make it obvious. The best mixtapes transport you into a world that you didn't know existed."

● "Create a mood. I have no problem with mixing up

different genres and decades as long as there is a unifying mood throughout. You want the mix to make sense."

● "It needs a peg. If you're doing a mixtape of cover versions, you could have a bluegrass cover of Snoop Dogg and a heavy-metal version of The Beatles, because it's got that peg to hang it all on."

● "Know your audience. I once included Simply Red on a tape I was making for a girl I was trying to impress. She hated Simply Red."

HOW NOT TO GET JEALOUS IN A RELATIONSHIP

A rabid attack of the green-eyed monster can easily undermine a loving relationship. But how can we prevent jealousy rearing its ugly head? Psychotherapist Dr Sheri Jacobson (Harleytherapy.co.uk) tells us how to control those mistrustful emotions.

"Firstly, people should understand that jealousy is a normal human emotion. The key is how we manage it. If you're at a party and your partner is flirting with someone, it's reasonable to feel a little uncomfortable.

It's when people take these thoughts to the extreme and become obsessed with them that problems arise.

"You must challenge the emotion. Don't try to block it; that is a fruitless exercise. Keep calm and take a moment to extract yourself from the situation to think more clearly.

"Most jealousy is comparison-based, such as 'That man is better looking/richer/funnier than I am.' The most important thing for your sanity, and a healthy relationship, is for you to realise that you are good enough."



Cossack dance school: day one