

In the first ever edition of the '5-Minute-Interview, *The Sunday Leader* chose to put one young radio jock on the spot. Check out the serious and quirky side of Lloyd, a 20-something year old host of 101.7 TNL Rock's evening drive show, *Everything Goes*.

By Kshanika Argent

**Q:WHAT'S the best thing about being a radio jock?**

**A:**The best thing to me would be being heard, it's great to know that you've got the power to put a smile across someone's face no matter where they are or what they might be doing.

**Q:Your worst on-air moment?**

**A:**Well, just yesterday I was talking about something and I was going on my usual trip...all of a sudden my voice sort of gave up on me...and for like five seconds I was croaking, then I tried talking again and I still was croaking, in the end I had to cut the whole thing short and get back to the music.

**Q:Biggest**

**complement from a listener?**

**A:**Once, someone called me up on the show at random and told me how she was **having** a very bad day and that she felt a lot better after she turned on the radio, she actually wanted to take me out to dinner that day just because I brightened up her mood, I actually got a surprise present from her on the very same day.

**Q:Are you in it for the fame or money?**

**A:**I love what I do, regardless of the money or the fame I would still do it. But I must admit the money and the fame keep me going.

**Q:If we were to check out your ipod/mp3 what would we find in it?**

# Radio's new kid in town!



Lloyd

**A:**I love Slipnot, grew up listening to them. Actually I would listen to anything regard-

less of genre. Other bands I'm hooked onto right now are Submersed, Metallica,

Staind, Theory of a Deadman, Disturbed, Venom, Led Zeppelin and loads more...you'd

probably need two issues of the magazine if I were to go on.

**Q:What do you do**

**on Fridays?**

**A:**I usually go out on Fridays, usually never at home. It's the day I save for my friends and fun.

**Q:Do you like Bananas?**

**A:**Okay, um...is this a real question? Anyway just for your information I do, ha ha ha!

**Q:Favorite quote?**

**A:**Today was tomorrow, tomorrow will soon be today, just live for now anyway you want to. (I made that up by the way)

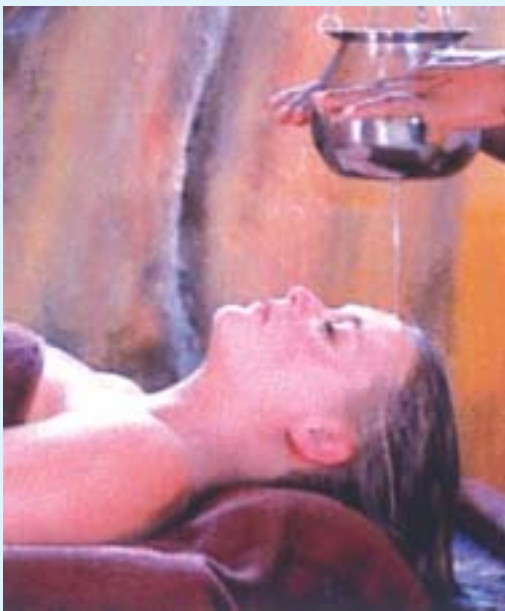
**Q:What's the most embarrassing song you've sung at a karaoke bar?**

**A:**Cranberries - Zombie

**Q:In 20 years you will be...**

**A:**Old and happy

## Spring Of Life - Healthiness through inner peace



**S**pring of Life, a German owned hotel, is located in the outskirts of Colombo close to the Bolgoda lake in a finest location trees, bushes covered and a paradise for flora and fauna. Various kinds of birds and monkeys are in close vicinity and almost everyone can feel an environment of hermitage with the chime of temple bells heard in the mornings and evenings when mixed into the surrounding from the temple at the other side of the river bank. The chirps of the birds will break the silence and the ultra cleansed environs of the hotel added to its beauty.

Attractively designed and furnished en-suite rooms with balconies or terraces, all rooms, windows and doors are lined with mosquito nets, and have telephone facility, umbrella, thereto flasks and almost every stuff personal provided with. Large bath rooms with ladies hair dryers, hammocks, to hang on the beautiful pool side in the garden.

It takes different specialty from other service provider hotels in ayurveda when compared with its own unique treatment for mental and physical health in an atmosphere of

a tiny forest background where the silence upheld. The efficient and experienced staff added with nursing sisters and ayurvedic physicians will personally look into the matters woes and ill health of the guests. The treatment rooms are well maintained and medicinal ayurvedic products are being produced hygienically. Meditation, yoga, special relaxation, anti-stress treatment are some high lights. Meals served in the buffet styles, but in par with the dosha of the guest.

**Available treatment packages.**

**(One to three weeks)**

For - Detoxifications, Purification, Regeneration, Rejuvenation, Beauty, Anti-stress programs with Panchakarma, Meditation, Yoga, Acupuncture.

- Spring Of Life - Healthiness Through Inner Peace Synchron
- Sarvangadara, Kshiradara, Ekangadara

**Leisure:**

In addition to the ayurvedic treatments available here, another service provided to guests include taking part in simple course studies in local meal preparation, workshops and methods of ayurvedic treatments.

