

crush

A Publication of Independent Student Newspaper Club, Yerevan - Armenia

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Independent Student Newspaper Club

The "Independent Student Newspaper Club" was established in 2003, Yerevan. This program is sponsored by Ms. Joanne (Cambridge-Yerevan Sister City Association administrator). We are also very thankful to our editor, Ruzana's father, Mr. Gasparian, and to Ms. Termenjyan for helping us.

The goal of this newspaper

is making students' voices heard, to create an independent newspaper, to develop journalism skills, bring fun into our lives. You can send your opinions, articles, ideas and offers to our e-mail (crush@freenet.am). We hope you won't let this opportunity slip. It

goes without saying that we'll pay attention to your notes and will put your articles in the next volumes of our newspaper.

We do hope that we will achieve our aim: we'll be the best way for you to express your thoughts and the best source of information.



Our Independent Student Newspaper Club Celebrating St. Valentine's Day

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"Crush" Stuff

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COST 100 DRAMS

Our Beauty

* interviewed by lilit alaverdian *

It is not the first time our students get real achievements and Anoush Grigorian is one of them.

"Bravo, bravo, bravo ... Congratulations! Anoush, we are more than sure that you will be Miss Student of 2003."

"Thank you very much. I am very glad that you are interested in my success. I would like to be Miss Student, but if not I am not going to be in despair."

"What did you feel when you heard your name among the winners?"

"Certainly it was very pleasant for me. I didn't expect to win at all. It was a good present for the New Year".



"Anoush, what is fashion for you?"

"First of all fashion for me is an art and I admire it as any other kind of art."

"What made you participate in that Beauty Contest?"

"I just wanted to try my luck."

"What do you think about the way Armenian ladies dress?"



"I think that our Armenian girls don't dress well. First of all they don't have individual styles and everyone is looking at the others' way of dressing instead of dressing in that suits them and which is proper for the particular place and time."

"How do you manage to study hard, looking so luxurious at the same time?"

"Do you think I look luxurious? The main thing is to be natural."



"What are you going to do in Moscow?"

"I am going to win."

"What goals and aims do you have for the next five years?"

"I am going to graduate from the University, find a good job concerning languages and take part in several Beauty Contests."

"If you are to choose between fashion and languages what would you choose?"

"Certainly I am going to choose languages because it is my profession. And fashion for me is just a way of expressing myself."

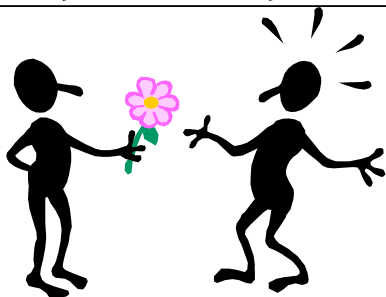
"Please, give a piece of your advice to our students!"

"As our students are mainly girls I would advise them to be feminine as this is that makes the woman look beautiful."

Let success attend you!

Rose as Medicine from Platonic Love

* by armine bachachyan *



Spring is the season of beauty. And of course there are lots of holidays in spring such as the 8th of March, the 7th of April, etc. Can you imagine a holiday without a present?! Tastes differ, but there is one thing all women are fond of - flowers!

The language of flowers had been studied by the Chinese philosophers. They consider flowers do have magical power. Each flower conveys a certain meaning.

Let's start with rose. Rose is the symbol of passion. Red rose symbolizes desire and white- trust. If you are shy and cannot share your feelings with your beloved, give her a bunch of daffodils and she'll take the hint. Lily symbolizes virginity. Red carnation - hope for quick marriage. White carnation symbolizes true love. Never give your darling yellow carnations, even if it is her favourite colour. This is the symbol of faithlessness.

Hyacinths will help you to calm down your sweetheart. They symbolize common sense.

Bunch of tulips express joy and happiness of meeting. You may present tulips, not only with your girlfriend but also acquaintances.

It is necessary to know that each flower corresponds to a certain star sign:

Aries- violet, anemone, cornflower.
Taurus-lily of the valley, lilac
Gemini- jasmine, daffodil
Cancer- chrysanthemum
Virgo- aster, poppy
Libra- rose, violet
Scorpio- chrysanthemum, carnation.
Sagittarius- daffodil, cornflower.
Capricorn- poppy, white carnation
Aquarius- daffodil
Pisces- violet, forget-me-not.

Remember about this while choosing flower for your darling and friends.

April Fool's Day

* by lilit alaverdyan *

The origin of April Fool's Day is not known exactly. There have been many guesses and explanations for its origin. Some believe the celebration of April Fool's day began many years ago in France. In 16th century New Year was observed on April first. It was celebrated in much the same way as it is today with parties and dancing into the late hours of the night. Then in 1562, Pope Gregory introduced a new calendar for the Christian world, and New Year fell on January first. There were some people, however, who hadn't heard or didn't believe the change in the date, so they continued to celebrate New Year's Day on April first. Others played tricks on them and called them "April fools". This custom made its way around to other nations as well. The tradition eventually spread to England and Scotland in the 18th century. It was later introduced to the American colonies of both the English and French. April Fool's Day thus developed into an international fun fest, so to speak, with different nationalities specializing in their own brand of humour at the expense of their friends and families.

So April Fool's Day has become a tradition to pull jokes of the harmless variety on those near and dear to us. It's important to remember however that the jokes one plays should be all in good fun for both sides. April Fool's Day should not be a day to play nasty jokes on unsuspecting victims. One must remember the difference between a good joke and a bad one. Overall April Fool's Day is a day on which everyone can have a lot of fun pulling pranks.

You Know What They Say About Fools ...

"The first of April is the day we remember what we are the other 364 days of the year."

Mark Twain

"However big the fool, there is always a bigger fool to admire him."

Herbert Spencer

"Looking foolish does the spirit good."

John Updike

"Sometimes one likes foolish people for their folly better than wise people for their wisdom."

Elizabeth Gaskell

"A fool sees not the same tree that a wise man sees."

William Blake

"It is better to be a fool than to be dead."

Stevenson

"A fool must now and then be right by chance."

Cowper

"Let us be thankful for the fools. But for them the rest of us could not succeed."

Mark Twain

April Fool's Day is a "for-fun-only" observance. Nobody is expected to buy gifts or to take their "significant other" out to eat in a fancy restaurant. Nobody gets off work or school. It's simply a fun little holiday, but a holiday on which one must remain forever vigilant, for he may be the next April Fool!

Now let me confirm that laughter and a merry heart are good medicine. It takes more muscles to frown than to smile. Some say that the more we frown the more wrinkles we get. Some say you get laugh lines. So I advise our students to smile and beware trusting anyone on April Fool's Day.

The Harsh Reality of Life

* by anna barseghyan *

The weather seemed to be hard on people. It was freezing cold outside. The few people that were seen in the street were hurrying to get home as promptly as they could. Everyone but a woman with a two or three-year-old child in her arms. Why ... What was the matter... Why weren't they hurrying to avoid the frost like others? But not... Something serious kept them outside. There was a large box in front of them and their eyes were focused upon it, looking forward to a merciful person to lend them a helping hand. Every now and again the woman raised her melancholy eyes to murmur a "Thank you" for people's "kindness".

Sad to say that this woman is just one among lots of beggars in our country. You'll have to jog your memory in order to recall a name of a street which lacks beggars. Inevitably you'll hardly be successful.

Nowadays numerous people, having no means of living and roofs above their heads, become beggars... at best. It is just the starting point in their personal descent. No matter what age they are or which sex they belong to, they beg, gradually failing their personal dignity...

Where is the source of this problem of crucial importance? I can't think of anything else, but unemployment, that conceals even more serious problems are hidden.

Yet, words full of pity and understanding will not subdue the troubles of beggars, because actions speak louder than words. But what should be done? Help them? But which one? None of us is able to solve this problem alone. But each of us must take it into account that by complaining and pitying will get nowhere. So, let's come together and find a way out, the saying goes, "When there is a wish, there is a way".

Turned pages

* by harutium khudanyan *

Now we are going to open a new page and we'll find out many interesting things from our past and learn a lot from it.

In old times one of the ancient philosophers said, "If you want to guess your future, you must first analyze the past and take lessons from it."

Artzakh (Kharabakh)

(part 1)

Armenians, as the archeologists say, have lived in the area of Artzakh from unknown times and have developed a culture, which today is very popular with many foreigners.

But the theme, we're going to discuss, is not the culture. We're going to discuss a much more important theme.

"Is Artzakh an Armenian territory or not?"

To find the answer to this question, we must first study our neighbour's Azerbaijan's history.

From unknown times till late middle ages there was a nation living next to Armenia. Armenians called them the Aghvan, who adopted Christianity in the 4th century and as a Christian country was on good terms with Armenia. At that time Armenians, living in Artzakh, were Aghvans neighbours, but as the history states, Artzakh was an Armenian state then, like Ayrarat, Gugarkh, Vaspurakan, etc.

Armenian historians have left us a big amount of manuscripts, in which they describe the Aghvan, their appearance, culture, history, etc.. But this nation, as the history shows, wasn't powerful enough to exist through the cruel centuries, and was lost in the course of history. And here, just here, appears another question.

"Why was this civilization left just on the pages of manuscripts and handwritten books?"

In the middle ages, many Turkish nations, attacking and robbing a lot of countries on their way, had reached the Transcaucasian high mountains and it was there that the Turk leaders decided to attack Armenians and

Aghvans. These, hardly ever called nation, had no culture and spiritual values and they had come from the territory between China and Siberia. Armenians and Aghvans were highly civilized countries at that time.

The Turks pulled down everything Armenians and Aghvans had built and these two nations struggled against foreign invaders for centuries.

Turks weren't able to make Armenians live under their power, but, unfortunately, they did this with Aghvans. They made them forget their language and religion, adopted Islam, and during several centuries these people, on origin Aghvans, became Muslims and getting married with Turks, they lost their national face in the end, and their history came to an end. Turks became the owners of their country and have lived on once Aghvan land since then. Later, at the beginning of the 20th century, they called themselves "Azerbaijani"

Now, when we have found out, who so-called "Azerbaijani" are, we can answer the very first and the most important question.

"Is Artzakh an Armenian territory or not?"

Till the beginning of the 20th century Artzakh was considered to be an inseparable part of Armenia. After the Great Revolution in 1920, it was decided by Azerbaijan's Revolutionary Committee, that Nagorno Kharabakh, Zangezur and Nakhichevan were inseparable parts of Armenia. But then a special committee was invited and its problem was to discuss the question aroused about Kharabakh. The committee decided that Kharabakh would be an unpartable territory of Armenia, but then, another committee, headed by I. Stalin, decided that Kharabakh would be a part of Azerbaijan. This was highly dishonest towards Armenians and they were displeased.

But what happened then? We'll see later. . .

(to be continued)

Dreams

* by gohar armenakyan *

What is a dream? This phenomenon is a point of discussion for both psychologists and scientists for centuries. But they haven't come to scientific conclusion. That's natural because each person has a special way of presage their dreams whether they are good, kind or evil, nasty, vile. Some people express a lack of personal responsibility for their dreams which leaves them quite willing to downgrade, disregard their dreams. For most people, dreams are something that happen to them, a kind of experience, so they do not see them as a reflection on their self-image. The third group includes those who give a prominent, significant place (meaning) to their dreams. They are masters in presaging their dreams.

Some psychologists think that on

the one hand the reason of dreams is the people's spiritual state, on the other hand it is the function of the brain. Others connect it with supernatural strength which influences the person and brings forth ghostly, imaginative scenes which become dreams later.

Through a mixture of inheritance and learning, the human mind has developed a remarkably simple structure to absorb, analyze and adapt our environment. Dreams use the narrative structure: a story with beginning, body and end. While dreaming people focus on the process of defining objectives, recognizing and obstacles with the hope of achieving resolution. As to me, I think the dream is the reflection of the people's spiritual world. If we try to be a bit shrewd,

we'll see that the dream is the continuation of our day with its problems, sorrows and emotions. It's the reflection of our inner feelings. There are cases where dreams are individual. e.g. If I see church it may mean that all day long success lead me but the same time may mean failure, problems for the other one. Along with this, the majority of people knows that the smoke or flame is of bad omen or the wedding-party hints squabble. On the contrary a flower, garden, grass, path may have the meaning of happiness, luck. If you swim it means you'll get money or will be offered a job, etc. All the above stated is the result of a general conclusion. Now we can ask what is it? We can say it's a mystery, wonder. Maybe it's a kind of inspiration or maybe you earn to see them.

Nine Keys to a Better Night's Sleep

* by emily *

Sleep is a basic human need, as basic as the need for oxygen. Getting a good night's sleep is not only directly related to how we feel the next day, but to our long-health as well. Still, many of us suffer from at least occasional insomnia. Even more of us report at least one night of restless sleep per week that makes us feel ill or irritable. This is a serious problem. If you think otherwise, consider this. People who sleep four hours or less per night are twice as likely not to survive in six years as those who sleep the normal eight hours or so.

Given the seriousness of sleep, how can we make sure that we have a good rest and stay healthy? While there are no foolproof methods, here are some suggestions. If you do have sleeping problems and these methods do not help, it's important that you see a doctor before insomnia causes your health to suffer. Start with these suggestions:

1) If you can't sleep in the middle of the night, don't get up. Exposing yourself to bright light will affect your body clock and worsen your insomnia. Stay in bed.

2) Avoid naps, expect for a brief ten-to fifteen-minute nap between 2:00 and 4:00 p.m.

3) Restrict your time in bed to the average number of hours you've actu-

ally slept per night during the previous week. Don't try to make up for lost sleep. It can't be done.

4) Take a hot bath for thirty minutes within two hours of bed time.. the bath will warm you, relax you, and make you feel sleepy.

5) Get regular exercise each day, but finish at least six hours before bedtime. Exercising in the evening can help you keep awake.

6) Keep a regular schedule seven days a week. Avoid the urge to sleep late on weekends. Although it may feel good while you're doing it, sleeping late on the weekends can lead to insomnia during the week.

7) Get at least half an hour of sunlight within thirty minutes of waking. The morning sun helps to set your body clock. Without the sunlight, your body doesn't know it's awake.

8) Don't drink alcohol. Although having a drink before bed makes you sleepy, alcohol changes its effects after a bit of time. These secondary effects of alcohol can wake you up during the second half of your night's sleep.

9) Keep the face of the clock in your bedroom turned away, and don't find out what time it is when you awaken at night.



Перед Зеркалом

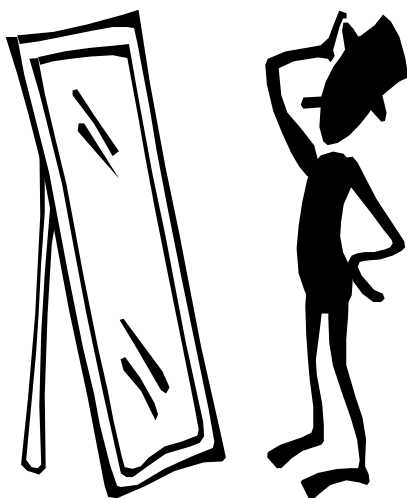
Манящие Губы.

1.Соблазнительно выглядят губы, если поверх слоя помады нанести блеск.

2.Блеск для губ наносится на губы в два слоя.

3.Обведите губы по контуру, накрасьте помадой и по центру губ нанесите немного золотистого блеска.

СОВЕТЫ.



Сегодня по-прежнему актуальны блестящая пудра и мотивы из блесток. На коже они держатся благодаря специальному закрепляющему средству. Для волос применяются гели или спреи.

Безупречная Маскировка.

О надоевших прыщиках и небольших покраснениях на лице теперь будете знать только вы, если в вашей косметичке появятся корректирующие карандаши Light Power or Cover Power от Lumene. Они надежно и естественно маскируют любые дефекты кожи.

Бесподобный объем твоих волос.

Моющая формула нового шампуня Shantu не только поможет мягко промыть волосы, но и окажет нежное кондиционирующее действие, придавая волосам потрясающую пышность и объем.

Макияж без поправок.

Max Factor представляет тональный крем "Facefinity", содержащий солнцезащитные фильтры. Он не содержит жира, не

имеет запаха, идеально подходит не только для нормальной, сухой и жирной кожи, но и для смешанной и чувствительной.

Главное назначение крема заключается в том, чтобы дарить вам безупречную внешность, которая останется неизменной в течении всего дня.

Самостоятельный ли Ты Человек?

1) Вопрос о том, что делать после школы, один из самых важных в жизни. Как ты будешь решать, кем станешь в будущем?

А) Скорее всего, за меня все решат предки.

Б) Я займусь тем, что нравится.

В) Посоветуюсь с близкими друзьями.

2) В вашей компании появилась новая личность – несимпатичная всем, но тебе она очень нравится. Как ты себя поведешь?

А) Я втяну ее в круг своих друзей.

Б) Не стану демонстрировать своих симпатий: не меня косо посмотрят.

В) Присмотрюсь-ка я к ней поближе!

3) Представь, что твоя пассивность вызывает у твоих предков никаких положительных эмоций. Тебе это очень взволнует?

А) Нет, это мой собственный выбор.

Б) Я просто не буду приводить ее(го) ко мне домой.

В) Конечно, это мне неприятно.

4) Впереди у тебя серьезный экзамен по предмету, с которым ты в неладах. Как ты будешь к нему готовиться?

А) Попрошу помощи отличника.

Б) Учебники плюс зубрежка!

В) Выучить я уже все равно не успею: авось повезет кто-то подскажет...

5) Когда ты собираешься покупать себе что-то новенькое из одежды, что стопудово влияет на твой выбор?

А) В чем ходит мой(я) друг(подруга).

Б) Я ношу только то, что мне идет!

В) Смотрю на прикиды звезд и ищу что-тонибудь похожее...

6) Представь, что кто-то объясняет тебе, что курить – это здорово и вообще так поступают все крутые и продвинутые ребята. Ты...

А) Я не собираюсь гробить собственное здоровье в угоду кому-то!

Б) Попробую ее(его) переубедить.

В) Может, я и решусь рискнуть...

7) Пропомни, часто ли ты остаиваешь свою точку зрения, когда она не совпадает с мнением друзей или родителей?

А) Да всегда!

Б) Только если уверен(а) в своей правоте!

В) Редко- я не люблю ссориться.

8) Представь, что ни с того ни с сего твой вес резко увеличился, да так, что тебе стали малы все наряды! Ты предпримешь что-нибудь?

А) Да, если друзья начнут подкалывать.

Б) посоветуюсь с приятелем(льницей) – может, надо сесть на диету?

В) Начну ходить в тренажерный зал.

0-18 баллов

Да, самостоятельность – не самое сильное из твоих качеств. Тебя можно назвать нерешительным человеком. Ты замечал(а), что иногда друзья относятся к тебе как бы с пренебрежением. С твоей точкой зрения не хотят считаться потому, что у тебя ее просто нету! Попробуй-ка ей обзавестись-пора!

19-33 баллов

У тебя сильный характер, и ты умеешь принимать решения в одиночку. И не боишься, что это испортит твои отношения с другими(и в действительности так и происходит!) Ты надежный человек, уверенный в себе. Тебя можно назвать независимой и самостоятельной личностью, которая прислушивается к другим.

34-48 баллов

Похоже, ты натура чересчур самостоятельная. Мало того, что не терпишь абсолютно никакого вмешательства в свои дела, ты не желаешь и знать чью-то точку зрения! Ты уверен(а), что всегда верно оцениваешь плюсы и минусы своего поведения? Помни, что самоуверенность хороша в меру, а в больших дозах это недостаток...



1)	0 3 6
2)	6 0 3
3)	3 6 0
4)	6 3 0
5)	0 6 3
6)	6 3 0
7)	3 0 6
8)	6 3 0



LET IT BE

Jenny From The Block J.Lo, Rap ft. Jadakiss & Stylez P

Children grow and women producin`
Men.. go workin`
Some go stealin`
Everyone`s got to make a living

L.O.X...

J.Lo...

Yea, yea, yo, yo..

We off the block this year..

Went from a little to a lot this year
Everybody mad at the rocks that I wear

I know where I'm goin' & I know
where I'm from, you hear..

L.O.X in your ear..

Yea, we're at the airport out decline
from the block..

Where everybody air-forced-out
With a new white Tee, You fresh,
nothin' phoney with us,
make the money, get the mansion,
bring the homies with us

From Livin` Color to movie scripts

From On the 6, to J.Lo, to this

Headline clips

I stay grounded

As the amounts roll in

I'm real I thought I told ya (I'm Real)

I'm really been on Oprah (I'm Real)

That's just me

Nothin phony

Don't hate on me

What you get is what you see, oh
(South, South Bronx)

Dont be fooled by the rocks that I got
I'm still, (I'm still)

Jenny from da block

Used to have a little

(South, South Bronx)

Now I have a lot

No matter where I go

I know I came from

(South, South Bronx) (From the Bronx)

When I find myself in times of trouble
Mother Mary comes to me
Speaking words of wisdom,

Let it be

And in my hour of darkness
She is standing right in front of me
Speaking words of wisdom,

Let it be

Let it be, Let it be
Let it be, Let it be
Whisper words of wisdom,

Let it be

And when the broken hearted people
Living in the world agree
There will be an answer,

Let it be

For though they may be parted
There is still a chance that they will see
There will an answer,

Let it be

Let it be, Let it be
Let it be, Let it be
There will be an answer,

Let it be

And when the night is cloudy
There is still a light hat shines on me
Shine until tomorrow,

Let it be

I wake up to the sound of music
Mother Mary comes to me
Speaking words of wisdom,

Let it be

Let it be, Let it be
Let it be, Let it be
There will be an answer,

Let it be

I'm down to earth like this
Rockin this business
I've grown up so much
I'm in control and lovin it
Rumors has got me laughin kid
I love my life and my public
Put God first
And can't forget to stay real
To me it's like breathing... yeahhh...

Yo, it take hard work to cash checks
So don't be fooled by the rocks that I
got
Now assets..

You get back what you put out
Even if you take the good out
Can't count the hood out
After a while, you know who to blink
with
Just keep it real with the ones came in
with

Best thing is to stay low, LOX and J.Lo
Act like the don't but they know



Fill-It-In3 Letters

BEN
BIS
BUT
CAP
D.T.'S
DUO
EIS
EOS
ERE
ERI
HAH
HST
ICI
INE
LEE
LIS
LOG
LOI
OCA
OOP
ORE
SAL
SES
SIB
~~SIC~~
YUL

4 Letters

AERO
AGED
AGES
AHOY
BORS
EGAL
ELON
EQUI
FINN
HAKE
IANS
ICES
ITER
JIBS
KARO
LONE
NITA
RATE
RETE
TOBY
TOGO
TRIB
UNIE
WACO

5 Letters

NEEDY
OSTIA
PETAL
SIEGE

6 Letters

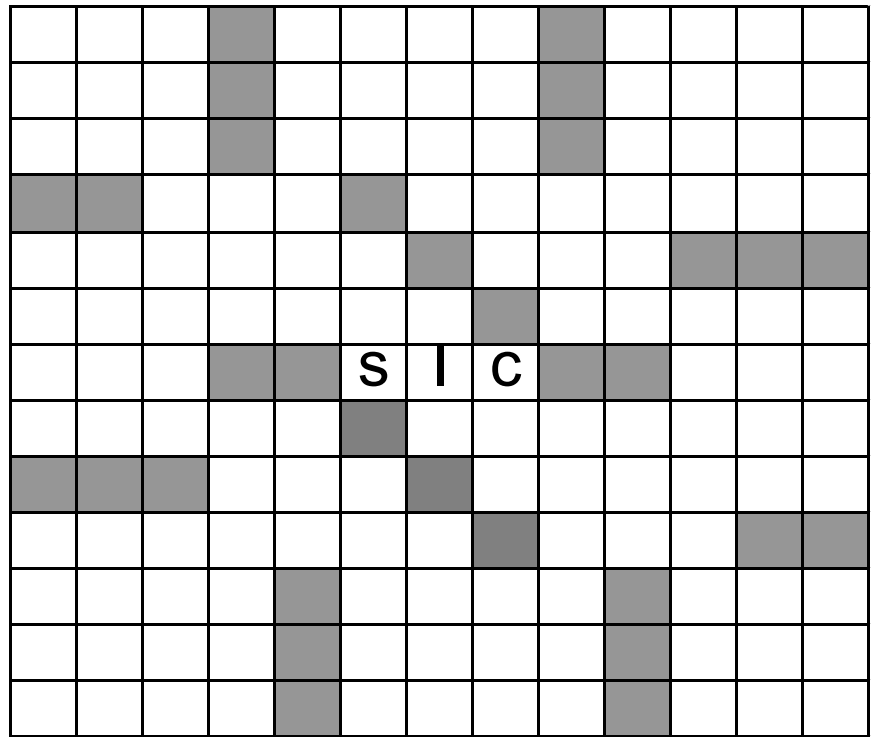
FURIES
GODSON
JEERED
MR. HYDE
PRISSY
TWIRELS

7 Letters

ADDRESS
BAMBINO
HEADSET
IQ TESTS

8 Letter

GILLETTE
THISTLES



This page is your one step
place for all your laughing
needs.

Here you'll find new and
exciting things!

The professor rapped on
his desk and shouted "Order"
The entire class yelled "Beer".

An advertisement
Bulldog for sale;
Will eat anything;
Very fond of children.

-What's the matter with you? You
look depressed.
- I'm having troubles with my wife.
--What happened?
-She said she wasn't going to speak with
me for 30 days.
-But that ought to make you happy.
-It did, but today it's the last day.

Huge ship is sailing. A cap-
tain comes up to the bridge and
says:
-I have two news- bad one and
a good one. Which is to tell
first?
- A good one.
- O.K., we received eleven
Academy awards.

When a man opens the
door of his car for his wife you
can be sure of one thing: either
the car is new or the wife is.

After the Turkish Parliament voted to
disallow American troops in Turkey
for an Iraq war, Turkish prime minister
Bulent Ecevit phoned President George
W Bush: "I had a dream about the
United States" he said. "I could see the
whole country, and over every building
and home was a banner," said Ecevit.

"What was on the banner?" asked Mr.
Bush.

"Long live Turkish-American friend-
ship." answered the Turkish prime
minister

"I'm so glad you called" said
President Bush. "I, too, had a dream. In
my dream, I saw Turkey and it was
more beautiful than ever; totally
rebuilt with many tall, gleaming office
buildings, large residential subdivi-
sions with swimming pools in every
yard; and over every building and
home was a big, beautiful banner."

"What did the banner say?" Asked
Mr. Ecevit.

"I don't know," answered the presi-
dent, "I can't read Armenian."

Housework: something to do that
nobody notices unless you don't do it.

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