



TASIS DORADO SCHOOL NEWSPAPER

# Bear Blogs

## UNSUNG HERO

We interviewed Ms. Laura Ramos for a look into how she arrived to TASIS and what she wants her students to know as a counselor.

## STUDENT PROJECTS

We dove into the project students have started outside of school in their lives that help better our community.

## BEAR BITES

Take a look at our new cooking section "Bear Bites" where we give our readers new and trending recipes.

# TASIS DORADO BEAR BLOGS



## editor's note

No one could have ever predicted what the year 2020 brought us. Our normality was turned upside down and our lives were changed. The Covid-19 pandemic has brought fear, stress, and uncertainty. But I for one can say that within all the chaos, I found my peace in writing and knowing that I could share that passion with my fellow students in the 2020-2021 school year.

With the help of Mr. Omar and my incredible editing senior staff made up of Katherine Parnell, Angela Santos, and Melanie Rios, the Bear Blogs club came to life and the school newspaper could finally begin. We have an eager staff of secondary level students who have successfully pulled off their first edition, and I am more than ready to show off our hard work and dedication to the rest of the TASIS Dorado community.

We hope that you find some new hobbies, learn some information, and see some familiar faces as you read our paper. Most importantly, that you are inspired and encouraged to focus some of your time on some positivity in our community. This is your school newspaper, and we hope that you enjoy it as much and we did writing it.



Karina Navarro  
**EDITOR IN CHIEF**

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# UNSUNG HEROES



AN INTERVIEW WITH MS. LAURA RAMOS BY  
KARINA NAVARRO

**Unsung Heroes is the recurring segment of our newspaper where we highlight one of the members of staff at our campus giving them an opportunity to discuss who they are and what they do for our community.**

What is a hero? Depending on who you ask this word has a variety of definitions. For some, that can be a parent, community leader, or just someone who puts others before themselves and has genuine intentions for good. At our school, I would say a hero is the staff and teachers who work hard every day for their students to provide a strong education and the key fundamentals of life. One of these heroes is Ms. Laura Ramos.

Born and raised here on the island, Ms. Laura attended Colegio Puertorriqueño de Niñas and then embarked on her collegiate studies at Haverford College. Here she studied psychology and was a part of the volleyball team during her undergraduate studies. After she graduated, she decided to explore some pre-med courses and her interests in psychology and psychiatry. While doing so, she tutored on the side and eventually realized that she had a greater interest in teaching. She then applied for and was offered a position at the Episcopal Cathedral School where she taught Language Arts, particularly grammar.

After communicating with different teachers on campus, Ms. Laura heard about an opening at TASIS in the English Department and decided to apply. After a grueling interview process, she was offered the position. A few years into the job, a counseling position opened up at TASIS. At the time, Ms. Laura was working on her master's degree in counseling. She decided to go for it and was offered the position and is currently the Secondary Division counselor.

As many of us know, 2020 was a year full of uncertainty and fear, resulting in many unanswered questions regarding how to manage our stress and lack of motivation. I being a fellow student can say that being online has not been easy and finding the stamina to keep up my studies and assignments has been difficult. I asked Ms. Laura what advice she has for her students and which resources might be helpful to them.

*“Pay attention to what you are doing in the moment. Because like you said, we don’t know what’s going to happen, like we don’t know what’s going to happen two hours from now. It’s in that ‘What’s going to happen? What should I do? What should I not do?’ that we tend to actually augment our stress levels. So what I try to advise is to focus in the moment. Take one thing as it comes, at a time, and work at it with what you have in front of you. Because that’s what you can control.”*



**If you have any questions with regards to school, are going through a difficult situation, or simply want to talk, please feel free to contact Ms. Laura Ramos at - ramos.la@tasisdorado.com**

**Thank you Ms. Laura for being this edition Unsung Hero.**

**Interests:**

**Favorite Sports Teams:**

Steelers and Real Madrid

**Favorite TV Shows:**

Sense8



# STUDENT PROJECTS

Written by:

Liliana Dávila Pérez

Valerie Rosario-Zayas

Among the many challenges COVID-19 has brought upon individuals worldwide, one that has affected many is unemployment. This has made it difficult for many families to afford a consistent food supply. With this incentive, TESIS senior Fernando Medina and junior Leilanie Rivera launched a project last summer to help members of Villa Dos Mil, a local community facing this adversity. Presented below is our interview with the students.

## What is your project about?

“To help people who struggle getting food and lack the resources to have proper nourishment here in Puerto Rico. The purpose of this project is for it to be continuous. Usually, people only host one food drive and don’t return, so we make sure to visit the community every month in separate visits.”

## How does it work?

“We ask volunteers to look in their pantries for two cans of food – this way, they don’t need to go to the supermarket – and we ask them to leave it outside for us to pick-up. Then, Leilanie visits the community the 15th of every month and I [Fernando] go the 30th of every month.”

## How did you begin your project?

“It was actually our moms’ idea. They wanted to create a community service project during the lockdown to help those who are less fortunate. We began the project in June.”



# STUDENT PROJECTS

Written by:  
Liliana Dávila Pérez  
Valerie Rosario-Zayas

## What is your goal for this project?

We want to keep being consistent with the food drives. Our main goal is for this project to continue, we want to keep it going. We hope that after I [Fernando] graduate, Leilanie will find someone in 10th grade who is willing to take on the project, and so on. This way, the project won't end.

## How do you divide the work/what work have you done?

During December, Leilanie donated toys instead of food. We go twice a month and she [Leilanie] has her group while I have mine to donate to. My mom has a friend and she donates Holsum bags with cookies to us."

## Have you seen a difference in the community that you are helping?

– "Yeah, definitely. For me at least, I [Fernando] have. They always bless us. It's gotten to the point where they even wait for us." Leilanie adds: "They also noticed when we didn't visit in a certain month because neither Fernando nor I could go. But they are always really grateful, which is good to see."



# 6ftCoverz



Written by:  
Katherine Parnell



Images from Anaísa Rios

In an effort to combat one of the many challenges brought on by the Covid-19 pandemic, TASIS Dorado senior Anaísa Rios has combined her passion for design and dexterity in sewing to create her brand, 6ft Coverz. Inspired by the mass-produced luxury designer face masks, Anaísa saw an opportunity to create a more affordable product that could aid in controlling the spread of the virus. With her grandmother's support, she has begun selling homemade face masks and coverings made out of unique fabrics found both online and in local shops across the island.

“Since I was young, I’ve had a family connection to fashion, and I’ve always been interested in all the material goods created with a needle and thread. When I was younger, I would go to my grandmother’s house to draw, make crafts, and watch her sew. I could sit for hours watching her create the most beautiful dresses, skirts, and shirts from scratch.” Anaísa’s personal connection to design provided the roots for a successful brand to take shape.



**“This journey has taught me to explore my own skills as I take bold steps, and visualize all my products, all while delving deeper into the exploration of my future in fashion.”**

As a proactive entrepreneur and humanitarian, Anaísa prioritizes the underserved families in our community by donating a large portion of her merchandise to shelters like Hogar Lucero de Amor, Hogar Sweet Home, and Flores Home Care in Dorado. Over time, she expanded her company to include items such as crop tops, mask chains, and even bandanas for pets! What started as a small endeavor to keep productive during trying times has since turned into a blossoming business and unique learning experience.

With a strong emphasis on functionality and affordability, 6ft Coverz provides a high-quality product to its customers all while supporting the local community. If you’re interested in purchasing any facial coverings or apparel, visit @6ftcoverz on Instagram!

# THE QUARANTINE HANDBOOK

WRITTEN BY: JAIDY ROSA

The most lovable day of the year is here! This Valentine's day, the circumstances are different but that should not change our excitement. That's why Bear Blogs will guide you to have a great Sunday at home with Valentine's twist.

## Morning

To be realistic, most people won't wake up before 8 am if they couldn't help it (myself included). Mornings are a time for relaxation and they put you in the mood for the rest of the day so it's important to have a few chill things on the list.

- **BREAKFAST** - Even if you're not much of a morning person, some special breakfast ideas can get you excited to get out of bed. Some homemade pancakes with whipped cream, red and pink heart sprinkles, accompanied with the classic hot chocolate is a personal favorite to make me extra happy in the morning, but feel free to make anything that puts you in a good mood.
- **GET SOME FRESH AIR** - This is something your mom has probably told you every day but, hey, it's good advice. Being stuck inside for so long can subconsciously stress you out. So take that hot chocolate **outside** and plan out the rest of your day.
- **LOVE** - It doesn't matter if you don't have a Valentine, Sunday is the day to tell the people you care for most that you love them. Text your friends and wish your parents a Happy Valentine's Day and maybe even surprise them with gifts.



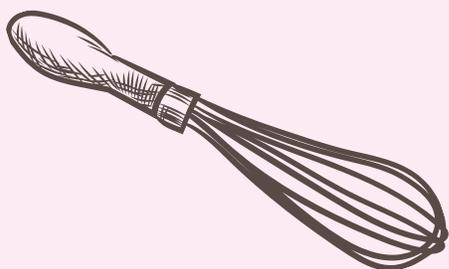
# THE QUARANTINE HANDBOOK

WRITTEN BY: JAIDY ROSA

## *Afternoon-Evening*

Having to stay at home for an entire day can automatically make people sad about how boring it can be, but here are some activities you can do to enjoy this quarantined Valentine's day.

- **BAKING!** - Making anything like heart-shaped sugar cookies or yummy cupcakes is really fun, especially if you have someone there with you. You can facetime and catch up with your friends and maybe they might join you and bake their own treats. "Bear Bites" has an amazing article on different delicious recipes to try out.
- **CRAFTS** - From making candles to creating valentine's day cards, there are plenty of fun crafts that can entertain you and your family. Searching up Valentine's day crafts is one of the best options if you don't know where to start.
- **GAMES** - Spending time and playing games with your family can create many needed memories. So go and see who wins in Just Dance or play a long game of Monopoly, but most importantly have fun.
- **MUSIC** - Trust me. There is nothing better than jamming out to love songs like nobody's watching.



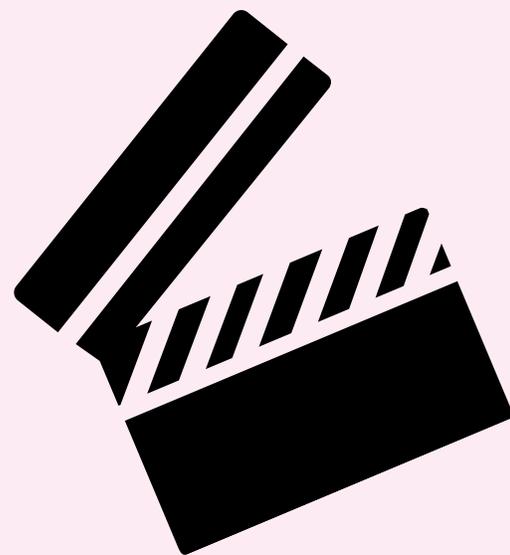
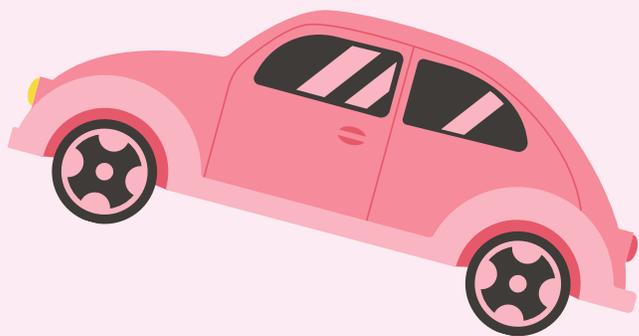
# THE QUARANTINE HANDBOOK

WRITTEN BY: JAIDY ROSA

## Night

In my opinion, nighttime is when you can feel the most holiday magic, so the things you do must live up to that expectation. Feel free to snack on the yummy cookies while you enjoy the following activities to put a perfect end to the day.

- **DRIVE** - Going out for a drive while listening to music is a great way to spend the night. You can bring your whole family to catch up or even have a family karaoke session.
- **MOVIE** - The best way to end the day is by watching a good movie and you can never go wrong with a romance. Make sure to put on your pj's and invite your family to watch classic movies.



Though we are stuck at home, there are many things you can do to enjoy this Valentine's day so hopefully, this list gave you many ideas. Make sure to stay safe and have a great time with your family!

# Bear Bites

Written By: Mia Cristina  
Cortes Castro

COOKING 10

## Tik Tok Take: Roasted Tomato and Feta Pasta

This quick and easy pasta took over the For You Page last week! Apparently, Finland ran out of feta cheese because people loved it so much. Try it out yourself! This recipe has been taken from Good Morning America by food blogger Jamie Milne from Everything Delish.

### Ingredients:

- 1 box of pasta (any kind!)
- 1 8-oz block of feta cheese
- 2 cups of cherry tomatoes
- 1 chopped garlic clove
- ¼ cup and 1 tablespoon of olive oil
- 3-4 chopped basil leaves
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of oregano
- Lemon zest (to taste)



Let's get cooking!

1. Preheat the oven to 415°F.
2. Add cherry tomatoes to a baking sheet.
3. Add olive oil, chopped garlic, salt, and pepper.
4. Place the block of feta cheese in the center of the sheet.
5. Top with oregano, lemon zest, and 1 teaspoon of olive oil.
6. Bake for 25-30 minutes or until the tomatoes are roasted and the feta cheese is soft/melted.
7. While the sheet is in the oven, cook pasta and set it aside.
8. Remove the sheet from the oven and use a spoon to mix the cheese, tomatoes, and other ingredients together, creating a sauce.
9. Add the sauce to the pasta and top with fresh basil.
10. Enjoy!



Images from Everything Delish

Written By: Mia Cristina  
Cortes Castro

## Season Special: Valentine's Day Sandwich Cookies

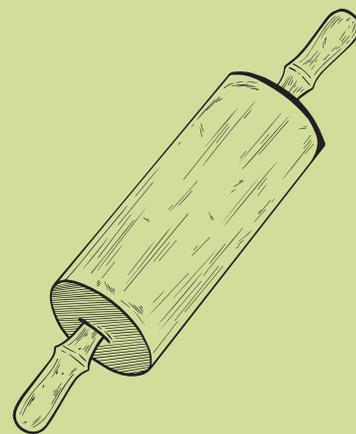
These cookies are perfect for celebrating with your loved ones! They can be adapted for any holiday, too! This recipe comes from Southern Living by food blogger Micah A Leah.



Images from Southern Living

### Ingredients:

- 2 ½ cups of all-purpose flour
- 1 cup of ground almonds (fine)
- 1 ½ teaspoons of baking powder
- ½ teaspoon of kosher salt
- 1 cup of unsalted butter
- 1 cup of granulated sugar
- 1 egg
- 2 tablespoons of milk
- ½ teaspoon of vanilla extract
- ½ teaspoon of almond extract
- 5 tablespoons of cherry jam



Let's get baking!

1. In a bowl, whisk together flour, ground almonds, baking powder, and salt (dry ingredients). Set aside.
2. In another bowl, cream together butter and sugar until fluffy.
3. Add egg, milk, vanilla extract, and almond extract to the butter and sugar mixture.
4. Scrape down the sides of the bowl and beat on medium-high speed until fully incorporated (about 1 minute).
5. Scrape down the sides of the bowl again and add dry ingredients.
6. Mix on low speed until the flour is fully incorporated (about 1 minute).
7. Form the dough into a disk and cover it with plastic wrap.
8. Put the dough disk into the fridge for about an hour (until firm).
9. Preheat the oven to 375°F.
10. Flour your surface and take the dough out of the refrigerator.
11. Put the firm dough disk onto the floured surface and roll it out to ⅛-inch thickness.
12. Using a large heart-shaped cookie cutter, cut out 30 hearts.
13. Using a smaller heart-shaped cookie cutter, cut out hearts from the center of 15 of your big hearts.
14. Discard the small hearts (or set them aside to make smaller heart cookies!).
15. Place the 30 large hearts on a baking sheet lined with parchment paper and refrigerate for 10 minutes.
16. Bake the cookies until they are just starting to turn brown (about 9 minutes).
17. Remove the cookies from the oven and leave them to cool on a wire rack.
18. Sprinkle all of the cookies that have the small heart cut out of them with powdered sugar.
19. Spread 1 teaspoon of cherry jam on each cookie that doesn't have the heart cut out of it.
20. Stack the powdered sugar-covered cookies on top of the jam covered cookies, applying a bit of pressure so that they stick together.
21. Enjoy!