

Pearls & GEMS

Fall 2020
Issue

Mini Mag to Inspire Today's Urban Girl

**ASK ME
WHO
I AM**

New Quiz:
The
Friendship
CODE

**Etiquette and
Black America**

**THE
PANDEMIC:**
The Day
Everything
Changed

**“SWEET
TREAT”
RECIPE**

Also featuring...Coloring pages & MORE...

HELLO GEMS!

Fall is here and we are back! We have missed you and we hope you have missed us too!

Can you say the beginning of 2020 has been crazy! As a nation we are in a crisis called a Pandemic (Covid-19). We have a new normal where we must wear masks everywhere we go and our home is now where our parents work, and we go to school. But although things have changed; it is important to know that God still has us covered!

In this issue we still have the fun stuff like quizzes and coloring pages, as well as articles that will inspire you to be all that you are designed to be, but we also hear from some of you about how you feel about the Pandemic. *Arianna Sanders* and *Iris Alverado* share their stories.

Happy reading!

Ms. Celena!
Editor-in-Chief



Dream. Inspire. Soar!

****TABLE OF CONTENTS****

History of Etiquette in Black America

Page 3

Autumn Word Search

Page 5

Where Does Your Strength Come From (Devotional)

Page 6

Proverbs 31:25 (Color Page)

Page 9

The Pandemic: The Day Everything Changed

Page 10

The Friendship Code (Quiz)

Page 13

Ask Me Who I Am

Page 15

Carmel Apples (Recipe)

Page 19

Coming in 2021: Exceptional Ladies by Design

Back Page



ETIQUETTE AND BLACK AMERICA

Contrary to the negative images often portrayed by the media, African American's have a rich history in etiquette and decorum. What is "Etiquette" you say?

Etiquette in its simplest form is having good manners and common sense. It is the socially acceptable way of behaving and doing certain things. However, like many things in "urban culture", etiquette took a long winding road to end up on the doorsteps of Black America.

EARLY ETIQUETTE IN BLACK AMERICA

The rules of etiquette for Black American began on the plantations of the South. House slaves learned the rules of dining, décor and social graces because they were responsible for preparing the home and food for their slave owners and their guests.

During that time slaves were seamstresses, tailors, gardeners, and chefs of the day. Though they had very little down time, when the slaves did socialize, the house slaves would share what they had learned from hosting parties at the big house.

THE RISE OF THE BLACK BOURGEOISIE

After the Civil War, while the newly freed Southern Blacks struggled to make a living by sharecropping, the Blacks in the North were graduating from college. This gave birth to some of the most prestigious and well-respected Black organizations of today.

In the 1860's, the American Missionary Association (AMM) worked to establish schools in African American communities and also established some of our nation's historically Black colleges, making way for what is called the "**Black elite.**" The "Black elite" is a class of educated, wealthy, socially conscious men and women who were concerned with the upward mobility of Blacks.



The first organization established for and by the “Black elite” was Sigma Pi Phi or the “**Boule**,” on May 5, 1904 in Philadelphia, Pennsylvania. The “Boule” admitted men who gained respect in their career and community.

Between 1906-1911 more Black fraternities and sororities were established called “**The Divine Nine**,” which included the first sorority for African American women, the Alpha Kappa Alpha, Sorority, Inc. in 1908. Over the years other groups sprang up from the hearts of individuals to introduce culture, education and social graces to the Black communities. Such social groups included, Jack and Jill (www.jackandjillinc.org/) of American (of which I was a part of in my youth)., the National Tots and Teens, Inc. ([www.facebook.com/NationalTots N Teens](https://www.facebook.com/NationalTotsNTeens)) Both organizations are still around today.

THE FUTURE OF ETIQUETTE IN BLACK AMERICA



Today, etiquette has been challenged in the Black community. Rather than embrace its benefits, the younger generation viewed “proper behavior” as acting “White” or Bougie.

The future of etiquette in the Black community must become an investment, which is why Pure Beauty GEM (PBG) as an organization has

made the investment. Etiquette is much more than learning basic manners, social graces and civility. Through other African American organizations like the National Association of Urban Etiquette Professionals (NAUEP) as well as sororities, girl’s and debutante programs continue to recognize the need for etiquette and offer etiquette as a part of their outreach. Learning to treat people the way you want to be treated and respected, will open doors to many opportunities to success.





Autumn

Word Search

B	U	G	U	N	T	L	C	Z	M	A	D	A	O	F
M	Q	A	E	A	T	Y	I	Q	U	R	P	E	A	L
E	T	A	U	H	S	P	S	T	K	P	E	M	G	F
A	C	N	A	N	A	N	U	E	L	O	I	W	N	E
Y	J	N	Z	Y	R	M	I	E	R	L	I	G	F	T
S	K	G	V	O	N	D	C	P	Y	O	G	Z	U	A
S	M	X	C	M	Y	I	D	S	U	X	M	B	V	T
H	Y	A	K	S	D	S	C	D	A	M	O	S	E	X
J	E	R	Q	E	H	A	G	B	L	E	P	U	C	U
C	K	G	R	L	R	W	S	I	L	M	A	K	S	W
K	R	U	X	E	J	I	K	K	E	B	V	E	I	J
J	U	M	C	V	V	D	D	C	A	O	Q	S	P	N
S	T	R	K	A	C	D	P	D	V	T	J	O	S	X
O	O	B	O	N	F	I	R	E	E	L	U	T	A	I
W	E	D	I	R	Y	A	H	R	S	S	O	M	D	U

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW
SMORES
TURKEY
THANKS

JUST A THOUGHT - DEVOTIONAL

Hey there GEM Girls! This devotional really blessed me, and I wanted to share it with you. It talks about strength. It asks the question “Where does your strength come from?” That’s a good one —when faced with challenges (i.e., a pandemic, social injustice, school, etc.) where does your strength come from? ~Ms. Celena~



But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

2 Corinthians 12:9-10

Boasting in our weaknesses is not something that comes natural to many of us. Delighting in weaknesses, insults, hardships, persecutions, and difficulties sounds even weirder. Can you imagine rejoicing when you failed a test, or when someone calls you names or spreads rumors about you? How about being happy about not understanding a nation in the middle of a pandemic and social injustice? Does it sound silly yet?

Let's look at it a different way, when you fail a test can you rejoice in the fact that life doesn't revolve around one test score? Can you rejoice in the fact that the teacher is offering extra credit? Instead of focusing on the negative, look for the positive! So, you failed a test, Jesus died for your sins! So, your friend started a rumor about you, Jesus knows that truth, and His opinion really is the one that counts! So, you don't understand the math problem, you can ask for help. Even if you never understand the math problem, God knows what direction he wants you to go in life, maybe it doesn't have anything to do with algebra (don't tell your

teacher I said that...math is used in everything we do...but, you know what I mean though).

When we are weak, then we are strong. When we acknowledge that we can't do it on our own, then we open the door for God to help us. His grace is enough for us.

Reflection

Do you look at the negative in situations, or do you delight in the positives?

Application

Today when things happen that you don't understand, look to God for your strength. Ask God to help you find the positive in the situation, and trust in His power.

Prayer

Father God, thank you for being my strength. Help me to remember that your opinion is most important and help me to delight in my trials. **Nehemiah 8:10** tells me that the joy of the Lord is my strength. Let it be so. Help me to find joy in you, and to delight in any circumstance. In Jesus name I pray, Amen.



Write about it (Journaling)

Heather Heart is the author of several devotionals books for teen girls called “*Find Your True Beauty in Christ.*” For other free devotionals go to <https://www.teen-beauty-tips.com/free-teen-devotionals.html>.

I am
clothead
in
Strength
DIGNITY
and Laughter
Without
Fear
Proverbs 31:25

THE PANDEMIC: The Day Everything Changed



This past March, our lives were forever changed. It was the month that the pandemic (Covid-19) happened. The pandemic not only affected adults, but children as well. Here are two of our precious GEMS Arianna Sanders and Iris Alverado stories...



THE PANDEMIC 2020

My name is Arianna Sanders and I'm 9 years old and I have Autism. There are some

challenges with being autistic, like remembering my daily routines and seeing my therapist weekly. The most important thing is to stay focused and on point. In the beginning of 2020, the world was hit with a coronavirus called Covid-19. Covid-19 is a virus that can easily spread from one person to another. This virus is a germ that

blows in the air and has attacked people everywhere. Millions of people have gotten sick and had to go to the hospital and some have even died.

When the pandemic first began, I was angry and sad because I didn't understand why the world had to change. They closed schools, parks, churches and restaurants and no more play dates. That turned my world upside down and I didn't like that. I had to start learning virtually and it was difficult in the beginning but I got the hang of it and it wasn't so bad. After the school year was over my

Nana surprised me and my younger brother Charles with a really nice swing set and a pool. I was so excited, I wanted to stay outside all night. I love swimming because I always pretend that I'm a mermaid. We even tried camping in the backyard but the tent was too hard to put together.

During the pandemic I watched lots of news programs with my family and I learned that we should follow the rules of the Doctors and Scientist to wash our hands, wear masks, stay 6 feet apart and no social gatherings. A lot of people have lost their jobs and it was difficult for them to get food and supplies. Some of my family members had to work from home and also help their children with virtual learning. I really missed my friends

and teachers but I really enjoyed being home with my family.

The most amazing thing that happen during this pandemic is that my brother and I were adopted by a loving family who truly loves us and we love them. I thought it wasn't going to happen because the courts were closed but everything happened virtually and I couldn't be more excited.

I would really like to thank all of the essential workers (Doctors, Nurses, Firefighters and EMT) for their hard work and dedication.

“Be Cool, Be Smart, Be Great and Be All You Can Be”

Arianna Sanders

MY NEW LIFESTYLE

Hi, my name is Iris Alvarado and I'm 10 years old. In the month of March my whole life changed, my school closed, and I couldn't see my friends anymore and that made me very sad.

I used to go to the park and other places with my friends after school but knowing I couldn't see them anymore made me want to cry. I couldn't go to park because it was locked everything had changed so quick.



All we could do was stay home and be bored. I like dancing and playing around with my friends outside. Covid-19 showed me that I can't just be friendly anymore, but I have to keep my distance at all times. Somethings are opened but we have to wear mask everywhere and I can't really breathe with them on which is so annoying but it's for my safety and the new way of living I guess At least I get to spend a lot of time with my family and that makes me happy.

I love my mom so much. This is my new lifestyle because of the pandemic and I just hope it gets better so I can play with all my friends outside with these masks.

Iris Alverado



WE WANT YOU!

Write for Us!

Use your talent, imagination, and creativity. Your story could be in the next P&G Magazine.

Pearls & GEMS magazine is published bi-monthly with the exception of July and August to enjoy the Summer.

Contact Us
purebeautytgif1@aol.com

*Under 12 must get their parents permission.

For Girls ages 8 – 17
Pearls & GEMS
is a magazine with Today's Urban Girl in mind!





The Friendship Code

1. *If a friend needs, you...*

- a. You're available at any hour of the day or night.
- b. You try to be there, but only during school hours.
- c. You'll help even after school, but only when it's convenient.
- d. You'll help, but only if that friend has helped you in the past.

2. *A friend swears you to secrecy about her eating disorder. But when her concerned mother asks you about your friend, what do you do?*

- a. Tell her mother what's going on. After all you're concerned about her health too.
- b. Tell her that she should talk to her daughter about the matter.
- c. Lie and say, "She's fine."
- d. Change the subject.

3. *You have...*

- a. All best friends...you don't make a distinction between friends.

- b. One best friend and a few close friends.

- c. Several friends and associates.

- d. Few friends. You prefer to be alone.

4. *When it comes to making friends, you...*

- a. Make friends easily.

- b. Take a while to open yourself up to people.

- c. Are friendly but reserved.

- d. Relate only to those who have the exact same interests. And that's very few people right now!

5. *Your friends are...*

- a. Very diverse.

- b. Only somewhat diverse.

- c. Exactly like you (the same race, same status).

- d. Me, myself, and I.

6. *Think about your closest friend. That friend can get you to...*

- a. Take a risk and see life in a different way.

- b. Come out of your shell.

- c. Do your best even when you don't feel like it.
- d. Believe in the good of at least one person – that friend.

7. *If your friend did something you believed was wrong, you would...*

- a. Stick by her but avoid tattling on her.
- b. Talk to her, telling her you'll have to turn yourself in.
- c. Think for yourself, refusing to be influenced by her.
- d. Avoid her from now on.

“Friendship is a camaraderie you feel for another person. It is a mutual desire to work towards a relationship. But every person you meet is not guaranteed to become your friend. So, choose friendships wisely.”

THE FRIENDSHIP CODE:

If you answered mostly **As**, you're “***Friendly Fawn.***” You are a friend almost to a fault.

If you answered mostly **Bs**, you're “***Careful Cara.***” You have friends, but they were hard to come by.

If you answered mostly **Cs**, you're “***Stick-To Your Guns Gwen.***” You know what you want, and you don't allow others to influence you – not even your friends.

If you answered mostly **Ds**, you're “***Loner Lucy.***” You prefer to be alone.

If your answers were a combination of **As** and **Bs**, you're “***Protective Pearl.***” You have friends, but you are also concerned about your boundaries.

Ask Me Who I Am! Knowing Your Identity



By Lady Shaquida Ano
Queens Academy, Inc.

Who are you? It is imperative that you know who you are! In this world everyone will form an opinion about you. Some things will be true and other things will not be true. ***Be careful not to allow other people's opinion of you define who you are.*** Don't let others define your **IDENTITY**. Let us take some time to define "identity."

What is Identity? Identity is the qualities, beliefs, personality, looks and/or expressions that make a person. Every person has a unique set of characteristics, qualities and looks that make them different from any other person in the world. God intentionally made us all different but in His likeness.

As previously stated, people will always have an opinion of who you are. Sometimes they will say mean

things about you and other times they will say nice things about you. I want to remind you that it does not matter what people say about you. Your identity is defined by what God says about you.

The Bible tell us that we are children of God and created in God's image. Generally, when you think of image, you think of a picture or visual. None of us have ever seen God because he is a spirit. He has no physical body so to be made in His "image" means we have His character. This means that we are created with His wonderful characteristics. God is powerful, intelligent, creative, giving, patient, honest, loving, kind and so much more. Believe it or not, we have the very same characteristics as God. However, we must choose to be like Him. He created us perfectly. Even

with flaws, we are perfectly created in His image.

The world can be so cold, and people can be so mean. Sometimes they say things to hurt us. By knowing your identity, you take away people's power to hurt you or define who you are outside of who God says you are. People may say that you are

- Ugly
- Fat
- Bald
- Stupid
- Skinny

I promise you that If you meditate on the negativity you will begin to believe the negative words spoken about you. If you meditate on who God says you are than you will believe what God says about you. Let's discover what God says about you.

Here is what God says about you...

- You are made in God's image. (Genesis 1:27)
- You are fearfully and wonderfully made. (Psalms 149:14)
- You are God's handy work. (Ephesians 3:10)

- God so loved the world that he gave his only begotten son so that whosoever believed in him should not perish but have everlasting life. (John 3:16)
- You are a royal priesthood and a holy nation. God's very own people chosen to bring him praise. (1 Peter 2: 19)

As you can see, God says some amazing things about you. God is beautiful and so are you. Beauty is defined by God as something totally different from how the world defines beauty. Below you will see the difference from what real beauty is verses how society defines beauty.

How Society Defines

Beauty? Society has defined beauty as an attribute reflecting the outward appearance. **Society** teaches us that **beauty** must look a certain way, or it is not **beautiful**, which is not the case. Society defines beauty by the shape, color, form, and physical attributes. Some have been made to feel that if we are not thin like Beyonce or have a body like Kim K then we are not beautiful. This is a lie. Beauty is found in all shapes and sizes.

Real beauty is beauty of the soul. Beauty comes from within and

radiates out into the world. Beauty exuberates in how you treat people, how you interact and engage with others. Beauty starts inwardly and manifest in your actions. Real beauty says I love myself and others.

Take some time to examine yourself. Do not think about your physical attributes, but your inner beauty. If you are beautiful outwardly, but mean inwardly, this is not true beauty.

Questions to Ask Yourself

- Are you kind?
- Do you gossip or say mean things about people?
- Do you look for the good things in people versus the bad?
- Do you curse or lie?
- Do you share or give to others?
- Are you compassionate?
- Do others enjoy being around you
- Do you listen to others or talk more about yourself?
- Do you respect and honor your parents?
- Do you look for ways to encourage others?

- Are you a good friend?

Examine your life! Now that you have been given the real meaning of being beautiful. Would you call yourself beautiful? If not, do not feel bad. Pray and ask God to help you to be beautiful both inwardly and outwardly.

God's love is not based on how good we are. He loves us the same on our good days and bad days. God is patient with us, and his desire is to teach us how to be like him. It takes time for us to learn how to behave like him from day to day. If you ask him to help you to become beautiful inwardly, he will do it for you.

Your identity is defined by God alone. Never allow anything to make you feel less than what God has created you to be. Everyday look for ways to encourage yourself and others.

Start your day with affirmations which are daily proclamations. There is power in your words. Eventually you will behave like and think of yourself as the beautiful Queen that God created. No one or nothing will be able to take that from you!!! Now take a look in that mirror and say to yourself...

- I am loved by God
- I am a Queen
- I am beautiful
- I am God's workmanship
- I am God's creation
- I am successful
- I am intelligent
- I am worthy of good things
- I am blessed
- I will succeed
- I am happy
- I am good enough

The next time you are asked "Who are you?" Tell them you are a child of God who is fearfully and wonderfully made, and you choose to be just like your heavenly Father.



Lady Shaquida
Queens Academy, Inc.

"Be careful not to let other people's opinion of you define who you are. You are God's creation. Therefore, You are fearfully and wonderfully made."

SWEET TREAT

CARMEL APPLES

10 Min Prep
20 Min Cook

8 Apples

- 1 cup butter
- 2 cups packed brown sugar
- 1 cup light corn syrup
- 1 can (14 ounces) sweetened condensed milk
- 1 teaspoon vanilla extract
- 8 wooden sticks
- 8 medium tart apples
- Unsalted peanuts, chopped

Directions

In a heavy 3-qt. saucepan, combine butter, brown sugar, corn syrup and milk; bring to a boil over medium-high heat. Cook and stir until mixture reaches 248° (firm-ball stage) on a candy thermometer, about 30-40 minutes. Remove from the heat; stir in vanilla. Insert wooden sticks into apples. Dip each apple into hot caramel mixture; turn to coat. Set on waxed paper to cool. If desired, roll the bottom of the dipped apples into chopped peanuts.





Coming
In
2021



Presents...

Exceptional Ladies by Design

***“Preparing girls for a future of
success filled with unlimited
possibilities to soar.”***

Workshops & Courses in...
Etiquette * Leadership
& Job Readiness

Mind Your Manners

Teen Leadership

Job Readiness in Hospitality

The Junior Debutante Course

Little Lady (7-9 years old)

Junior Lady (10-12 years old)

Young Lady (13-17 years old)

Pure Beauty GEM LLC is a certified Etiquette Consultant with the National
Association of Urban Etiquette Professionals (NAUEP)

www.nauep.com



Pearls & GEMS Magazine is a part of Pure Beauty GEM LLC. Subscribe today.
Email: www.purebeautygif1@aol.com or 301-213-2470 website: www.purebeautygem.com