

Quaint, Re-inventing, Sincere, Thoughtful, Unstoppable, Vigilant, Witty, well-expressed, earthy, crazy

Dear Andrea,



As I reflect on the Samuel Goldwyn quote, "The harder I work, the luckier I get," it brings to mind my own great fortune of successfully operating my own modeling agency, Patrick Talent Agency. I know that not only did I need to work long hours, but I needed to be more creative, more aggressive and more diligent than I had ever been in my life. This was my first business venture and even though I knew the modeling world because of my background, I knew I needed to build a 'business portfolio' that was just as strong as my modeling portfolio. And, so I did.

When I needed to give the agency our moniker and logo, I looked to my own family background for inspiration as they are my example of achieving the American dream. My Mom and Dad used the shamrock or four leaf clover as their logo in their car business 45 years ago and I thought if it could bring them luck all of those years, maybe it would do the same for me with my agency. Because I also believed in having a little bit of luck come my way... it didn't hurt either! So, Patrick Talent Agency was born in 1991 and the clover has been our company signature and logo ever since.

Four leaf clovers are very rare and are said to bring the holder of the clover, good luck. We are fortunate to represent models and talent who we feel are unique and special, setting them and us apart from the rest, which makes us very lucky indeed! So, we hope it 'rains luck' on you because opportunities for your career are knocking!

And, if you keep a positive attitude, you will reap the benefits of those who believe in good luck. According to legend, each leaf of the clover represents something. The first leaf is for hope, the second is for love, the third is for faith and, of course, the fourth is for luck.

Andrea's words to live by....

It's Raining LUCK

It is said that luck can be defined as preparation and opportunity coming together. I happen to believe in this theory. By Andrea Patrick Forte.



Be Prepared
Word Hard
Opportunity Is Knocking
A Little Luck Never Hurt

Keep all of this in mind when you go into your next casting or audition. Do your homework! But, walk in like you're the luckiest person in the world. And, you just might become one of the lucky ones!

Dear Andrea,
I have an upcoming photo shoot and need to look my best. Do you have any tips for me?

Lisa
Chicago, IL

Yes, I have some great hurry-up and fix-me-quick tips, but we all know that the best solution to looking good is living a healthy lifestyle. We have chosen a career where physical appearance is what we are paid for so we always need to look our best. With that said, if you have a photo shoot in a week and you really want to lose a few extra pounds quickly, I suggest cutting out all carbohydrates (no sugar, no flour, no fruits). You should try to eat lean protein and lots of veggies. You should try to limit your sodium and water intake the night before so you don't wake up feeling bloated. Of course, lots of exercise leading up to your shoot will make you feel great and after the shoot you can reward yourself with your favorite indulgence.

Andrea's Advice... Life is short. Eat dessert first. In this case, save it for last!

You should also have your hair cut (if you are going to) at least one week prior to any shoot to give it time to settle and if you dye or highlight your hair, I know that most photographers prefer if you show up with your roots taken care of - and this should be done about a week before as well.

Dear Andrea,

Do you have any tips for me for the photo shoot itself?

Lisa
Chicago, IL

I am so glad to see that you want to be as prepared as possible for your upcoming photo shoot. In addition to preparing yourself to look your best prior to your shoot, there are many tips for when you are at the photographer's studio.

Wear something to your shoot that buttons down in the front so that you can try on outfits and so that it won't interfere with your hair and makeup and always wear something comfortable because you may be there for several hours. I also suggest taking something to snack on throughout your day to keep your energy up. I like raw almonds and trail mix. I would also take a couple bottles of water with you. You never know if anything is going to be provided for you while you are there and it is better to be safe than sorry. I always tell my models to take their 'model bag'. This consists of several items: different types and colors of shoes, your undergarments, panythose, some makeup (just in case), rollers, a pair of jeans, and a few great tops. It is always best to have these items with you. And, always make sure that you carry your comp cards to give to the photographer.

The best advice I can give to all of you is to get to bed early and get plenty of rest the night before. If you are tired... it is going to show in your photos.

Ambitious, Bounciness, Neertui, Vauntiness, Eager, Feariness, Cutsy, Tumorous, Insignitui, non-judgemental

So, during this St. Patrick's Day, create your own good fortune by doing this...

Andrea's neccdots



- Risk more than others think is safe.
- Care more than others think is wise.
- Dream more than others think is practical.
- Expect more than others think is possible.

So, I want you to:

Be Positive Be Prepared Dare to be Lucky

And remember, fortune smiles on those of us who dare to take a chance! Miracles happen!

Until next time, may your days be filled with all things good!

GOTTA QUESTION! You need to write to me! I want to talk to you. I am so proud to be affiliated with such a prestigious publication and delighted to offer to other models what I have learned as a way of giving back to an industry that has been so good to me.

E-mail me anything related to modeling that you would like to ask me to: andrea@patricktalent.com. And, your questions just might get answered in the next issue of SU!

Andrea Patrick Forte is the CEO and owner of Patrick Talent Agency - a national leading provider of television show hunts, models, spokesmodels, and top entertainment. Magazine model, Hollywood actress and a former finalist in the Miss America and Miss USA pageants, Andrea has proven that having a dream and working hard to achieve it shows that dreams really can come true. For further information, visit: www.patricktalent.com.

Promising, Over-the-top, Neat, Motivating, Likeable, Kind-hearted,