

Refined, Striking, Tasteful, Upscale, Validated, Willing, unexpected, earthy, whiz
 Quizzical, Pure, Off-the-wall, Newsworthy, Merry, Livewire, Kickable, Jack-in-a-pinch

Dear Andrea,



Andrea's words to live by...

Breathe

There's a difference between living life and living life to the fullest. Forget excuses, forget schedules, forget deadlines and take the time to breath. By Andrea Patrick Forte.

When we are young, we don't think about whether we will have time to do the things we want to do in our lives, we just do them. We're always on the go, learning new things, taking new classes, playing, exploring, vacationing and dreaming of far off lands to see.

Our lives are full of wonder, adventure and a sense of freedom that comes with the innocence of being a child. Along the way we gain wisdom, experience and a passion for what we want to pursue in our lives. With that passion, hopefully happiness and fulfillment will come into our lives.

However, in all of our lives, it seems we are rushing around stressed out, just trying to do it all, that we never seem to have enough time to stop and even breathe and enjoy all of the wonderful blessings around us. And yet it's one of the most important things you can do for your soul. Rather than muscle through your day trying to get it all done, take a moment and breathe. Slow down to get going! Soak in the sweet silence for a change! Don't ruin it by trying to be logical. Instead give yourself permission to dream.

Personal growth is a winding path. Expect to revisit some of the same issues you encounter in your everyday life and unfortunately the same mistakes, no matter how hard you try not to. Sometimes all you need is to renew

your thinking and your body and get back to relaxing to rejuvenate the inspiration inside of you. Because inspiration and fresh ideas bloom when you are feeling positive. Listen to your body because it knows what it needs most.

And then maybe you can continue on your journey as if you were that beautiful, wondrous child again. Go places... even if it is only in your mind.

“Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.”

Read a little, dream a little, live, love, laugh and learn a little. Take time to enjoy life and breathe.

- ANDREA'S TIPS**
- Seek to Travel
 - Experience Life's Adventures
 - Relish the Wonder
 - Discover Your Freedom

Dear Andrea,
 I reside in Bismarck, ND with my wife and three children. Our youngest child, Chelsa is almost three years old and she is adorable. (Have you ever heard that before?) Over the course of the past couple of years we are constantly stopped by strangers telling us that our child is special and we should send her photo to 'someone'. I have no idea what I'm doing or where to start. I guess what I'm looking for is a minute of your time to hopefully point me in the right direction. I appreciate any help you can offer. Thank you in advance.

Robert
 Bismarck, ND

Dear Robert,
 Oh my goodness, Chelsa is gorgeous! She looks like a little angel! I don't usually react this way, but I had to respond to you immediately. Plus, at our agency we do not represent children, but I want you to know that I will do all that I can to assist you and point you in the right direction. I can see why people always stop you. I wanted to answer your question in my "Dear Andrea" column because this is the perfect example of reaching out to an agency and taking a chance. You never know what kind of reaction you will receive and it just may lead to something!



Angelic, Bright, Colorful, Delightful, Easy-on-the-eyes, Funny, Gentle, Heavenly, Inspiring

My advice would be to send Chelsa's photos to local modeling agencies which I will provide to you. I am also going to submit her to clients I have, which is an exception for us.

You have already told me in your extended letter that Chelsa has a great personality with others, but we will need to see how she reacts in front of the camera, so testing her out at photo shoots will be essential. The best way to experience this would be on the local level. I am sure that any local agency would accept her right away. I will be in touch soon and I am excited to see where this will lead.

Dear Andrea,
 Hi, my name is Nikki. I'm an aspiring model and I was going through a magazine called *Supermodels Unlimited* and saw your ad. I would like to know a little about your modeling agency, so

when you get the chance I would really appreciate it if you could give me a call. Thank you!

Nikki
 Washington, D.C.

Dear Nikki,
 I am so glad you contacted us and that you found me through *Supermodels Unlimited*! Patrick Talent Agency is a full service, nationwide modeling agency that I started seventeen years ago. We have several divisions including print, spokesperson, live event and on-air television hosts that we represent. For our print division, we represent females and males for print, runway and commercial print.

Our models have enjoyed countless assignments with top fashion magazines, retail catalogs and advertising campaigns. To be considered for our print division,

females should be 5'7" tall and males should be 6' tall. However, models not meeting these height requirements may be considered for fitness, swimwear or commercial print. There are exceptions to the height requirement based on the individual.

To be considered, you would need to submit a clear beauty shot and full body shot to us by e-mail and be sure to include your physical statistics and contact information. If we are interested, a reply will be sent to you within two weeks of submission if not before. We also represent some of the finest television and on camera hosts in the business. If this is something that interests you, we would need you to send us your demo reel for consideration along with a headshot and resume. I hope this answers your question and we look forward to receiving your submission Nikki!

So, balance self improvement with self acceptance and stop to renew along the way...

Andrea's anecdotes

“The unexpected and the incredible belong in this world. Only then is life whole.” - Carl Gustav Jung

“Those who wander are not necessarily lost.” - Joseph Stine

Before me lies the edge of the world. I am on my way there running.

I want you to:

Take Time to Travel - Take Time to Renew - Take Time to Explore & Take Time to Breathe

Everything I am or ever hope to be, I owe to my heroic angel Mom! Andrea

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 hosts, 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.