

Dear Andrea,



ANDREA PATRICK FORTE
PHOTO: JAMES HARRIS
HAIR & MAKEUP: LINDA FINE

LITTLE THINGS MEAN A LOT

Andrea's words to live by....

I am constantly living in gratitude. I love meeting new people and passing along a smile to them... remember my 'Beautiful Thought Theory' from my first column? Well, you might be asking... what does this have to do with modeling?

By Andrea Patrick Forte.

attendees about the journey my mom, Gladys has taken this past year with her complications with diabetes. I feel honored to have been asked, but more than that I feel honored that my mom has allowed me to share such a personal story with the world. I hope that whoever hears our story may gain something that may help them in their lives.

Well, I believe that when you are gracious and grateful for all that you have in life and all that may come to you in life, is the reason itself why we should always be encouraged by the small bookings or roles or jobs we get in our career. They always lead to something else and in my experience as an agent over the past 15 years, the models who have taken the smaller jobs have met some wonderful, kind, talented, professional people who have remembered them along the way and have considered them when the time comes to cast them for those glamorous well-paying, very visible jobs.

I also believe in loyalty in this business and in ethics as I do believe largely in those sayings like, "What goes around, comes around." And in this business called 'show', it is not as big as it may seem and it seems that in some respect we all know each other in one way or another. So what I am trying to say here is try never to create enemies and always be thankful and loyal for those who help you along the way in your career and who give you your first or second 'break.' Remember that they are the ones who saw something in you and helped you get where you are and you should always remain grateful for that. I know that I am to those special people in my life.

I also think that when we are in an industry where it is so self-motivated, that it is in all of our best interests to 'give back.' In a small way... in a big way. Whatever you can do, because each and every one of us no matter what we think, CAN make a difference and an impact in the lives of those who are less fortunate than we are.

I bring this up in this particular column because I have a cause that I have a huge passion for, which is the ADA (American Diabetes Association). I am the main speaker at the Healthy 4 Life Expo at the Pittsburgh Convention Center in August to tell the

Becoming a Model to Admire:

Don't Sweat The Small Stuff - Take The Small Stuff

Put Your Best Foot Forward

Pick A Worthy Cause

Give Back

"To effect real positive change in today's communities, we need a committed, loyal and engaged human being. You get what you give"

Just like your own modeling career, if you don't step in with loyalty and commitment, you will not have any real change and your goals will not be achieved. Significant impact will come to you by your involvement with a cause and in the process you will inspire and empower others by your example. When you take away all of the concentration off of yourself, great things will start to happen in your own life and career. I promise. I also promise that you will feel fabulous about yourself!

I am answering these next questions as they seem to be the most asked questions I have been receiving lately.

Dear Andrea,

I am 5'3" tall. Can I still be a model? Everyone tells me I should try?

Brittany
Pittsburgh, PA

The short answer is yes for some types of modeling, the realistic answer is no. It may not be fair, but it's the way most agencies work. It's about what the marketplace wants. And, for the most part, the market doesn't want very short models. Height though is really only an issue if you intend to be a fashion model. In New York, fashion models range from 5'10" to 6", that's it! The exceptions are the girls with the extremely unique looks. In smaller markets, 5'9" or 5'8" is accepted for fashion. So, if you are shorter than this, don't waste your time taking pretty fashion pictures for your portfolio to get you work. Stick with commercial shots. This is where you should put your concentration.

Commercial models are the majority of models in this country and they can be a much wider variety of heights and shapes. Female petites of 5'6" and above generally can find acceptance in the marketplace. A few very exceptional women of 5'4" and above can get work, but it is much harder. Those shorter than that can still work as a model, but only in the commercial market. Andrea's words of wisdom... "It's the possibility of having a dream come true that makes life interesting."

Dear Andrea,

How old is too old to be a model?

Erin
Boston, MA

I love this question, especially in today's world! Contrary to popular myth... there is NO age limit on modeling. Turn on the TV and watch some commercials and just go by any newstand and look at who is on the cover of magazines. There are models of every age range and body type in use today...hip hip hooray! You're never too old to pursue your dreams... I should know, my dreams are still becoming realities!

So, let's all become models with a cause... because, Beauty Is As Beauty Does!

Andrea's neccdots

Try to make other people smile by giving with your heart without expecting anything in return... you'll be surprised at how much joy it will bring into your life.

Failure isn't something that you are, it is something that you might experience... it's just of state a mind.

Everyone has **Talent**. What is **Rare** is the **Courage** to follow that **Talent**.

So, for the FALL of 2006, I want you to...

Be Grateful - Inspire Others - Give of Your Time - Make a Difference!!

And, remember that volunteers are just like models... they are beautiful people... so, show your beauty in helping others. It's good to be beautiful when you show your true genuine spirit!!

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.