



Welcome back to the Pageant Preparation Communiqué. We hope you enjoyed our first edition and are eager to learn more from our tips and suggestions. As you remember, our first newsletter touched on fitness and healthy eating. This month we would like to address the important topic of self esteem and the importance of mental preparations for the state pageant. Remember, we want to work closely with you and answer any questions you might have. You may contact the office by telephone: 803.648.6220 or by email: [info@rpmproductions.com](mailto:info@rpmproductions.com). We look forward to welcoming you to our family.

**Now here is some great advice from our MISS NORTH CAROLINA USA 2008, Andrea Duke!**

Hello to all!!!

Being Miss NORTH CAROLINA USA 2008 has changed my life in such a positive light. My pageant experience as a whole has helped me become a better person in so many different ways. From overall self-confidence to poise and elegance to grace under pressure to interview skills to physical fitness, I just can't express how the Miss Universe Organization has helped to mold me into a well-rounded, confident young lady.

Each and every woman is unique and distinctive, and the pageant encourages personal growth and development

The Miss Universe Organization promotes such a positive and respected image for young women. This image exudes characteristics such as intelligence and confidence, warmth and magnetism, a healthy lifestyle, solid communication abilities, style and fashion, and most of all **the ability to be true to oneself**. Each and every woman is unique and distinctive, and the pageant encourages personal growth and development in the realm of personal style, personality, communication, and other individual skills and character traits.

I am promoting **positive self-image and self-esteem** and addressing issues such as eating disorders as my own personal objective. The Miss Universe Organization has opened the door for me to have a voice and speak out on such issues about which I am extremely passionate. I have battled with eating disorders in my past because I felt the many pressures placed on young women in today's society. Trust me; I know what it's like. It wasn't until I overcame this illness and implemented a healthy lifestyle that I was able to rise above and take home the title and the opportunity that comes with the crown. I realized I have so much to offer and that I had to overcome my eating disorder if I was going to reach my full potential because it was restraining me and destroying my very being. With God's help, I am now a healthy young woman who is achieving and living my dreams, and the Miss Universe Organization is the vehicle for me to do so. I am encouraged and motivated to continue along a healthy and successful journey by being a part of such an incredible organization.

Good luck and always follow your dreams!

Andrea Duke,

**What wonderful advice!** You may follow Andrea's year as MISS NORTH CAROLINA USA 2008 by visiting [www.missnorthcarolinausa.com](http://www.missnorthcarolinausa.com). You will see photos of her appearances, and keep up with her as she prepares to compete for the title of MISS USA 2008. Don't forget to watch MISS USA Pageant live on NBC- April 11, 2008. **Mark your calendar and program your TiVo as we keep our fingers crossed for Andrea, Jamie and Michelle!**

From interview to that all important "on stage question," it is important to know who you are and what you believe in. It can be intimidating standing on stage, looking beautiful and confident, trying to remember your name, not to mention answering the question of "Who is the Vice President of the United States?" Yikes! Don't panic, help is here. Below we have put together some information that will help you practice becoming mentally fit. Just as important as exercise and healthy eating is to your body, building your self esteem and confidence is key to mental fitness.

### **Dos and Don'ts for Mental Preparation**

Don't **Compare** yourself to other contestants  
Do surround yourself with other positive contestants

Don't **Pick** someone else as the winner – it could be you!  
Do bring along uplifting quotes and music to keep your focus positive.

Don't **Give in** to Gossiping  
Do be helpful and encouraging to fellow contestants

Don't **Second Guess** yourself- you have done your homework and prepared  
Do focus on enjoying every moment- the weekend will go quickly

Don't **Engage** in negative self-talk  
Do keep things in perspective- it's a pageant, not life and death.

**Practice interviewing!** Get your Mom and Dad involved. Break out the video camera and record yourself talking, then play it back and assess how you sound and what type of body language you are using. Be honest with yourself, and really pick out those things you want to improve. Use the time you spend talking with your potential sponsors to practice your interview skills. Remember an interview is a give and take conversation.



Listening  
is as  
important  
as  
answering.

At the end of the weekend, regardless of the winner, each and every contestant has been on a journey. What you take with you from the pageant is as important as participating in the pageant. You can walk away feeling happy, encouraged or even disappointed. Regardless, we suggest you think about what this journey did for you.... Did you make a new friend? Did you learn something about yourself? Did you overcome a fear? We challenge you to do this pageant because the journey we provide will allow the person you are, to realize the dreams and goals you set for yourself, can come true.



Never Give  
Up on  
Your Dreams!



We hope you have enjoyed these valuable tips and suggestions. In our next letter we will hear about role models and community service from our **MISS SOUTH CAROLINA USA 2008, Jamie Hill.**

As always, please visit our website for up to date information, links to our sponsors, and 2009 pageant news. It's so simple, just go to **[www.rpmproductions.com](http://www.rpmproductions.com)** and click on your state. Thanks and remember...we are here to help you reach your dreams!

# THIS JUST IN:

Audition for "Teen Dream"! MTV and the executive producer of hit series like "America's Next Top Model" now bring you "Teen Dream"—an exciting reality competition series to find America's next female superstar. We are searching the nation for the most talented female singers with the biggest personalities AS WELL as their equally charismatic mother/mangers! The selected mother/daughter teams may compete for a chance at a cash prize and the opportunity to showcase their daughter's talent. Are you ready for the chance to live the dream? IF SO, mom and daughter teams should come meet our casting directors in person and prove it!

Open Casting Calls will be held in the following cities:

Atlanta-March 28<sup>th</sup>, 29<sup>th</sup>  
Dallas- April 4<sup>th</sup>, 5<sup>th</sup>  
Chicago- April 11<sup>th</sup>, 12<sup>th</sup>  
Los Angeles- April 18<sup>th</sup>, 19<sup>th</sup>  
Orlando/Miami- April 25<sup>th</sup>, 26<sup>th</sup>  
New York- May 2<sup>nd</sup>, 3<sup>rd</sup>  
(locations TBD)

- Daughters and Mothers must attend the auditions together.
- Daughters must be at least 16 years of age and appear to be under the age of 25.
- Daughters: please bring a photo I.D., a copy of a headshot or photo, CDs or DVDs of your music or performances, and a bio. Mothers can just bring photo I.D. and a photo of themselves unless they are also performers and have those supporting materials as well.
- If you are attending one of our open calls we suggest you RSVP at [teendreamcasting@gmail.com](mailto:teendreamcasting@gmail.com) (in the subject line, please put the name of the city you will audition in).
- If you cannot make the open calls, send us an email with your contact details, photo and bio ASAP.
- There will be ongoing auditions held in the NY office.