

Entertainment News

Katie Cassidy

By Cynthia Pascuito



So how does a young woman find her own identity when her father is the sexy 70s icon, David Cassidy? Check out our interview with Kate Cassidy, an up and coming actress in Hollywood who is striving to bring her own "A game" to the table.

Average Girl Magazine: How did you get your start in the entertainment industry?

Kate Cassidy: I was in theatre as a child and I wanted to pursue an acting career at a young age, but it was important to me to do it on my own without any help from my father. Then, when I was in high school, my sister was working at a Talent Management company and she mentioned to them that her younger sister was interested in acting professionally. Shortly after that, I took a meeting with one of the managers at the company, Doreen Wilcox, who I have been with ever since!

AVG: What made you decide to become an actress? Was there one defining moment?

KC: I did theatre when I was younger, and had always wanted to be like Marilyn Monroe... I loved being on stage and enjoyed making people smile. It wasn't until after that, however, that I was truly inspired to become an actor. I think I was 14 when I saw David Auburn's Tony Award winning play *Proof* starring Anne Heche. I remember being so moved by her performance and thinking to myself, "My God, I need to do that!"

AVG: The entertainment industry seems very hard on its young stars with the demand to be perfect-talent, beauty and weight. What pressures do you face in the industry and how do you deal with it?

KC: I think a lot of girls my age struggle with the pressure of being thin and beautiful. As for me, I never really thought about it until recently. Thanks to my genes, I was always really thin growing up. It actually kind of sucked because I was teased a lot in grade school for developing late and being super skinny. I was "string bean" or "bones" to some people. It wasn't until I was about 16 that my body started to change. At first I LOVED it. I was "Oh yeah, I have a booty!", but then it turned into "Holy cow, I have cheese in my booty!" Ha! Sorry! That was a little gross. I went with it until recently on "Supernatural." I've been working out 4 or 5 days a week, kickboxing and weight

training. I LOVE IT! I've started eating better and taking better care of myself. Not only that - I feel great!

AVG: *Supernatural* is a male dominated show. What do you believe your character will add to the show?

KC: Well, I think it will definitely change things up a bit to have a chick kicking some ass along with the boys. I think Ruby brings a certain level of mystery to the show... We're not really sure why she's helping the boys yet... Is she good, bad, what is she? And what does she want with Sam? I love when I get to be the one to bring up all the questions! So fun to hear all of people's thoughts.

AVG: Can you describe your character and what character trait you wish you had, and what trait of Ruby's you are uncomfortable with?

KC: Ruby is a manipulative, smart, kick ass chick! She works all angles and has got it all figured out... I think for me, I wish I had it all figured out! Ruby also uses her sexuality to get what she wants. For me, that's a little uncomfortable because I never thought of myself as sexy. So that's been a little awkward for me, but you gotta embrace it right?!

AVG: Have there been moments in your life where you have been discouraged and how did you overcome them?

KC: Absolutely! It can be really frustrating out there. I have really positive people in my life and when I'm feeling insecure or low, I turn to them. I can't tell you how many times I've freaked out to my manager, but she's great and I can't thank her enough for being there for me. It's wonderful to have people around you who really believe in you. Sometimes, as actors, we question ourselves, and everyone goes through it, but you just have to keep your head high and stay focused. It will turn around....

AVG: In the same line, how do you deal with criticism?

KC: Hmm...Well, it definitely affects me, but at the end of the day, you have to love yourself and be comfortable with who you are. I think the best thing for me is to just be myself - If you don't like me for me, well then fine... have a nice day!

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