

Dora Award Winner Sandy Duarte Leads the New Series 'Only Good Shit to Say'

Actress Sandy Duarte, who is currently filming the upcoming horror flick "Ingress," will also lend her talents to the series "Only Good Shit to Say"

LOS ANGELES, CA, USA, October 2, 2015

/EINPresswire.com/ -- Actress Sandy Duarte, who has created a dazzling reputation as a leading lady on both the stage and screen, will host the new series "Only Good Shit to Say," which is slated to begin airing in the new year and recently previewed on XSNetwork.com.

Having starred in hit films including "Mayfly," "2:22," "Wish it Could Last," "2 Guys in a Four-Dollar Room" and the TV series "Remedy," Duarte's proven track record of success as a performer that fans love to watch made her the obvious choice to host the upcoming series.

With a strong focus on global kindness, Duarte and cohost Antonella Longobardi will take viewers on an inspiring journey through this unique new series as they cover stories about people around the world doing amazing things to better the planet and humanity as a whole.

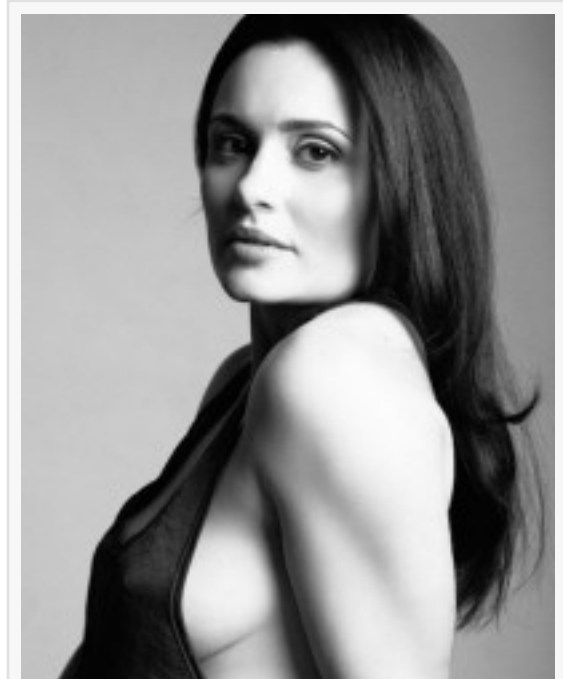
Duarte explains, "The focus is on bringing light to positive stories through candid loosely scripted open conversation and story telling with guests. There is too much focus on negative stories, that I think the good stuff and good people get overshadowed. We all need a little love and light in our lives."

In an effort to counterbalance the saturation of depressing and often violent stories the news media bombards us with everyday, "Only Good Shit to Say" intends to inspire and inform viewers about real people doing extraordinary things, ones that will make viewers feel proud to be a part of the human race.

A few teaser episodes of the series "Only Good Shit to Say," which is produced by Garage Studios, have been released on [XSNetwork Preview](#), XSNetwork.com's YouTube channel, featuring guests including Nira Elgueta of the nonprofit organization [Working Women Community Centre](#), Nicole Martin of [680 News](#) and Melissa Calixte from Smile 2 Smile.

"Sandy exudes passion and is infectiously charming," explained Antonella Longobardi. "The viewers tune in because she is involved heavily with her film/entertainment community and they know that when she commits to a project, it is one worth watching."

Aside from being an engaging host who is assured to make the upcoming series a huge success,



Actress Sandy Duarte shot by Mark Binks

Duarte is an astonishingly talented actress with unparalleled range.

Duarte has left an indelible mark on the theatre world through her performances in countless productions including "The Nun's Vacation," "Something Red," "Blood" and many more. In 2011 the actress received the prestigious Dora Mavor Moore Award, the Canadian equivalent of a Tony Award, for Outstanding Female Performance for her portrayal of Noelle in the stage production of Tom Walmsley's "Blood." After witnessing Duarte's knockout performance in the production, Shannonn Kelley, the festival director of the ReelheART International Film Festival, dubbed Duarte as the Portuguese Glenn Close; and, Kelley's words have continued to ring true with every new production the actress has taken on.

After starring as Helen in Paul Guzman's 2008 crime drama film "2:22," which garnered the Best Picture Award at the Malibu International Film Festival, as well as the Best Cinematography Award from the Milano International Film Festival Awards in 2010, Sandy Duarte was immediately catapulted onto everyone's hotlist.

Since then Duarte has powerfully showcased the various sides of her craft in multiple productions including the 2013 surreal drama film "Mayfly," which is loosely based on the life of Franz Kafka, "2 Guys in a Four-Dollar Room" and "Wish it Could Last," as well as the TV series "Remedy," which airs on Canada's Global Television Network and was nominated for four Canadian Screen Awards this year.

"I like roles that challenge me... I feel that way with anything in life, if you aren't passionate about what you are doing, it shows. I decided a long time ago, that no matter what, I would always live to do things with passion - and it's important creatively that I try to achieve that. I'm drawn to characters that are human despite the genres," said Duarte.

She is currently working on the psychological horror feature film "Ingress" where she plays the intensely challenging role of Emily, a woman who struggles to maintain her grip on reality in spite of being haunted by her sinister past.

One of the newest projects from acclaimed horror film director Manuel H. Da Silva ("Cycle of Fear: There Is No End," "The Haunted"), "Ingress" dives into the fears developed from past traumas exposing how they come to affect us through our subconscious as we try to move on with our lives. Bringing to life the stories of three psychologically scarred individuals who are connected by an unexpected twist, "Ingress" is a film that international audiences will find frighteningly relatable and thought provoking.

Duarte admits, "This has been the most challenging and rewarding film project as it opened my eyes to how underrated horror film actors can be and how exhausting mentally and physically it is to be so in the moment in believing your imagined hyper-circumstances without losing the characters humanity and essence."

In the film, which is being produced by Blue Skies Pictures, Duarte stars alongside Dennis Andres ("The Strain," "Lady Psycho Killer," "Cold Blood") who plays Josh, and L.A. Lopes ("Poltergeist," "The Unleashed") as Alex.

"Sandy is a rare actress to say the least. Always professional in any circumstances and just a great actress," explained director and producer Manuel H. Da Silva. "With a genuine good heart she is easily likeable and understands the biz and people. I am so happy that I met Sandy."

Be sure to catch Sandy Duarte in the new series "Only Good Shit to Say" airing in 2016, as well as the

film "Ingress," which is expected to be released in the near future.

Press release courtesy of Online PR Media: <http://bit.ly/1L9h6UE>

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