

Wonderland.

Canadian actor Sarah Dugdale talks all things *Virgin River* in conversation with pal and fellow actor Louriza Tronco.

December 11th, 2020



As the next generation of YA thrillers takes to the big screen, Canadian actor Sarah Dugdale has emerged as one of the scene's most promising new talents. The 25-year-old got her start in showbiz by way of *R.L. Stine's the Haunting Hour* (you know, *Goosebumps* guy) back in 2010, taking a whole host of projects from TV movies to guest spots in mega-series such as *Arrow* and *Supernatural* in the years that followed. These opportunities, of course, would all lead up to her breakout role in Netflix's *Virgin River*, starring opposite Alexandra Breckenridge as the town's well-intentioned yet disruptive new arrival.

Here she sits down with long time friend and star of *The Order*, Louriza Tronco, and delves into roles past and present, like upcoming teen-horror *There's Someone Inside Your House* for instance, as well as dishing on the music (and Wonderland [featured musicians](#)) that have seen her through the past few months.

Check out the interview below...





Sarah: Hey Louriza! It's so nice to see your face even if it's just over zoom. How long ago did we meet each other?

Louriza: All I remember was it was a sunny day in California.

Sarah: Yes! Set up by our lovely agent Deb on a friend date.

Louriza: Literally! It felt like a blind date. A little friendship blind date that turned into a lifelong friendship. It has to have been four or five years ago now.

Sarah: Not only are you an awesome friend but I'm also a big fan of your work. I loved you in *The Order*, I mean, if I could be anyone on that show it would be Gabrielle because your part is so fun and you absolutely kill it.

Louriza: Thank you! Figuratively and literally. I'm a fan of your work too. Our friendship feels rare because for me anyway it can be hard to find genuine friendships in this industry. I'm so proud of you because you're absolutely killing it. *Virgin River* has obviously blown up. Why do you think it's gotten so popular and what do you think the fans relate to when they watch *Virgin River*?

Sarah: *Virgin River* is a show you can sit down and watch with your whole family. There's really something for everyone: drama, romance, suspense. The show has such universal themes of love and loss and explores them with an authenticity that feels fresh. It's full of heart and joy and I think that's what people need right now.

Louriza: Exactly! So you play Lizzie, and she's a bit of an outsider with a wild child spirit. Do you relate to that part of her?

Sarah: I feel like I related to her being an outsider especially joining the cast in their second season after everyone had already been together since season one. I feel like the dynamic was perfect for that. As far as wild child spirit goes, I relate most to her desire to be older and independent and the rebelliousness that goes along with that. But I have to admit I was a pretty tame teenager.

Louriza: Well there's nothing wrong with that! Now, we got to know each other in our young adulthood so we didn't know each other in high school so I'm curious, what were you like in school? I feel like we would have been friends back then.

Sarah: I agree! I was extremely shy, but I was a drama geek. I was in all the plays and musicals. My favourite classes were Shakespeare theatre class, English literature, and philosophy. Oh, and I was perpetually late.





Louriza: Me too! We would have definitely been friends. Now, because you're such a fantastic actor, you've had great versatility in your work. What character have you related the most to and why?

Sarah: It's hard to pick one because as an actor you're at the core of every character you play so you have to find that commonality. If I had to pick one, I'd probably say playing 'Amy' in *In The Shadow Of The Moon*. Her driving force was her desire to be seen and understood by her dad. I feel like that's a very universal desire. People are striving to be seen and understood by the people around them. So because of that, I found her really easy to tap into.

Louriza: That's so beautiful. You have the horror movie *There's Someone Inside Your House* coming up as well. We all know I love horror (I don't). They terrify me and I get nightmares. Do you like horror movies?

Sarah: I do! I'm a fan, so I was over the moon when I booked this. Even in the callback I remember being so excited to be there that I could feel myself shaking a little. The movie is based on a book with the same title by Stephanie Perkins. Not only is it a horror movie, it has this lovely coming of age story. We can watch it together. I'll give you a heads up about any jump scares.

Louriza: Perfect. If you could sum up your experience of playing Lizzie in five words, what would they be?

Sarah: Surprising, freeing, fun, unpredictable, and nostalgic.

Louriza: And I'll add fashion.

Sarah: Yes! I had the cutest clothes playing Lizzie.

Louriza: What had been your most fun and challenging day to film to date?

Sarah: Honestly probably years ago when I did this guest star on this show called *Rush*. I was playing this pregnant teen and I had to give birth in a scene. It was emotionally and physically demanding. I wanted to make it as authentic as possible and didn't want to push it (no pun intended). It was my first time having to be that vulnerable on set. I remember driving home feeling so exhausted and needing a bit of time to recharge.

Louriza: I know you love music and that it's a huge part of your life (you're the one that got me into Maggie Rogers), what is a song that would be a representation of your life right now?

Sarah: She is so amazing! Okay, I've been listening to [Phoebe Bridgers](#) a lot. I think she's brilliant. She put out a new album called Punisher in June and that has been my current obsession, especially the song "[I Know The End](#)". I don't know if that's a little ominous but it's a beautiful song.

Louriza: For sure! Last question. Do you think *Virgin River* will be renewed for a third season? And if it is renewed what arc do you think Lizzie will have?

Sarah: I really hope it's renewed. I mean, come on, it ended on such a cliffhanger there has to be a season 3. I would love to learn more about Lizzie, her past, and her relationship with her parents. I think there's a lot of opportunity for her to evolve. Lizzie is still trying to figure out who she is, what she wants, and what her path in life is. I've grown quite fond of her and hope for the opportunity to continue learning about her...

Photography

Charlie Nesbitt

<https://www.wonderlandmagazine.com/2020/12/11/conversation-sarah-dugdale-louriza-tronco/>

POPULAR

POPULAR GIRL: SARAH

DUGDALE

ALESSANDRA GUARNERI

NOVEMBER 27, 2020



[Sarah Dugdale](#) will catch the eye of Virgin River viewers as the new girl in town, Lizzie. In the series second season, those watching will get to know Lizzie as the beautiful, yet impulsive, girl who is determined to make a lasting impression on a small town. Viewers fell in love with the plot and dramatic storylines behind Virgin River during its first season and it appears that the drama will only continue to unfold throughout season two.

Tell us about your character Lizzie and what we can expect from Virgin River Season 2!

Lizzie is wild, confident, impulsive, and isn't afraid to speak her mind. She has a hard shell but there's a lot brewing beneath the surface. After getting into some trouble in LA she's been sent to Virgin River to live with her Aunt Connie. This season there will be old faces, new faces, drama, love, and fun moments. The fans are in for a treat!

How are you and Lizzie alike or different?

I look back at when I was 19 and I relate to her desire to be older, her mindset that she knows more than she does, and how she craves to really be seen. I also identify with her ability to be silly and have fun. That being said, she does have a confidence and brashness that I don't share, yet I adore playing. She's like my alter ego!

What was the hardest part about getting into a character like Lizzie?

Honestly, I didn't find her too challenging to connect with once I found common ground with her. The only trap I had to watch for was not playing her as a one-dimensional angsty teen. She's much more authentic than that. Sue Tenney, our show creator, has done a great job of making each character in Virgin River multi-dimensional, complex, and full of life.

Tell us about a fun moment on the set of "Virgin River"!

I loved getting to see the clothes I was wearing each day I got to set. Lizzie is an outsider and her clothes reflect that. Clothes can inform so much about a person and I feel like they really helped me solidify who Lizzie is. On one of my first days working I had a scene where I walked into Jack's bar for the first time. Her first real introduction to the heart of Virgin River. The clothes, the makeup, the hair, the attitude; it all felt right. It felt like Lizzie's big entrance and it was when she came alive for me, it felt amazing!

What is the biggest difference between working on a movie and on a series? Do you have a favorite?

Virgin River has been my first opportunity to stick with a character for a long time. There's something special about getting to go on a journey with the character you're playing over a whole season instead of just a few weeks on a movie. I was always so excited to open the next script and see how Lizzie's story was developing. I do love the variety of working on movie's though. I'm happy any time I'm acting and expressing myself creatively.

**You are also a star on the upcoming thriller “There’s Someone Inside Your House.”
What can you tell us about it?**

First of all, I’m so excited about this movie! Secondly, I’ve seen some of the post production and it looks awesome. It should be out sometime in 2021. It’s a teen slasher movie adapted from a book by the same name written by Stephanie Perkins. I play the student council president Katie Koons, I modeled her after Tracy Flick from *Election*. If you want a sneak peek, grab the book before the movie comes out!

**From R.L. Stines to your new project, is horror a genre you want to dive further into?
What is your favorite horror movie to date?**

Yes! I would love to get some more horror movies under my belt. Having to pick a favorite horror movie is a tall order. One that really stuck with me was *The Babadook*. I prefer the suspense side of horror over the gory side. I find psychological horror more interesting to watch. After watching so many, I’d love to write one myself in the future.

Who or what initially inspired you to pursue a career in acting?

I grew up dancing competitively and singing in choir, so I was already dipping my feet into the performing arts. After I did my first musical in middle school I was hooked. I was painfully shy but once I got on stage, I came alive. I was able to find confidence through acting. Eventually, my dad found my current acting coach, Deb Podowski, and she molded me into the actor I am today. She’s the one that suggested I get an agent when I was 15 and the rest is history.

You started painting during quarantine. What was your last piece?

Everything I’ve done so far is pretty abstract. I usually let whatever is going on in my brain at the time to come out on the canvas. I use acrylic paint. I love listening to music or a podcast while painting and letting go of expectations of what I’ll create. I’ve always wanted to paint but have held myself back in fear of being “bad” at it. It feels cool to be in a place where I can be kind to my creative self.

We heard you are also an avid baker! What do you like to cook most?

Yes! I love baking. My go to is banana bread. As far as cooking goes, I’m always down to try new recipes. I’ve been cooking lots of Mexican food lately and have perfected a Moroccan Tagine.

What else are you passionate about?

Music is another passion of mine. I have two guitars, a ukulele, and a keyboard. To be perfectly honest, they’re all collecting dust except for the keyboard. I took piano lessons as a kid and

have been re-teaching myself. I've been learning music to play and sing along to. My current obsession is learning songs by Phoebe Bridgers. I think she's brilliant.

What is a role you are currently chasing?

I would love to sink my teeth into a physically demanding role, maybe something where I'd get to learn a new skill for the project.

What would you be doing right now if you weren't acting?

Maybe a career in law, psychology, or marine biology. I was enchanted by the ocean when I was younger so marine biology was always my answer to "what do you want to be when you grow up?". In high school I took a law course and loved it! But if I went back to school and studied anything it would be psychology. I've always been a people watcher and am fascinated with why people do what they do. I would love to learn more about human behavior and how the brain works.

What were you doing before this interview?

I just got back from a walk around my neighbourhood while listening to a podcast. My favorite one right now is a true crime podcast called "My Favorite Murder." A close second is Brené Brown's podcast. I figure it's good to balance true crime with some personal development.

Can you tell us about any other upcoming projects?

I've been doing a bit of writing myself so hopefully that will see the light of day in the future.

<http://www.populartv.com/etc/popular-girl-sarah-dugdale/>

Hollywood Life

by Bonnie Fuller

EXCLUSIVE INTERVIEW

NOVEMBER 26, 2020 3:30PM EST

‘Virgin River’s Newest Star Sarah Dugdale Teases Lizzie’s Arrival: She’s A ‘Wild Child’



Netflix

Avery Thompson

ENTERTAINMENT DIRECTOR

There’s a new resident in Virgin River in season 2. Sarah Dugdale joins the cast as Lizzie, and she spoke EXCLUSIVELY with HL about how Lizzie stirs things up, as well as the romance blooming between Lizzie and another character.

Sarah Dugdale is one of *Virgin River's* new cast members in season 2. She plays Lizzie, Connie's niece who is forced to move to Virgin River from Los Angeles. **HollywoodLife** talked EXCLUSIVELY with Sarah who teased that Lizzie is a "wild child" and "doesn't really have a filter sometimes." Her parents sent her to the small town to "kind of calm down."

Sarah added that Lizzie "definitely has her reservations and has that teenage angst and thinks it's lame and dead and all of that. But over the course of the season, she has a really cool arc, just the way that she slowly softens to being there. Her attitude really softens as well."



Lizzie is a new character in season 2. (Netflix)

From the trailer, Lizzie will cross paths with Ricky, and their relationship will develop throughout the season. "I feel like he's the only other younger person on the show," Sarah said about Ricky. "So Lizzie comes in and realizes he's someone she can have a little fun with. I feel like their relationship is really sweet this season. The way that they balance each other out and really grow with each other throughout the season, I feel like people will really root for them this season."

Sarah noted that Lizzie and Ricky's relationship is "really sweet and lovely. It has this cool twist where Lizzy's kind of the more confident person in the situation, so it's cool to see their dynamic. She's from the big city and has a little more world experience. Ricky's a little more sheltered, so their dynamic was really cool to play with."



Lizzie and Ricky in season 2. (Netflix)

Being the new girl in town, Lizzie is following in Mel's footsteps to an extent. "I really loved watching in season 1 Mel's journey from being an outsider to getting more integrated with the town," Sarah told **HollywoodLife**. "It was kind of cool to have almost like a parallel journey this season for myself. Alex does such a wonderful job leading the show. I think that she's really brilliant."

As for what she'd like to see in a potential season 3, Sarah has already come up with some ideas. "I feel like I'd like to know more about her past and more about her relationship with her parents," Sarah said. "I feel like some of it gets alluded to in season 2. I just want to know more about her. Still waters run deep. I feel like there's so much more to her. Even when I auditioned for the role and read the lines and her character description, I knew already that she had substance to her. She wasn't just a teenage girl." *Virgin River* season 2 will begin streaming Nov. 27 on Netflix.

<https://hollywoodlife.com/2020/11/26/virgin-river-season-2-lizzie-new-character/>



Sarah Dugdale on Shaking Up ‘Virgin River’ [Exclusive Interview]

December 10, 2020

Esme MazzeoInterviews, Virgin River

It’s tough to be new in any town — but when you’re nineteen and the town you’ve moved to against your will is Virgin River — a “new start” can feel very much like captivity.

I talked to Sarah Dugdale, the newest resident in the cast of Netflix’s hit show **Virgin River** about her character Lizzie’s life before she was sent to the quaint town, Lizzie’s tense relationship with her Aunt Connie (Nicola Cavendish), and of course, her relationship with Ricky.

As resistant as she is to her new home at first, there are reasons why Virgin River is the right place for Lizzie to start anew.

“She’s from this privileged, rich upbringing but I think there was a lack of attention and a lack of hands-on parenting,” Dugdale said of Lizzie’s relationship with her parents, whom we have not met yet.



Sarah Dugdale (Photo Credit: Charlie Nesbitt)

“Lizzie doesn’t really know how to exist on her own and doesn’t really know normalcy in a way. So, I feel like her getting sent to Virgin River and being with her Aunt Connie, who provides a lot more structure than she would have in L.A — I feel like it is the perfect setting for her to actually grow and figure out who she is without all of the distractions of L.A.”

She grows in a quite surprising direction — toward Ricky (Grayson Maxwell Gurnsey) who is arguably the most wholesome young adult in Virgin River, which happens to be one of the most wholesome fictional towns to ever exist.

Ricky works extra hours to help his grandmother pay bills and has to be coerced into every tiny act of rebellion that Lizzie comes up with. They’re an odd pair on paper but there is something exciting about the young, innocent energy between them that works well.

Dugdale said she felt Lizzie might have been interested in him at first because he seems like he can be “easily manipulated” or that she might be able to “get something out of him.”

“I think that dynamic shifts for her as they get to know each other and as he brings her out of her shell and kind of thaws her to Virgin River, and really just allows her to be just a teenager again.”



VIRGIN RIVER – Sarah Dugdale as Lizzie; Grayson Maxwell Gurnsey as Ricky NETFLIX (c) 2020

As full of life as she is, Dugdale believes that Lizzie puts on a facade that Ricky helps take down.

“I feel like she is trying to project that she’s older and project that she knows more than she does. And Ricky really allows her to just be herself and be relaxed and actually start to enjoy Virgin River.”

Of course, that they’re having sex probably contributes to her enjoyment, too. In one of the tensest scenes of the season, Aunt Connie confronts Lizzie, Ricky, and Ricky’s grandma Lydie (Christina Jastrzebska) about this fact — even though they are both consenting adults of legal age.

“That scene sticks out as one of my favorites to shoot, because, one, the four-person dynamic and just how different each of the characters in the scene are,” Dugdale explained. “Lizzie is very confident and very headstrong. And Ricky is being supportive of Lizzie but he doesn’t have the confidence that she has.”

He at least has a grandmother who supports his choices. As much as Lizzie needs the structure, traditionalism isn’t the same thing. Connie’s expectation that Lizzie adheres to antiquated values might damage their relationship.

“I think [Lizzie] is at a breaking point at the end of Season 2 because she’s been forbidden to see Ricky who she’s developed this relationship with. And I think that it is a breaking point for her because Ricky is really her only friend at this point and the only person that she’s really related to in Virgin River,” Dugdale noted.

“So, to have that pulled away from her is an issue for her. But Lizzie is really resourceful and creative and I don’t think she would let anybody tell her what to do.”

Lizzie has issues with Aunt Connie, but she’s one of Dugdale’s favorite characters on [Virgin River](#). “She has so many sides to her. She’s this gossipy busybody. But then she’s so lovely to Preacher and she does have a huge heart.”

Connie is just the annoying bee buzzing around Lizzie’s relationship with Ricky right now, but Dugdale hopes their dynamic will be explored in-depth in the future.



Sarah Dugdale (Photo Credit: Charlie Nesbitt)

Dugdale told me that one of the things she enjoyed most about the ***Virgin River*** set is learning from seasoned actors like Cavendish and Annette O'Toole. Lizzie and O'Toole's Mayor Hope McCrea have similar spirits, so Dugdale said it was fun to work with her in one of her scenes when Lizzie first arrives in town.

Connie, on the other hand, has changed Lizzie's relationship with Ricky for the foreseeable future — so they probably won't be having girls' nights any time soon.

“[Ricky and Lizzie's] relationship will be obviously different now because it needs to be a secret if they continue to be together,” said Dugdale. “Connie and her rules and her energy will linger in the relationship whether she knows about it or not.”

While we all eagerly await news of a ***Virgin River*** renewal to learn how close Ricky and Lizzie's fate actually is to Romeo and Juliet's, you'll be able to see Dugdale on another project coming up soon. Dugdale will next star in the Netflix coming-of-age/horror flick ***There's Someone Inside Your House*** based on the novel by Stephanie Perkins in 2021.

“It was one of my favorite experiences on set,” Dugdale shared. “I love horror movies, and so getting to be a part of something like that, I was like a kid on the first day of school. I was just over the moon about it.”

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<https://telltaletv.com/2020/12/sarah-dugdale-on-shaking-up-virgin-river-exclusive-interview/>

toronto.com

Canadian Sarah Dugdale explores Netflix's 'Virgin River'

Actress joins cast. plays Lizzie in the new season

WHATSON NOV 30, 2020 BY SCOTT CAMPBELL



Sarah Dugdale plays Lizzie in Virgin River. The 10-episode second season was released on Netflix Friday, Nov. 27. - Charlie Nesbitt photo

Sarah Dugdale is one of the newbies in this second season of Netflix's 'Virgin River'.

"I feel honoured and excited to be a part of it," she said, during a phone interview. "I think the fans will love (the new episodes) and eat it up really quick."

'Virgin River' is adapted from a book series by Robyn Carr, first published in 2007.

"I listened to some of the audiobooks when I booked the part," said Dugdale. "My mom read the first book. She beat me to it ..."

Sue Tenney developed the series. The 10-episode first season hit Netflix in December 2019. The second season production wrapped before COVID-19 struck.

The show did film outdoors in and around Vancouver. "It's such a beautiful spot, they really capitalize on the scenery," said Dugdale. Squamish, B.C. was also used.

There is studio work, too, but the Canadian content is to double for Virgin River which, for the show's purpose, is a small town in California.

The starting point in the first season is the arrival of Melinda 'Mel' Monroe (Alexandra Breckenridge), a nurse practitioner and midwife. She's looking for a fresh start in Virgin River. Monroe meets Jack Sheridan (Martin Henderson), a local restaurant bar owner and former U.S. marine.

Dugdale plays Lizzie. Busted for shoplifting, she is shipped off to Virgin River by her parents.

Dugdale was born in Victoria, B.C. but grew up in Abbotsford. She moved to Vancouver about four years ago.

The younger Dugdale, fascinated by the ocean, imagined becoming a marine biologist. The acting bug soon came along.

"... I was really shy growing up," she said. "So, I found acting as a way to express myself in a safe space. I thought it helped me to really take away some of this shyness as well."

Dugdale's first acting role was an episode for the series, 'R.L. Stine's The Haunting Hour.' It happened on her third-ever audition.

"I worked with such lovely people. They were encouraging and welcoming. I couldn't ask for a better start.

"We had a lot of (R.L. Stine's books) in our house. I didn't read them myself, but my brother did. I think they were too creepy for me at the time," she said with a laugh.

"(This year) is definitely strange and weird, but I'm trying to see the joy in the little things that happen. Look on the bright side because a lot of it is out of my control. I try to make peace with not having to be super productive all the time and find creative interests ..."

Dugdale said she paints and reads. There have been true crime podcasts. She even bought a piano before everything happened.

Also, some time spent as a Netflix watcher of 'The Queen's Gambit.'

"I just adore it," she said. "It's a cool show and shot so beautifully."

Dugdale feels 'Virgin River' is more than just a small-town medical drama.

"I feel it is a show that has something for everybody. It has drama and heart. It isn't just a love story between Jack and Mel. Each character is so unique and interesting, and I think everyone can relate to someone on the show.

"Especially with Lizzie coming into the picture, it can target more of a younger audience as well and her relationship with Ricky ..."

Dugdale loved the opportunity to develop a character over a more extended period of time, a first for her. She's curious what fans will think of Lizzie. There are likely differences between the character in the books compared to the show.

Dugdale's fingers are crossed for a potential third season and the chance to explore more of Lizzie and Virgin River. First, viewers need to watch the 10-episode second season, she said.

She won't be disappearing from Netflix any time soon. She filmed a horror movie called 'There's Someone Inside Your House,' which is expected to be released sometime in 2021 on the streaming service. This is another book, this one by author Stephanie Perkins.

Netflix subscribers can stream 'Virgin River' any time.

<https://www.toronto.com/whatson-story/10278396-canadian-sarah-dugdale-explores-netflix-s-virgin-river-/>



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EXCLUSIVE | Netflix's 'Virgin River' Season 2: Who is Lizzie? Meet Sarah Dugdale's 'complicated angsty teen'

The 25-year-old Canadian actress is known for her works in 2019's 'In the Shadow of the Moon', 'RL Stine's The Haunting Hour' and the hit CW series 'Arrow'

By Alakananda Bandyopadhyay

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Tags : [Netflix](#)



(Netflix)

Things are sifting in Season 2 of 'Virgin River'. The reason? There's a force of nature the quaint little town will be greeted with, all the way from Los Angeles. And that force of nature is Sarah Dugdale's character Lizzie, who's about to hit the town like a whirlwind unlike any other. The debut season of the Netflix series saw Alexandra Breckenridge's Melinda Monroe come to town and shake things up a little bit. But she seemed to settle down pretty soon: winning hearts all over and whatnot. Things are however not going to be

as smooth with Lizzy, who Dugdale tells MEAWW, is "so much more complicated than your regular femme fatale".

"On the surface, Lizzie may seem like a femme fatale but she's so much more complicated than that," the actress tells us in an exclusive chat ahead of the second season hitting the streaming platform. "Yes, she is wild, cunning, brash, and impulsive. Those are parts of her but not her entire being. There's a reason behind her angst and attitude. I found her intriguing for that very reason," she elaborates.

The 25-year-old Canadian actress is known for her works in 2019's 'In the Shadow of the Moon', 'RL Stine's The Haunting Hour' and the hit CW series, 'Arrow'. And now, as she hops on board the Netflix express with the picturesque, Hallmark-ct out series that's a giant dollop of wholesomeness, she gets candid about her character and all that she's set to explore through her. "Lizzie arrives in Virgin River, not by her own volition," Dugdale tases, explaining how "she's been pawned off by her parents to live with her Aunt Connie after getting into some trouble in LA. She has a chip on her shoulder and thinks Virgin River is lame. The town of Virgin River feels like a character itself so it's cool to see Lizzie's relationship develop not only with the people but with the town as well".

One would associate the character to the likes of the infamous Jenny Humphrey from 'Gossip Girl' or even Emma Roberts' Poppy Moore from 'Wild Child'. And just like them, there's more to Dugdale's Lizzie, and she for one loves how "complicated she is. She didn't feel like a typical angsty teen; she has depth. I found myself relating to parts of Lizzie right off the bat. She has a sweetness and silliness to her that I found so charming. I also loved her ability to be so blunt with people". Dugdale adds: "Getting to explore the crazy, impulsive side of Lizzie was such a treat. I'm a very logical person and I'm not as spontaneous as I'd like to be, so I found those parts of Lizzie freeing. Sometimes I feel like she's my alter ego."

There's also the piping hot topic of a Rocky-Lizzie romance that the teaser has put in our minds ever since it first dropped, and actor Grayson Gurnsey was moved to series regular. Teasing about her character's arc this season and all that lies ahead, Dugdale tells us "Lizzie

is in for a shock to her system. Virgin River is nothing like LA. It's Aunt Connie's way or the highway, and Lizzie is expected to work. I really found delight in playing out her arc this season." But when we asked about the coupling of the young adults, she teased "As far as Lizzie and Ricky go...you'll have to watch to find out!"

All suspense aside, what really drew Dugdale to the series "was the heart and authenticity. Virgin River is pitched as a small-town medical drama but it's so much more than that. I believe that anyone could sit down and enjoy Virgin River. There's a character or a situation for everyone to relate to. I usually prefer to watch dramas or true crime and yet I found myself hooked and rooting for the characters in Virgin River. If you want a show with heart, drama, authenticity, and joy; this is the show for you," she insists!

Dugdale, who has found the last few months in quarantine both "challenging and cathartic" has her second Netflix feature arriving in 2021, in the form of 'There's Someone Inside Your House'. "It's a teen horror movie based on a book by the same name. I had a bloody good time shooting it and can't wait for it to come out!" she gushes. But until then, the actor who thrives on staying busy and being productive enthuses about all that's in store for fans in this second season of 'Virgin River'. "Love triangles, young love, and community. You won't be able to turn it off. Cozy up with your loved ones and dive into the world we've created," she says, signing off.

'Virgin River' Season 2 premiered on Friday, November 27, and is now available for streaming, only on Netflix.

<https://meaww.com/netflix-virgin-river-season-2-sarah-dugdale-exclusive-interview-lizzie-complicated-angsty-teenager-506550>



INTERVIEWSNETFLIXTV

INTERVIEW: VIRGIN RIVER'S SARAH DUGDALE

written by Charles Trapunski November 27, 2020



For what we afterwards found out was Sarah Dugdale's first Zoom video interview ever (can you believe it? Lucky Brief Take!), the fresh-faced performer certainly had a lot to say about her *Virgin River* character Lizzie (now a series regular for the popular series with a legion of adoring fans). She also discussed reading the books on which the series is based and her other hotly anticipated upcoming project *There's Someone Inside Your House* (directed by Patrick Brice and co-starring Sydney Park and [Théodore Pellerin](#)). Yes, the future is bright for Sarah Dugdale and her role in *Virgin River* will definitely attract international fans to the promising rising star.

Watch my video interview with *Virgin River* star Sarah Dugdale here:



Virgin River seasons 1 and 2 are now streaming on Netflix.

Featured photo credit: Charlie Nesbitt

<https://brieftake.com/video-interview-virgin-river-season-two-netflix-sarah-dugdale/>

NETFLIX'S SARAH DUGDALE ON ONE-DIMENSIONAL CHARACTERS: DON'T JUDGE A BOOK BY ITS COVER

DEC 1, 2020

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Charlie Nesbitt

With over 500 television scripted shows on Netflix, it sure makes it difficult to come up with original characters. So when actor Sarah Dugdale received the casting call for Netflix's "Virgin River," she had a very small window of opportunity to turn a brief page description into a living, breathing character.

There's a lot of heavy thinking that goes into the making of a three-dimensional character, including constructing the character's identity, establishing their appearance and determining their flaws. Let's see how Sarah Dugdale built what could have been a superficial character into a relatable person.

In Season 2 of the Netflix series "Virgin River," you play Lizzie, the beautiful and impulsive new girl who makes a big impression on the small town and its residents. When you read a description that says "beautiful and impulsive," does it make you feel as if the character is one-dimensional, therefore making you work harder to give more depth to the character?

As soon as I read the audition sides for Lizzie, I knew she was much more than just "beautiful and impulsive." Lizzie is a prime example of "don't judge a book by its cover." On the surface, she's an angst-filled beautiful and impulsive teen, but she's like an iceberg—there's so much more below the surface. "Beautiful and impulsive" didn't discourage me, it piqued my curiosity. I already wanted to know more about her.

You also have a Netflix film being released soon called "There's Someone Inside Your House," which is a slasher film based on the novel written by Stephanie Perkins. Does production require you to read the book?

They didn't require us to read the novel, but I went and picked it up the day after I booked the role of Katie Koons. I'll take any excuse to add a book to my bookshelf. I always love being able to read source material for a role I'm going to be playing. It's a privilege we don't often get as actors.

As a 25-year-old woman, during this in-between stage, are you being offered the same types of roles, or do you find that there's still a nice selection of different character choices?

Depending on what I'm wearing and whether I have makeup on, I can pass for a wide age range. I'll play a teenager for as long as they'll buy me as one. I do really look forward to diving into more adult roles and exploring a portion of my acting I haven't really gotten to tap into on screen yet. I don't find that I've been stuck in the same type of roles. I've been fortunate enough to have casting not just see me in one category.

Being from Canada, has this helped or hindered your ability to take your career to the level that you want to achieve?

There are pros and cons to being in either LA or in Canada. I feel lucky to be able to have a fruitful career and live in Vancouver. Vancouver is home to me. We have a huge amount of content being shot up here. I do have representation in the States and send tapes down there regularly. In the age of technology, I don't think it's a requirement to be located in LA anymore to have the kind of career I want. I want to be in work that I would want to watch myself, and work that challenges me. A goal of mine is to have a movie premiere in film festivals all over the world. I would also like to write my own projects and be more involved in the movie-making process. I picture my career being lifelong and full of endless possibilities.

How does social media play a part in your acting career?

I'm a firm believer in putting the work first and that being the most important thing. I think people should be hired for their skill, and not for how many followers they have. That being said, we live in a social media age where having a presence online is important. I'm on Instagram and Twitter, and am happy to promote my work.

What are your workout and food routines?

I try to stay active and eat healthy not only for work, but for my own physical and mental health. My body is my tool, so it's important to be healthy as a whole in order to do the work I want to do. I got really into pilates over the last few months. As far as food goes, I don't like to be too restrictive about what I eat. Life's too short to pass on dessert. If I had a mantra, it would be to treat yourself, within reason.

I think being in nature is very cathartic. I would say I'm more of a nature walker than a serious hiker. I feel spoiled living in Vancouver and having so many beautiful places to explore.

With show business being slow during the COVID-19 pandemic, do you find yourself pursuing other opportunities?

My dad always told me there is no plan B, plan B is plan A. Acting is my passion, and I couldn't see myself pursuing any other career. During COVID-19, I found myself expanding the avenues where I express myself creatively; I took up painting, bought a piano, and started writing. With film being shut down, I was still craving creative outlets and I feel more well-rounded as an artist because of it.

Did you get your private airplane pilot's license?

I feel slightly embarrassed to admit that I haven't finished it...yet. It went on the back burner a few years ago when I started working more consistently in film. It's still a long-term goal of mine. There's nothing like the feeling of being up in a plane all by yourself. It's really invigorating!

How does fashion play a part in the entertainment field?

I think fashion is a wonderful way to express yourself. That being said, I am a very low- maintenance person. I don't wear makeup on a daily basis, I can't remember the last time I wore heels, and I feel best in my favorite pair of jeans and T-shirt. Dressing up is fun though, and I love an opportunity to get dolled up. I prefer shopping vintage to new, so shopping is more of a creative adventure, vs. just acquiring clothes.

Anything else you want to say?

The downtime during COVID made me realize life isn't all about work, and my worth isn't tied to a job. The world can be a tough place. Be kind to yourself.

Written by Ilana Rapp

<https://castingfrontier.com/blog/netflixs-sarah-dugdale/>

SARAH DUGDALE WHAT I'M WATCHING

"Lately I've been glued to my TV watching **'The Queen's Gambit.'** It's beautifully executed and I think a purchase of a chess board may be in my future. The show I'm currently binging is **'Veep.'** I'm way late to the party but Julia Louis-Dreyfus is brilliant in it. And **'Voices of Fire'** has me hooked."

— **Dugdale** co-stars as Lizzie in Season 2 of the Netflix drama **"Virgin River"**

34
MILLION

Total number of viewers for Hallmark Channel's **"Countdown to Christmas"** movie slate, tops in all of cable.

TV Wednesday

THAT'S AN ORDER

How a creepy retreat affects a group of nuns in **'Black Narcissus'**

By **LAUREN SARNER**

FX's psychological thriller **"Black Narcissus"** follows nuns on a remote mountain top in the Himalayas — and the journey was literal for the cast members. "We went to Nepal for the first two weeks of the shoot. We were all staying together in this lodge-type thing," says series star Gemma Arterton, 34. "There was no Wi-F or 3G. The evenings were spent just sitting around a table chatting and playing games and getting to know each other. So we had this amazing bonding experience."

"What usually happens when you're on location and all staying in a hotel or whatever is that people wrap and go back to their room and call their loved ones or watch a movie," she says. "But we didn't have that. It was a blessing in disguise. As much as we were freaking out like, 'We can't e-mail, I can't get in touch with my husband!' It was actually lovely, because we were in this little bubble."

"Black Narcissus," also available on Hulu, is a three-episode miniseries based on a 1939 novel



Gemma Arterton as Sister Clodagh in the FX series **"Black Narcissus."**

of the same name (that was also adapted into a 1947 film). Set in 1934 during the latter years of the British rule in India, the historical drama follows the ambitious young nun Sister Clodagh (Arterton), who sets off to establish a mission on a remote clifftop palace with a mysterious and sordid past that's known by locals as the "House of Women." It was donated by General Toda Rai (Kulvinder Ghir), who hopes the Sis-

ters of St. Faith can clear it of tragic memories connected to his late sister.

Soon, Sister Clodagh clashes with their English-speaking contact on the project, British war vet Mr. Dean (Alessandro Nivola), and the isolation begins taking a toll on everyone — particularly Sister Ruth (Aisling Franciosi, best known as Jon Snow's mom in **"Game of Thrones"**).

"Sister Clodagh is a very con-

flicted person who's struggling to maintain control," says Arterton. "She has conflicts within and then is dealing with so many more when she gets to the palace — Sister Ruth being one of them, and, Mr. Dean. She has a lot of things coming at her that she has to manage. I thought, 'Great, I'd love to delve into that.'"

Before long, tensions rise between Sister Clodagh and Sister Ruth.

"The scenes that Gemma and I had together were some of my favorites to do," says Franciosi, 27. "Because it was just two women struggling with their own demons and face to face with these power struggles in this confined space."

"Being in the middle of absolutely nowhere and being so isolated was helpful for the narrative of the story," she says. "They become overwhelmed by the beauty and the expanse of the place. And for me, personally, I find that if I look into space for too long or if I find myself in a huge expanse of beauty with nothing else around, I'm like, 'Oh god, I'm pretty insignificant!'"

"It helped to bring that element to Sister Ruth in the isolation she would have felt both in the place itself and within the order."

The nuns all answer to the no-nonsense Mother Dorothea (Diana Rigg); the miniseries marks one of Rigg's final roles before her death in September at age 82 (an onscreen title card dedicates "Black Narcissus" to her memory).

"We were so lucky to work with her and it was so recent as well — we shot with her in November, this time last year," says Arterton.

"She was just exactly what you would expect. She was naughty and incredibly upfront and intelligent. Perfect for this role, as well."

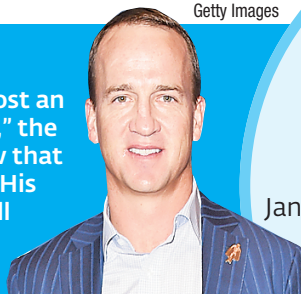
A STRONG MONTH

Univision topped November as the **#1** Spanish-language network (in all demos) and scored 6 million viewers for The Latin Grammy Awards (right).



MANNING UP

Peyton Manning (right) will host an NBC revival of **"College Bowl,"** the knowledge-based game show that aired in the '50s and '60s. His brothers Eli and Cooper will executive-produce the series. There's no airdate yet.



Getty Images

THAT'S HER?

Ann Dowd, aka cruel Aunt Lydia on **"The Handmaid's Tale,"** will guest-star (right) on Season 4 of **"Search Party,"** premiering in January on HBO Max with stars Alia Shawkat and Cole Escola.





December 30th, 2020

'Virgin River' star Sarah Dugdale on the hit Netflix show



<https://ktla.com/morning-news/entertainment/virgin-river-star-sarah-dugdale-on-the-hit-netflix-show/>

cheddar

'Virgin River' Actor Talks Season 2 Streaming on Netflix

December 15, 2020

Cheddar is joined by Sarah Dugdale, star of 'Virgin River' on Netflix to talk season 2.



<https://cheddar.com/media/virgin-river-actor-talks-season-2-streaming-on-netflix>



December 18th, 2020

Netflix's Latest Binge... The Cast Of 'Virgin River' Reacts To Hitting Number One!



Ricky Cornish

Dec 18, 2020



Netflix's Latest Binge... The Cast Of 'Virgin River' Reacts To Hitting Number One!

Celebrity Page

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<https://celebritypage.com/virgin-river>