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how individual students benefit from the program, including one girl who begins the year lacking self-confidence and ends it by leading an imaginative updating of a Greek tragedy, and a boy whose elaborate project is incomplete at the close of the year but, together with his team, finishes it anyway. A thoughtful and provocative contribution to the debate about how educational policy must evolve to meet the changing needs of students, this is recommended. Aud: C, P. (F. Swietek)

LAW & CRIME

Killing for Love ★★★

(2016) 124 min. DVD: \$24.98. MPI Home Video (avail. from most distributors).

True-crime aficionados will likely be drawn to this German documentary that revisits the case of Elizabeth Haysom and Jens Soering, University of Virginia students who were accused of the 1985 grisly murders of Haysom's parents. In this bizarre story of two lovers (who are also suspects) in flight, youthful passions, and a staggering twist suggesting a pre-planned betrayal, filmmakers Karin Steinberger and Marcus Vetter serve up a thicket of he-said-she-said-they-said contradictory details (actors Daniel Brühl and Imogen Poots provide voiceover for the couple). At issue is whether Soering, a German citizen who is now middle-aged, gave a false confession to police (which he later recanted) in order to shield Haysom, and if a calculating Haysom used him to cover for her actual accomplices in the killings. The sensational aspects of this case are compelling enough, but what really makes the film fascinating are the strange, once-youthful personalities of Soering, who comes across as adroit under courtroom pressure, and Haysom, who seems like a monster behind a Blanche DuBois impersonation. Drawing upon extensive trial videos, multiple interviews with eyewitnesses and investigators, and a recent jailhouse interview with Soering, *Killing for Love* makes a strong case for a man's innocence. Extras include additional interviews. Recommended. Aud: C, P. (T. Keogh)

Out of State ★★★

(2017) 79 min. DVD: \$129; high schools & public libraries; \$349; colleges & universities. DRA. Good Docs (avail. from www.gooddocs.net). PPR.

Hawaii's prisons are so overflowing that a for-profit penitentiary was built in the Arizona desert specifically to house more convicted men from the 50th state. Many of the incarcerated are native Hawaiians, and this touching documentary focuses on the ethnic and cultural bonds among many of the prisoners. Filmmaker Ciara Lacy captures extraordinary footage of the men—many of whom never felt a personal bond with

Hawaiian traditions—as they dance, play instruments, and appear to be proud warriors during exercise times. She also follows the stories of two paroled men who return to Hawaii to start life over again. David reconnects with his aging father in an emotional scene, as well as with his grown daughter and grandchildren. Taking a job at a community center for Hawaiians, things go well for David until he gets into an altercation, which threatens to revoke his freedom. Hale gets a job shuttling tourists in a van, but has to spend his nights in an Oahu prison, typically reporting in at 1:30 a.m. Hale is cautious and circumspect, while David is eager to help others. Lacy's access to so many personal moments behind bars and in the lives of her two subjects is remarkable. A powerful documentary, this is recommended. Aud: C, P. (T. Keogh)

Rule of Law ★★★

(2016) 47 min. DVD: \$250. Bullfrog Films. PPR. SDH captioned. ISBN: 1-941545-70-X.

The 2004 Supreme Court ruling *Tennessee v. Lane* was a landmark victory for Americans with disabilities. The main plaintiff in the case was George Lane, who was arrested in 1996 for failure to appear in a court building in Polk County, TN, that had no elevator to bring him to the second floor where his hearing was scheduled. Lane's attorney Bill Brown, a self-described country lawyer, quickly conducted research and determined that 25 percent of Tennessee's courthouses were inaccessible under the requirements of the Americans with Disabilities Act. Dan Iacovella's documentary details how Lane

and Brown were able to take on the state of Tennessee and ultimately bring their case to the highest court in the nation, which ruled in their favor in a tight 5-4 decision. While the filmmaking itself is unexceptional, this is a valuable recounting of an important case, presented with excellent extras that include additional interviews, MP3 audio files of the Supreme Court's hearing and opinion in *Tennessee v. Lane*, and PDF legal documents related to the case. Recommended. Aud: C, P. (P. Hall)

NATURE, MATH & SCIENCE

Arctic Wolf Pack ★★★

(2018) 60 min. DVD: \$24.99 (\$54.99 w/PPR). PBS Video. ISBN: 978-1-5317-0421-6.

The desolate landscape of the high Arctic is no place for a lone wolf. To survive, wolves must form packs to hunt. Narrated by Campbell Scott, this PBS-aired *Nature* documentary directed by Oliver Goetzel examines the lives of arctic wolves, who spend much of their time in winter darkness. In this harsh climate where prey is scarce, less than half of the wolf pups survive. Wolves are nomadic, except during the denning season. And they share their space with musk ox, foxes, lemmings, and other small mammals, with the latter comprising their major food source. A nursing mother wolf needs to consume 100 lemmings per day to thrive. Adult wolves from rival packs are known to attack pups, both for food and to eliminate competition.



Blue Planet II ★★★1/2

(2018) 3 discs. 350 min. DVD: \$38.99; Blu-ray: \$45.99. BBC Worldwide Ltd. (avail. from most distributors). SDH captioned.

In 2001, the BBC aired the landmark nature series *The Blue Planet* (VL Online-5/02), a five-years-in-the-making project hosted by David Attenborough that combined fascinating facts with beautiful footage of aquatic life. Sir David returns for this amazing sequel filmed over a four-year period in eye-popping high definition. *Blue Planet II* is divided into seven geographically-themed episodes: "One Ocean," "The Deep," "Coral Reefs," "Big Blue," "Green Seas," "Coasts," and "Our Blue Planet." As in other BBC nature documentaries, the series features numerous predator/prey sequences (Attenborough's voice drops a tell-tale register to suggest ominous doings ahead), but it is also chockful of Ripley's Believe It or Not factoids (Kobudai fish are sex-changing, orcas can use their tails to stun schools of herring, etc.). And there are the jaw-dropping images: trevally fish leaping out of the water to bring down birds, bobbit worms emerging from the sand to pull unsuspecting fish underground, a tuskfish repeatedly bashing a clam against a rock until the former breaks, and much more. Although dire observations are sprinkled throughout the episodes, the finale is particularly focused on the serious problems facing Earth's oceans, including plastic (eight million tons dumped annually), rising sea levels, shrinking habitat, and dying coral reefs. But the last episode also shines a hopeful spotlight on a number of dedicated individuals who are doing what they can to save the world's oceans. Each episode concludes with an "Into the Blue" featurette taking viewers behind-the-scenes of one or more of the filmed sequences. Another incredible BBC series with state-of-the-art nature cinematography, this is highly recommended. Aud: J, H, C, P. (R. Pitman)

explored, including generalized anxiety disorder, social anxiety disorder, obsessive compulsive disorder, and panic disorder and attacks. "There's never a quiet moment in my head..." says one teen, while others candidly talk about the effects of anxiety on their lives. Also touching on coping skills such as exercise, music, meditation, art, and—most importantly—reaching out for professional help, this is recommended. Aud: J, H, C, P. (J. Williams-Wood)

OCD and Me ★★☆☆1/2

(2016) 53 min. DVD: \$24.99 (\$199.99 w/PPR). Dreamscape Media. Closed captioned.

OCD—Obsessive Compulsive Disorder—is often referenced as a joke when people describe neatnik friends or their own habits of perfection. But for those suffering from the mental disorder, it is no laughing matter. Filmmaker Adrian McCarthy's *OCD and Me* features several OCD sufferers—who candidly describe how the disorder has severely affected their lives—and the therapists and counselors who are working to help them. Although OCD manifests in various ways, it is here described as intrusive thoughts or mental images that affect a person's behavior. For instance, a person with OCD might believe that if she doesn't wash her hands in a precise manner (including an almost ritualistic approach to pumping soap from a container and counting during the process) then something bad will happen to someone she cares about. This can be further fueled by images of the different forms that the vague "bad" might take, creating a loop of mental anguish. These compulsive physical habits—which, in addition to hand washing, may include checking lights, stoves, and locks, as well as other behaviors—can help alleviate the disturbing thoughts of individuals with OCD. Cognitive behavior therapy is the treatment method most often used (training the brain to differentiate between real and perceived danger), but it's a long road for OCD sufferers, with no fast or easy resolution. Offering a compelling look at an oft-misunderstood ailment, this is highly recommended. Aud: C, P. (C. Block)

Qigong for Women: Lotus Rises Through the Water Medical Qigong Form

★★★☆☆1/2

(2017) 40 min. DVD: \$29.95. YMAA Publication Center. ISBN: 978-1-59439-561-1.

Director and instructor Daisy Lee hosts this beginner level qigong program against the striking backdrop of the Museum of Science and Technology in Valencia, Spain. Excellently organized, *Lotus Rises Through the Water* lists different movements by style and form, which is very handy for viewers looking to focus on specific benefits. Each segment features an intro or description, while Lee's overlaid narration complements the calming visual touches, including celestial

background clips, animated lotus blossoms appearing in the water, and circular swirls to mimic movements of the "wuji ball." Definitely geared towards women, with benefits such as strengthening the uterus and pelvic floor, "nourishing the breasts," and a qi facial to "beautify," Lee also offers precautions on certain moves for women in situations such as being pregnant or fighting cancer. Highly recommended. Aud: P. (J. Williams-Wood)

Tai Chi Fit in Paradise ★★☆☆1/2

(2017) 60 min. DVD: \$29.95. YMAA Publication Center. ISBN: 987-1-59439-562-8.

Instructor David-Dorian Ross humbly brags about his awesome life in Hawaii while partner CJ McPhee looks on in the intro, but the duo effectively perform two complete workouts along with warm-up and cool down segments based on the 24-movement form of tai chi. From "catch the moon," to "taming the wild horse's mane," "pushing through the waterfall," and other moves, *Tai Chi Fit in Paradise* has Ross talking directly to the camera (which sometimes cuts off the instructors' heads) and distractingly giggling at his own jokes, but overall competently demonstrating moves while taking pressure off viewers to not memorize the form but just go with the flow. A strong optional purchase. Aud: P. (J. Williams-Wood)

RELATIONSHIPS & SEXUALITY

Ask the Sexpert ★★☆☆

(2017) 83 min. In English & Hindi w/English subtitles. DVD: \$129; high schools & public libraries; \$349; colleges & universities. DRA. Good Docs (avail. from www.gooddocs.net). PPR.

With a mixture of wit and respect, director Vaishali Sinha profiles Dr. Mahinder Watsa, "India's foremost sexologist," as he is described by a BBC host. For nine years, the retired gynecologist has been writing a popular sex advice column in the *Mumbai Mirror* called "Ask the Sexpert." As a sex therapist, Watsa also meets with patients in his home office, and while some drop by completely unexpectedly, he doesn't seem to mind—although family members are concerned about the stream of strangers. As the then-91-year-old states in a radio interview, sex education is banned in parts of India, so he wants to do what he can to fill in the blanks. "As far as my field goes," he explains, "I think there's a great need." Wherever he goes, people treat him like a celebrity, which he finds amusing. When a 27-year-old fan describes him as a legend, he is quick to demur. Nonetheless, some conservative observers believe that he is promoting promiscuity, including Dr. Praitibha Naithani, who files an obscenity lawsuit—which Watsa handles with the same unflappable good humor with which he answers questions about sex. Meenal

Baghel, editor-in-chief of the *Mirror*, dismisses the lawsuit against Watsa as frivolous, and believes that high-profile critics like Naithani are just seeking attention. Sinha also looks at Watsa's family life, which suffered at times due to his dedication to his work but didn't destroy his marriage, which lasted until his wife's death in 2006. An engaging portrait, this is recommended. Aud: C, P. (K. Femnessy)

FOOD & SPIRITS

Christopher Kimball's Milk Street: Season 1 ★★☆☆

(2017) 2 discs. 390 min. DVD: \$34.99. PBS Distribution (avail. from most distributors). ISBN: 978-1-5317-0311-0.

The whole contretemps involving Christopher Kimball's abrupt departure from *America's Test Kitchen* and question of whether or not he took material from their database to create this new venture seems to be water under the legal bridge at this point. Using a very similar format to *ATK*, this 13-episode 2017 first season of the culinary series finds Kimball and *Milk Street* magazine and cooking school chefs testing out recipes while also visiting other chefs and experts around the globe. Episodes include "Home

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