

In an age of recycling everything from paper to plastic, many have questioned why we don't do the same with our bodies upon death. Those who have dared ask, however, have been drawn to the green burial movement, an ecologically friendly way of handling one's remains upon passing. In *A Will for the Woods*, lymphoma patient psychiatrist Clark Wang faces that prospect head-on as his health fails, acting as an avid, committed spokesperson for this growing movement while planning for his own transition. This remarkably candid documentary shows Wang and his friends and family as they approach his death and create a rite of passage in line with his environmentally oriented wishes. Leaders in the field offer their insights into this growing trend, discussing the benefits and logistics of making it happen, while ample bonus features provide additional valuable information. **VERDICT** An excellent exploration of one of life's most important decisions and how it can be both personally fulfilling and socially responsible.—**Brent Marchant, Chicago**

SCIENCE & TECHNOLOGY

Brewmore Baltimore. color. 65 min. **Nicholas Kovacic, Digital Cave Media, dist. by Dreamscape Video, www.dreamscapeah.com. 2015. DVD UPC 857063005141. \$29.99; public performance \$199.99. BEVERAGES**

Milwaukee and St. Louis may have greater current renown as brewing cities, but Baltimore has long been a center of beer production. In this documentary, historian Maureen O'Prey and author Rob Kasper trace the parallel growth, decay, and rejuvenation of the city and its breweries. The focus is on history, not on showing off a broad array of modern beers and beer-making. The story of brewing in Baltimore originates with German immigrants, which may explain why there is no mention of and little visible evidence of African Americans, despite current demographics in the city. The film includes large-scale operations (National Bohemian, known commonly as Natty Boh), craft brewers (such as Union), and home brewers. It alternates seamlessly between chronology and present interviews, and O'Prey and Kasper are eminently relatable as narrators. **VERDICT** Despite being well produced, the documentary is perhaps too much of a niche item to find an audience beyond the Baltimore area and some curious beer enthusiasts.—**Peter Hepburn, Coll. of the Canyons Lib., Santa Clarita, CA**

★ **Carb-Loaded: A Culture Dying To Eat.** color. 45 min. **Carb Loaded, carbloaded.com. 2015. DVD UPC 888295163361. \$24.95; public performance \$75 and up. HEALTH**

The epidemic of obesity and diabetes began in the late 1970s, with the introduction of the food pyramid and high-fructose corn syrup. The pyramid emphasized the importance of "carbs" and demonized fat. "Carbs" included processed flour in bread, sweets, and pasta, and it was these foods that athletes were told to eat in large quantities. Low-fat foods were made palatable with the addition of corn syrup. Oddly, no study has examined how the food pyramid recommendations affect the human body, but now, 40 years later, the results are inescapable. Type 2 diabetes is being seen in children, along with its concomitant damage to the cardiovascular system. These children will likely have a shorter life span than their parents. The video recommends avoidance of all processed foods, fast food, and soda pop. Fresh fruits and vegetables, free-range meat and dairy, whole grains, and nuts (without added flavorings) are real foods that build a healthy body. Follow these precepts and return to eating at home, saving money, and improving the whole family's health.

VERDICT This well-executed documentary will appeal to adults and children of middle-school age and older; excellent for all audiences, particularly parent groups.—**Susan B. Hagloch, formerly with Tuscarawas Cty. P.L., New Philadelphia, OH**

Perfect Strangers: One Gently Used Kidney—Free to a Good Home. color. 69 min. **Jan Krawitz, Perfect Strangers, www.perfectstrangersmovie.com. 2015. DVD UPC 827166268620. \$23.99; public performance \$39.99. Closed-captioned. HEALTH**

Perfect Strangers is about kidney donation by live donors. Ellie decides that she wants to donate a kidney. She reflects on her feelings as well as her family's and friends' reactions to her decision. Viewers follow her through the process, including the surgery and beyond. The film also focuses on Kathy—who desperately needs a kidney—her daily struggle with dialysis, administrated at home by her husband, as well as her fears and experiences of being on the donor list. Doctors and recipients of donated organs offer insights into the methodology and the results. This program pinpoints the need for organ donation and puts human faces on both the recipients and the donors. It touches on the use of cadaver organs but doesn't go into much depth. Bonus features include the movie trailer and a postscreening discussion held at Stanford University. **VERDICT** A worthwhile addition to college and university classes in ethics and health sciences as well as donor drives and for the general public seeking information on the subject.—**Beth Traylor, Univ. of Wisconsin—Milwaukee Libs.**

TRAILERS

What's coming on DVD/Blu-ray

Amy. color. 128+ min. **Asif Kapadia, dist. by Lionsgate Home Entertainment. Nov. 2015. DVD UPC 031398227298. \$19.98; Blu-ray UPC 031398227366. \$24.99. Rated: R. MUSIC/BIOPIC**
The tragedy of Amy Winehouse.

Code Unknown. 2 discs. color. 117+ min. **In French w/English subtitles. Michael Haneke, dist. by Criterion Collection. Nov. 2015. DVD ISBN 978168143069X. \$29.95; 1-disc Blu-ray ISBN 9781681430681. \$39.95. DRAMA**
A street incident leads to injustice.

Guidance. color. 80+ min. **Pat Mills, dist. by Strand Releasing. Nov. 2015. DVD UPC 712267350629. \$24.99. COMEDY**
An actor "acts" as guidance counselor.

In Cold Blood. 2 discs. b/w. 134+ min. **Richard Brooks, dist. by Criterion Collection. Nov. 2015. DVD ISBN 9781681430657. \$29.95; 1-disc Blu-ray ISBN 9781681430649. \$39.95. DRAMA**
Capote's story of a heinous crime.

Masterpiece: Home Fires. 2 discs. color. 6 hrs. **dist. by PBS. Nov. 2015. DVD UPC 841887026024. \$39.99; Blu-ray UPC 841887026031. \$49.99. SDH subtitles. DRAMA/TV**
Set in England as World War II looms.



Mr. Holmes. color. 107+ min. **Bill Condon, dist. by Lionsgate Home Entertainment. Nov. 2015. DVD UPC 031398227632. \$19.98; Blu-ray UPC 031398227670. \$24.99. SDH subtitles. Rated: PG. MYSTERY**
Ian McKellen's bravura performance.

She's Funny That Way. color. 93+ min. **Peter Bogdanovich, dist. by Lionsgate Home Entertainment. Nov. 2015. DVD UPC 031398230489. \$19.98; Blu-ray UPC 031398230519. \$19.99. SDH subtitles. Rated: R. ROM COM**
Love triangles during casting.

White Panther. color. 87+ min. **In Hebrew & Russian w/English subtitles. Danni Reissfeld, dist. by SISU Home Entertainment. Nov. 2015. DVD ISBN 9781560867661. \$24.95. DRAMA**
Living in two worlds: racist ideology and boxing.—**Bette-Lee Fox**