

About Us

- [Our Contributors](#)

Advertising

- [Media Kit](#)
- [Sponsored Content](#)
- [Contests](#)

Follow Us

- [Facebook](#)
- [Twitter](#)
- [Google+](#)
- [Pinterest](#)
- [Vimeo](#)
- [RSS](#)

Sign Up for Our Weekly Newsletter

An imperfect life guide for women

- [Events & Culture](#)
 - [Photo Galleries](#)
 - [Party Listings](#)
 - [Food & Drink](#)
 - [Film](#)
 - [Music](#)
 - [Art](#)
 - [Theatre](#)
 - [Books](#)
 - [Fundraisers/Galas](#)
 - [Pop Culture](#)
 - [Community Events](#)
- [Fashion & Beauty](#)
 - [Fashion](#)
 - [Street Style Photos](#)
 - [Local Designers](#)
 - [Sales & Pop-ups](#)
 - [Vintage](#)
 - [Shop the Look](#)
 - [Shopping](#)
 - [Beauty](#)
- [Sex & Relationships](#)
 - [How To...](#)
 - [Sex Advice](#)
 - [Sex Confessionals](#)
 - [Relationships](#)
 - [Queer Girls](#)
 - [Body Image](#)
 - [Sexual Health](#)
 - [Motherhood](#)
- [Life Stories](#)
 - [Open Letters](#)
 - [Personal Essays](#)
 - [Advice](#)
 - [Grown-Ass Woman's Guide](#)
 - [Travel](#)
 - [Broke Girl's Guides](#)
 - [Herstory](#)
- [Health & Wellness](#)
 - [Healthy Living](#)
 - [Health & Wellness](#)
 - [Eating Well](#)
 - [Fitness](#)
 - [The Fitness Test](#)
 - [Yoga](#)
- [Career](#)
 - [Career](#)
 - [Career Profiles](#)
 - [Inspiring Women](#)

- [Contests](#)

Search Shedoesthcity

- [EVENTS & CULTURE](#)
- [FASHION & BEAUTY](#)
- [SEX & RELATIONSHIPS](#)
- [LIFE STORIES](#)
- [HEALTH & WELLNESS](#)
- [CAREER](#)
- [CONTEST](#)

Events & Culture



Author [Erin Pehlivan](#)

Like

Tweet



Super 8: Insider Picks for Hot Docs 2014

Posted on April 23, 2014

As a well-known and well-established docophile, Hot Docs is probably the most overwhelming time of the year for me. So many documentaries, so much reality, and so little time. This is my third year working at the box office selling tickets, so I've seen a lot of stuff, and will continue to see a lot more stuff. These are my top picks at the festival this year, which takes place between April 24 – May 4, 2014.



[1. Mission Blue](#)

Mission Blue showcases the legendary Dr. Sylvia Earle, an oceanographer, botanist and marine biologist who is obsessed with raising awareness about the ocean. Her passion about conserving marine life is a delight to watch thanks to her practical, realistic, Virgo attitude. No one could be mad at this woman, whose goal is to establish a global network of protected marine areas, like national parks but on the water, called Hope Spots. Award-winning filmmakers Robert Nixon and Fisher Stevens eloquently portray Earle's phenomenal life and career, which will leave you feeling educated, inspired and craving a Planet Earth marathon.



[2. The Starfish Throwers](#)

The Starfish Throwers looks at how three characters approach hunger and poverty in their own communities. Five-star chef Narayanan Krishnan quits his job to hand-deliver fresh meals to hundreds of homeless people in his hometown, young Katie Stagliano plants a 40 lb. cabbage that ends up flowering into Katie's Krops, a nationwide non-profit dedicated to ending hunger, and retired teacher Mr. Law personally delivers thousands of sandwiches every night to the hungry in Minnesota. The imagery in this film is so heartwarmingly authentic, I was on the verge of happy tears the entire time. The amount of genuine non-judgment, gratitude and compassion is enough to make an entire yoga class cry simultaneously.



[3. Vessel](#)

Yet another film about pure passion, *Vessel* follows Dutch physician Rebecca Gomperts as she travels the world to offer safe abortions to women with abortion pills. Sailing across Europe to countries such as Ireland where abortion is illegal, Gomperts fights to educate protestors and governments with her pro-choice activist organization, Women on Waves. Far from gruesome, this brave doc is actually uplifting, straightforward and provides hope to women in countries where abortion is inaccessible. A plus: the animations throughout are simply gorgeous.



[4. The Internet's Own Boy: The Story of Aaron Swartz](#)

Docs about the internet are my favourite (see: *We Live in Public*, *Downloaded*), so I'm really looking forward to this film about internet hacktivist and pioneer Aaron Swartz, who helped develop many household-name technologies and companies before the age of 26. Swartz was charged with a number of felonies and was told by prosecutors that he would face 35 years in prison for the very issues he was fighting against. He was later found dead in his apartment from suicide. This moving story is told by the people closest to Swartz, who was one of the brightest 20somethings of our generation.



[5. Rich Hill](#)

If you're really stuck on what to watch this year, *Rich Hill* is the way to go. In fact, any Sundance winner at the festival is a good choice, including *The Case Against 8*, *Return to Homs* and *E-Team*. The film profiles the big dreams of three young teenage residents in the small rural town of Rich Hill, Missouri. This economically depressed town is captured beautifully and somewhat tragically as all three teens deal with themes like instability, adaption, boredom, isolation, family, and of course, skateboarding.



[6. Happiness](#)

One of the most stunningly shot films this year, *Happiness* profiles an eight-year-old boy who finally leaves his 900-person village in Bhutan, which has been waiting 15 years to get electricity. After his father's death, when the family can no longer afford to take care of all six children, his mother sends him to the local monastery. There, he struggles with his new life as he is stuck between the old world and new world. Thomas Balmes, director of award-winning *Babies*, portrays immense change through the eyes of a young Buddhist monk in a happy country where internet and TV have only recently been adopted.



[7. Fed Up](#)

After watching *Fed Up*, you may never eat food the same way again. Filmmaker Stephanie Soechtig and journalist Katie Couric provide an essential exposé of the food industry and the money that controls nutritional regulation. This is a cautionary, provocative story sure to stir things up as we watch three families struggling with weight issues and discover how the obesity epidemic is very much controlled by politics, science and sociology.



8. Beyond Clueless

This film is going to be like, so totally fetch. Why? Because it's about 90s film! All of your favourite 90s icons like Cher Horowitz and Freddie Prinze, Jr. will be littering the screen with mini-plaid skirts, fuzzy baby blue crop-tops and frosted tips. Have any trends changed since then? TopShop's current catalogue is telling me no. Over 200 teen films have been gathered and edited for a visual essay that will surely remind you of your adolescence. This will be fun to watch since we'll get to see the common connections between themes, characters and storylines in an age of malls and cafeteria cliques.

There is something for everyone at Hot Docs, so if your must-see faves have sold out, do not despair—popular films sometimes get a wide release or show at the Bloor Cinema later. Tickets can be purchased at the Hot Docs Box Office at 2 Bloor Street West, Cumberland Terrace. Hours are from 11am to 9pm during the festival. Tickets can be purchased in person, on the phone and online. For more information on tickets, packages and rush screenings, click [here](#).

Like

Tweet

+1

reddit this!

More by [Erin Pehlivan](#)

- » [Chloe Comme Parris sisters wow a packed room at Burroughes Building with their SS13 collection](#)
- » [Art battle 34: Has painting become an extreme sport?](#)
- » [Jeremy Laing launches his collection at Jonathan + Olivia on Ossington](#)
- » [An interview with VP of Gap Accessories Reina Meucci, who talks colour, smoking slippers, and other fall must-haves](#)
- » [Lars Von Trier's Melancholia is out on DVD today, so you can take Alexander Skarsgard and the apocalypse home](#)

Did you like this article?

[Sign-up for our weekly newsletter](#) and get the best of **She Does the City** in your inbox or follow us on [Twitter](#) and [Facebook](#)!

(Possibly) Related

Shedoesthcity's Spring Fling Contest	Meet the Girls of TIFF's Next Wave Festival	Gramercy Riffs are having an album release party at the Drake this Thursday, February 20th!	Talkin' Thru Films: Practical Magic	My Prairie Home Screens at the Bloor Cinema	Toronto Hit List: Damaged Goods Valentine's Day Party, Beyoncé Pizza Party, Y2K Millennial Dance ...	Designer sisters of Dannijo Jewellery host a holiday trunk show at Holts this weekend	Banff Mountain Film Festival at Bloor Hot Docs Cinema

Tags: [Beyond Clueless](#), [Featured](#), [Fed Up](#), [Film](#), [Happiness](#), [HOT DOCS](#), [Mission Blue](#), [Rich Hill](#), [The Internet's Own Boy: The Story of Aaron Swartz](#), [The Starfish Throwers](#), [Vessel](#)

0 comments



Sign in or Post as Guest

3 people listening

		+ Follow		Share	Post comment as...
--	--	----------	--	-------	--------------------

Newest | Oldest | Top Comments



Pamper Mom with an Elmwood Spa Gift Card & get a **FREE GIFT**

Elmwood Spa



TOP STORIES

- » [A TALE OF TWO SISTERS: WHY PEOPLE NEED TO STOP FOCUSING ON OUR PHYSICAL DIFFERENCES](#)
- » [QUINN WEST SHOWS US HOW TO STYLE LOW-MAINTENANCE WAVES](#)
- » [THE PHRASE "I DON'T GET ALONG WITH WOMEN" IS A LOAD OF CRAP](#)
- » [SO YOU'RE MOVING IN TOGETHER: THE BEST AND WORST PARTS OF LIVING WITH YOUR PARTNER](#)
- » [ENTREPRENEURIAL MOMS: NIKKI LEIGH MCKEAN, OWNER OF FIKA CAFE](#)
- » [NEVER GOOGLE YOUR THERAPIST. A LESSON FROM ALICE](#)
- » [I HAVE SMALL TITS AND I'M OK WITH THAT](#)
- » [THE PREGNANCY FILES: WORDS OF WISDOM FROM WISE MAMAS](#)
- » [THE GROWN-ASS WOMAN'S GUIDE TO: AGING](#)
- » [SHEDOESTHECITY'S SPRING FLING CONTEST](#)

RECENTLY IN Events & Culture

[Camp Wayward's Bringing Summer Whimsy to Comedy Bar for Three Magical Wednesdays](#) Posted on April 28, 2014

[Veuve Clicquot's #YELLOWWEEK is coming to Toronto!](#) Posted on April 25, 2014

[Photo Gallery: The Beckerman Twins Host The Wilderness at Lost and Found](#) Posted on April 25, 2014

[Where to Eat on St. Clair West](#) Posted on April 24, 2014

[Toronto Hit List: Girls Rock Camp Toronto Cover Show, Jailbreak, Bitch Craft, Disco Amico & more!](#) Posted on April 23, 2014

[Super 8: Insider Picks for Hot Docs 2014](#) Posted on April 23, 2014

[Listen to This: Alanna Gurr and the Greatest State](#) Posted on April 23, 2014

[The Toronto Public Library Wants to Make You a Tech Genius \(and help you take a 3D Selfie!\)](#) Posted on April 21, 2014

[City of Craft is Back for Spring, this Saturday, April 26th!](#) Posted on April 21, 2014

[Actor and Filmmaker Nadia Litz Talks Fashion on Film](#) Posted on April 18, 2014

[Dress Up Your Walls With Original Art](#) Posted on April 18, 2014

[Attention, Stylish Night Owls: Check out Vintage Crawl Toronto](#) Posted on April 17, 2014

About Us

- [Our Contributors](#)

Advertising

- [Media Kit](#)
- [Sponsored Content](#)
- [Contests](#)

Categories

- [Events & Culture](#)
- [Fashion & Beauty](#)
- [Sex & Relationships](#)
- [Life Stories](#)
- [Career](#)
- [Health & Wellness](#)
- [Contest](#)

Follow Us

- [Facebook](#)
- [Twitter](#)
- [Google+](#)

- [Pinterest](#)
- [Vimeo](#)
- [RSS](#)

Contact Us

- jenmcneely@shedoesthecity.com

Sign Up for Our Weekly Newsletter

Parties launches weekend ideas and not to be missed nightlife fashion and arts events.