



READ, LISTEN, WATCH

Too Good To Be True?

Who needs to create imaginary story lines when real life is often stranger and more compelling and instructive than fiction? Most “best of” movie lists are made up primarily of fictional dramas, but more and more we’re seeing documentaries rise to the top echelon of cinema. That in turn is attracting top filmmakers to the genre, leveling up the output even higher still. Recent must-see documentaries have revealed forgotten—or buried—histories and explored the creative process like never before. The most

imposing titles in this category, though, provide not only entertainment and learning but something else in dire need: empathy. They are a window into humanity. One of the year’s notable releases simply followed a Romanian family fighting to stay intact as poverty and civilization pulled it apart. These intimate perspectives allow the viewer to draw new connections and see the often-unseen impacts of the news we follow on a daily basis. The best ones make us care. Here’s a roundup of documentaries that traverse the bounds of reality. //

THE TRUFFLE HUNTERS

An enchanting exploration of relationships, one of the culinary world’s most cherished ingredients, and a rapidly vanishing way of life.



Searchlight Pictures; Mass Distraction Media; Sony Pictures Classics

Illustration by SEAN MCCABE

BRING YOUR OWN BRIGADE

What begins as an account of California’s wildfires turns into an endearing exposé on how both sides of today’s political divide have lost sight of the truth.



ACASA, MY HOME

A family living on the outskirts of Bucharest is forced to abandon its home in the marsh and conform to civilization.



SUMMER OF SOUL

This tale of the 1969 Harlem Cultural Festival is joyous and nostalgic, but also makes an unsettling statement on whose history has been prioritized—and whose lost.



FLEE

The mesmerizing and rare animated docudrama of an Afghan refugee reckoning with his past as he navigates a future of opportunity.



Paramount Pictures; Zeitgeist Films; Final Cut For Real; Cowboy E-bikes; Photo courtesy of Dayron Booth



SUGGESTED

Ride in Style

If it feels like everyone is on an e-bike these days, it’s because they are: 130 million will likely hit the road between 2020 and 2023. E-bikes are comfortable, make commuting long distances easier, and are a blast to cruise around on. Enter the Cowboy 4, one of the sleekest models on the market. No buttons or gears, a removable battery for easy charging, and a dock for your phone that also serves as a wireless charger. Mount up! *Cowboy 4 commuter e-bike, \$2,990*

PRO TRAINING



A gymnast and boxer, master instructor **Dayron Booth** on why he stays fit with **Lagree**.

THE GIST “Lagree is done on a reformer machine, but unlike Pilates, which is low-impact, low-intensity, Lagree is low-impact, high-intensity.”

WHY LAGREE “It helps with mobility, strength, and it gets your heart rate up. You get the

benefits of working hard in a safe space.”

GETTING STARTED

“The workout can be tailored to all fitness levels. Just reduce the range of motion, resistance, or length of holds.”