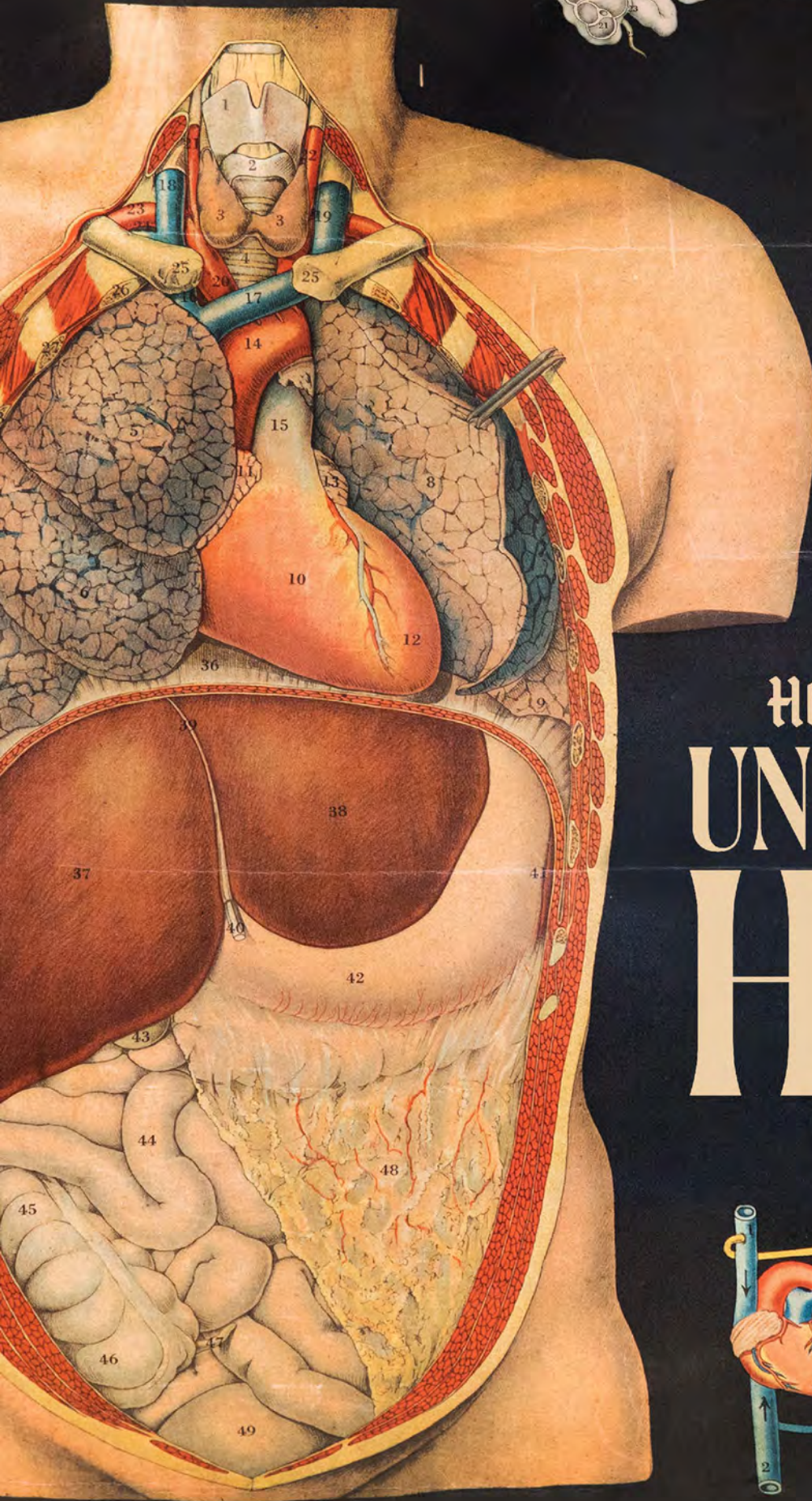


A KEEP OR DESTROY PRODUCTION



II



HOW TO FILL THE UNFILLABLE HOLE

inside you



WRITTEN AND DIRECTED BY
DAVE CANNING

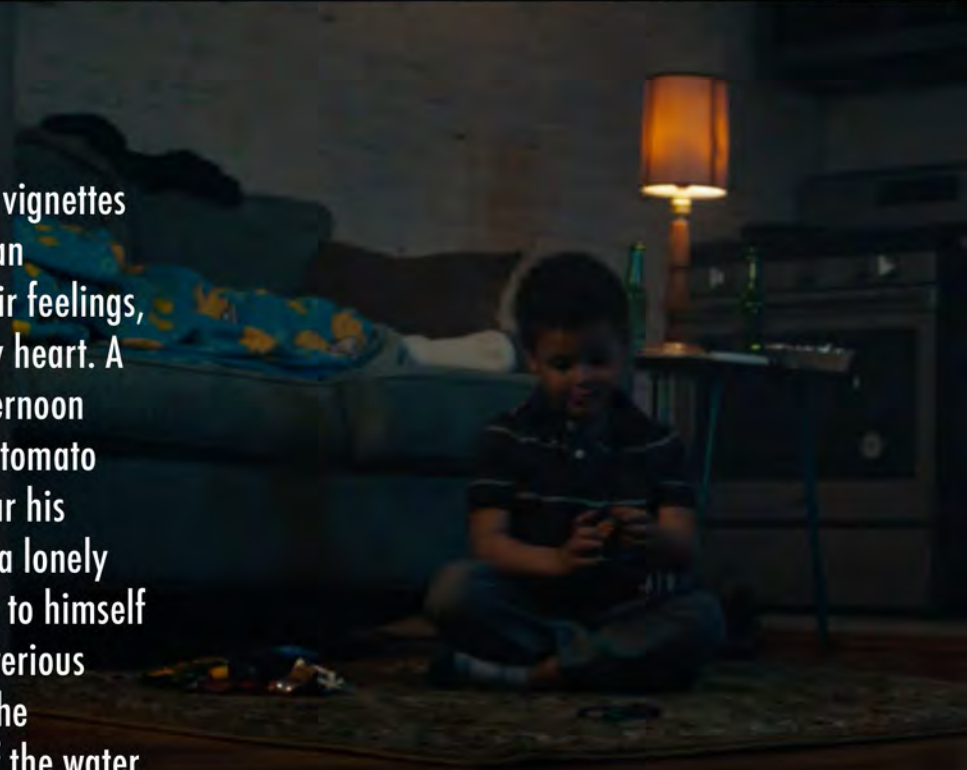
IV

LOGLINE

AN EXPERIMENTAL SHORT FILM THAT DEALS WITH THE COMPLEXITY OF OUR DEEPEST EMOTIONS THROUGH THE LENS OF COMFORT FOODS.

SYNOPSIS

This evocative film journeys through four vignettes each featuring a character who is facing an emotional crisis. As they grapple with their feelings, the characters recite recipes they know by heart. A lone woman downing red wine in the afternoon speaks of tuna casserole. A boy thinks of tomato soup while playing quietly on the rug near his ominous, sleeping father. A man smokes a lonely cigarette in his car in the dark, muttering to himself about rice pudding before making a mysterious phone call. A woman at her limit shouts the ingredients of potato salad at the edge of the water. We are given a momentary peek into the lives of these four strangers as they try to manage their vast and disparate emotional states by clinging to their most loved and longed for comforting foods.



FILMMAKER'S STATEMENT



There are a lot of ways to deal with pain. And the last few years have given us no shortage of opportunities to test our most reliable methods. You can try and drink your pain away. You can use drugs to numb what ails you. And yes, you can eat your feelings.

I wanted to explore the world of comfort food in uncomfortable times. The meals we cook when we are annihilated emotionally. The lasagna you make for a funeral. The bowl of soup you make when you can't muster the strength for anything else. A casserole of bitter nostalgia. A bechamel of sadness. An aioli of trauma. Chicken ala greif.

I wanted to capture both the comfort and the discomfort of those feelings at the same time with this film. On one hand, I wanted the viewer to be able to put themselves in the place of these nameless characters, dealing with their unknown traumas, unknown abuses, and unknown pain. I wanted the viewer to relate to these very real and very painful feelings, which is why I opted to never reveal any information as to what these characters are going through. No dialogue about a bad day at work, or an emotional breakup, or a death in the family. I wanted the viewer to fill those holes with their own stories. And if not their own stories, to stay engaged with the film, trying to connect the clues and come up with their own reasons for why these characters are suffering.

But I also wanted to point out the absurd notion that we can ever heal deep wounds with surface level comfort. The same way a drunk drinks to forget, only to be reminded in the morning of what hurts. Hence the title of this film – we cannot fill the holes, for the holes are unfillable. And yet, knowing this, we keep trying. Which is why I added helpful recipes to this film, so we can all keep trying, together.

Thank you.

- Dave Canning

CAST

SYDNEY LEMMON

Marvel's Helstrom, Tár, Succession

KARREN KARAGULIAN

Tangerine, The Florida Project

TAMMI CUBILETTE

Geri & Rick

MILES MCNICOLL

Horror Noire

TEAM



Dave Canning is a filmmaker, freelance creative director, writer and author. His work has won an Emmy, gold in Cannes, The One Show, D&AD, and The Clio Awards. The Guardian called his "Climate Name Change" campaign the best climate change campaign in history. His fiction has been published in The Madison Review, Literally Stories, The Festival Review, and Sterling Clack Clack. It's been awarded by Writer's Digest and awarded the National Hemingway Prize in Fiction. He is the writer and director of "How To Fill The Unfillable Hole Inside You," "Bathroom Break," and "Punch".



Dan McBride is a Brooklyn-based filmmaker. Ever since he first got his hands on a camera he has been creating short films and his passion for visuals and storytelling has taken him all over the world. He works as a narrative film and commercial DP, collaborates with a ton of NYC ad agencies as an editor, and has a passion for cutting trailers and promos. McBride is the Cinematographer and Editor behind the Emmy-nominated and Webby award winning series Doomsday and for which he also received a co-nomination for "Best Director" at the Indie Series Awards. He has also been the recipient of the "Best Cinematography" award at multiple film festivals including Escape Velocity Film Festival and the Queen Palm International Film Festival. Most recently he has edited the trailer for the Steven Soderbergh produced feature film DIVINTY, which premiered at Sundance 2023. He is also the Director of Photography of the 2022 feature film Root Letter, an adaptation of the popular Japanese Playstation game, starring Danny Ramirez of THE FALCON AND THE WINTER SOLDIER.



Keep or Destroy has premiered their work at dozens of film festivals internationally including the Academy Award qualifying Cinequest, Raindance Film Festival and Flickers Rhode Island International Film Festival as well as Provincetown Film Festival, Indie Memphis Film Festival, Vancouver Web Fest, Nightmares Film Festival and many more. Their work has received numerous accolades including wins and nominations for "Best Comedy," "Best Writing," "Best Director," "Best Ensemble Cast." They have produced projects in collaboration with Netflix, Tribeca Studios, and Incline Productions. The Keep or Destroy team has also proudly served on the Narrative Shorts Jury for the Charlotte Film Festival. In 2022 Keep or Destroy wrapped production on the indie feature The Snare, which confronts the cruel underbelly of the world of confidential informants in the American justice system and the devastating effect this unregulated program has on average people daily. Recently, Keep or Destroy produced "Bone Black: Midwives vs. the South" a short experimental hybrid documentary about the dark history and erasure of African American birth workers in the American South. This project is being made in partnership with Queen Latifah's Queen Collective and will premiere on BET and at the 2023 Tribeca Film Festival.

CREDITS

Written and Directed by
Dave Canning

A Keep or Destroy Production

Produced by
Lianne Becker
Collin Meath
Benjamin Drew Thompson

Director of Photography - Dan McBride
Editor - Nick Divers

Sound Design/Mixing - Sam Shaffer
Composers - Ian Jeffreys, Aaron Kotler, Mike MacAllister

Production Design - Lianne Becker
Colorist - Mikey Rossiter
Title Design - Jeff Dryer

Location Sound - Andrew Litton, Walid Alhamdy, Robert O'Haire
Flame Artist - Joseph Miller
Gaffer - Justin Holt
Grip/Swing - Vincente Roxas
First Assistant Camera - Julian Velez, Lidia Marukyan, Karoline Iversen
Key Hair and Makeup Artist - Jade Staton
Hair and Makeup Artist - Julissa Erasquin
Set Dresser/Wardrobe Coordinator - Laura Sala
Production Assistant - Ryan Levitt

"I've Got A Lovely Bunch Of Coconuts" Performed by Danny Kaye
Courtesy of MCA Records Geffen Records under license from Universal Music Enterprises
Music Clearance - Mike Jurasits for Human

Starring
Sydney Lemmon
Karren Karagulian
Tammi Cubilette
Miles McNicoll

Featuring
Bartender - Hannah Edwards
Dad - Tim Farley

