Caitlin Reyes

Period 4

Stat Sheet

Ingredients for 10 bars:

* 1 Cup Brown Rice Syrup
* ½ Cup Cookie Butter
* ½ Cup Black Unstrap Molasses
* 3 ¾ Cup Low Fat Granola Cereal
* 1/3 Cup White Chocolate Chips
* 1/3 Cup Butterscotch Morsels
* ½ Cup Vanilla Flavored Whey Protein

In One Bar:

* Calories 402
* Total Fat 10.3g
* Total Carbohydrate 71.4g
* Fiber 2.5g
* Protein 7.3g



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October 12, 2017

Touching the Void Response

Watching the documentary felt very surreal to me. While I was able to surmise that some misfortune would occur to the two climbers (otherwise they would not be known as legends) I did not expect the turn of events that were essentially miracles which led both of them to make it back to the base camp. One major thing that I learned from watching the documentary was how much exactly an undertaking that climbing a mountain is. Seeing Simon and Joe go one bit at a time with their ice axes while the ground is thousands of feet below them made me feel the tension that both climbers must feel that each movement up the mountain had to be perfect or else they might not be able to make it back alive. The music and sound effects helped accentuated this greatly. Although if I climb a mountain I do not expect music to be playing out of nowhere, the music that was playing while the climbers were going up the mountain were well directed, as it seemed to get louder at particularly tense parts until it reached its breaking point and made loud noises that made me jump when something appears to have gone wrong.

One thing I noticed that fascinated me was how strong a bond Simon and Joe evidently had with each other, and the leisure they appeared to have regarding climbing the mountain. Even as they were best friends, I thought it interesting how Simon and Joe appeared to trust each other with their lives as they climb a mountain that no one else has ever climbed before. Furthermore, I noticed that the two best friends, while climbing a mountain which is a highly focus intensive activity, were still joking around and having fun before the situation turned particularly dire. Towards the end of the documentary, I was very touched by the fact that Simon stayed at the base camp for days after he returned, whether it be because he could not move or because he was determined to wait until Joe came back alive. In the beginning of the movie I could not help but chuckle when they were talking about how they like to climb mountains for fun and just saw that climbing Siula Grande would be the achievement they were looking for by climbing a mountain that no one else has ever climbed before.

One thing that I found disturbing was how this entire situation happened in about a week. In only a week, Simon and Joe were able to climb a mountain, but also face severe complications trying to go back down. Compared to a week in a high school student’s life, this is much more eventful, but also much more stressful. Another thing I found slightly disturbing was when the camera zoomed out of the two climbers to show them relative to the entire mountain. This zoomed out shot emphasized the gravity of their expedition but it also for a moment made me reflect on how small humans really are compared to the entire Earth and what it has to offer. I admit that although watching the movie made me more interested in mountain climbing, I’m still not that inclined to pick up an ice axe and climb a mountain, since I feel like I would get vertigo just from being 100 feet up.

One physiology reference I picked up from the movie was how shallow both climbers were breathing. As they climb further up the mountain, there is less oxygen available and as such there would be an increase concentration of carbon dioxide in the body. In order to alleviate this, their breaths became more shallow, reminiscent of hyperventilating, to take up more air. Furthermore, the climbers heavily stressed the importance of staying hydrated. At higher altitudes, the climbers would need to drink more water or else they would start getting complications, evident in Joe’s staggered movements and apparent descent into madness after going for days without water.

Overall, I found the movie very entertaining. It wasn’t just the climbers just talking which would have made it boring and it wasn’t like a full action movie which I thought was a nice change of pace from the movies that are shown in theaters. Hearing their recollection of climbing the mountain also made me curious of their lives after. Although the movie gave a little insight on their lives after such as Joe still deciding to climb after some therapy, I’m curious how much this experience shaped their lives and the aftermath of how they live their lives now.