

# The Weekend Warrior Blog

A place for the Weekend Warrior to chat about other things of interest to him.

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## The Weekend Warrior 1/21/22 - SUNDANCE FILM FESTIVAL, REDEEMING LOVE, THE KING'S DAUGHTER, LUNANA: A YAK IN THE CLASSROOM, SALT IN MY SOUL, MUNICH: THE EDGE OF WAR, and More!



Opening in New York at the **Cinema Village**, the **Laemmle Royal** in L.A., and a few other cities, is Will Battersby's doc **SALT IN MY SOUL** (Giant Pictures), based on Mallory Smith's posthumously-published 2500-page memoir that covers her 25-year battle with cystic fibrosis, for which she was diagnosed at the age of 3. Knowing that she will eventually die, Smith kept a secret diary to record her thoughts, including newly discovered footage and audio recordings, which were compiled by Battersby with interviews with Smith's family and doctors to tell her story.

I was a little bit worried about this one, since it had the potential to be a complete downer due to knowing Smith's fate going in, even though I hadn't read or even heard about her book before learning about this doc. Battersby does a decent job compiling a lot of different sources to tell Smith's story from her earliest days trying to be a normal kid but one fighting a life-threatening condition that requires a lot of treatment, some that can be quite tough on a young girl. But through her perseverance to lead a normal life and support from her parents, Smith really pushes herself to be active, becoming a surfer once she learns that being in the ocean water actually helps her feel healthier.

**Salt in My Soul** is quite thorough in terms of covering all of the complications Smith faces while going through college, and you can really learn a lot about cystic fibrosis and the other conditions it can cause, of which I'm not sure a lot of people are aware. What Battersby has going for him in what would otherwise be a straight-up talking heads doc, is that he has Smith's own words and videos, which helps to balance out with all of the medical jargon that's being bandied about by the doctors interviewed.

Even if it feels a bit clinical at times, this is just a truly inspirational (if also a bit heartbreaking) doc, which sadly won't be seen by as many people as really need to see it to be more aware of cystic fibrosis, not as a death sentence but as something that an optimistic person like Mallory Smith can live with for 25 years and have a fulfilling albeit far-too-short life.

If you're not in New York or L.A., the movie will be getting a worldwide VOD release in the U.S., Canada, the UK, Ireland and other places on Tuesday, Jan. 25.