



I just got back from seeing [Act of Valor](#). I had seen a few promos for the movie, as well as a quick piece on the local news. There are a lot of reviews out there along with good stories about it. But I want to share some of my thought.

First of all this is not a movie for kids. The story follows a Navy Seal team (played by real Navy Seals) on several different ops during a mission. They rescue a hostage and that leads them to a recon mission and then two missions to stop terrorists. The movie follows this team of seals from pre-deployment with their families until they return. There is action and fighting and it is not glorified or pumped up to typical action movie status. It is extremely realistic and true to seal tactics. (If you enjoyed Band of Brothers and The Pacific you will appreciate this movie.) There is humor, real relationships between the men and between them and the families. This account is fictional but contains aspects of what the Seals really do.

Honestly I came out of this movie with an even higher respect for the men and women of the armed forces. They do so much to keep me safe and free. Much of it, will never be publicized or can be. I highly encourage you to go out and see this movie. Then thank the men and women of the armed services (active, reserves, and retired).