

145 Tammy

This hero of mine is one remarkable individual. Former Assistant Secretary of the Department of Veterans Affairs, Tammy Duckworth has made astounding contributions toward equal rights for women in the realms of public health, military service, veterans' and legislative history.

She was responsible for changing Senate rules so that children under the age of one were allowed on the floor during a vote. In fact, she was personally invested in the rule change - Duckworth was the first U.S. senator to give birth during her tenure in office. In her words, "Parenthood isn't just a women's issue, it's an economic issue and one that affects all parents - men and women alike."

Among her many honors, Tammy Duckworth is a national hero. A former U.S. Army lieutenant colonel and an Iraqi war veteran, she earned a Purple Heart while co-piloting a Black Hawk helicopter that was struck by a rocket-propelled grenade. She lost both legs in the attack.