

NEWS

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FOR IMMEDIATE RELEASE

Mike "Titan" O'Hearn asks Americans to Share A Minute for Service Members

American Gladiator joins fight to help military families in financial trouble

RADCLIFF, KY Mike O'Hearn, also known as Titan on "American Gladiators," has joined the Share A Minute campaign: a USA Cares fundraiser to provide post-9/11 veterans and military families with financial support and other critical resources at no cost to recipients.

"America is facing a growing perfect storm that threatens our military families. It's the invisible wounds of war, like post traumatic stress disorder and traumatic brain injury, home foreclosures, and the challenging economy compounded by multiple deployments that is unlike anything we have seen before," USA Cares founder Roger Stradley said.

O'Hearn, a four-time Mr. Universe, will support Share A Minute and its goal: asking Americans to donate \$25.00 to represent one minute of a Soldier, Sailor, Airman or Marine's full 525,000-minute annual tour of duty. Those minutes quickly add up to create hardships for soldiers and their families during deployment or when they return, and it costs USA Cares \$25.00 a minute to help these families ease the burden of being separated.

"I am honored to lend my support to the brave individuals and their families who serve our country. They are true American heroes who need and deserve our help, and I encourage everyone across the country to Share A Minute so that we can all help relieve some of the hardship," O'Hearn said.

O'Hearn joins other Share A Minute supporters, including Dennis Miller, comedian and radio show host; Bryan Anderson, an Iraq War veteran and Purple Heart recipient; and Michelle Fournier, an Army reservist who has served tours in Iraq and is preparing for another deployment.

Stradley said there is no doubt that Americans will help by donating. "Our nation has a level of compassion that is unmatched in the world."

USA Cares currently receives more than 100 new requests for assistance a week. Dedicated staff and volunteers work through every one of them, one at a time, with the determination and commitment to quickly resolve the issues and allow the military families to receive the assistance needed. "USA Cares is out there actually providing financial assistance to solve these problems – we're not just talking about them," USA Cares Executive Director Bill Nelson said.

To share a minute, go to <http://www.usacares.org/> and click on the Share A Minute logo or call 1-800-773-0387 for more information.

About [USA Cares](#) and [Share A Minute](#)

[USA Cares](#) is a nonprofit 501(c)(3) organization that helps military families bear the burdens of service with financial and advocacy support. Its mission: to assist wounded warriors and their families, to prevent home foreclosures and evictions and to help with basic needs during financial crisis. [Share A Minute](#) asks Americans to donate \$25 to represent one minute of a Soldier, Sailor, Airman or Marine's full 525,000 minute tour of duty. In 2007 [USA Cares](#) helped

98 wounded service members; saved 192 homes from foreclosure or families from eviction in partnership with The Homeowners Preservation Foundation; and provided 4,146 requests with other forms of assistance. Families anywhere in America can apply for assistance through the USA Cares web site, <http://www.usacares.org/>, or by calling 1-800-773-0387. For more information on [USA Cares](#) contact jrevell@usacares.org.

About [Mike “Titan” O’Hearn](#)

Mike holds four Mr. Universe titles and was voted one of the 12 greatest physiques of all times by the fitness industry. A fierce competitor and undefeated in the Joust, Mike can be seen in NBC’s hit television series “[American Gladiators](#)” where he is known as “Titan.” Before winning his four Mr. (Natural) Universe titles, Mike was Mr. California, Mr. USA, Mr. America and Mr. International. He is also a four-time Power Lifting Champion, and two-times Iron Warrior: Decathlon of Strength Strongman Champion. Mike has graced the covers of over 500 magazines worldwide earning him the title of seven-time Fitness Male Model of the Year and putting that title into retirement.

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