



**Hunter Hart, 13, has type 1 diabetes and must regulate his blood sugar with medicines and juice throughout the day.**

CORY YOUNG / Tulsa World



# Fighting for a cure

## Teen goes to Capitol Hill to raise awareness of type 1 diabetes

By **TARA JORDAN**  
World Scene Writer

**H**unter Hart ran to his front door and pulled it open, wearing a welcoming smile and a football T-shirt. Ushering a guest inside, he plopped on the couch in the cozy family room and immediately asked, "What questions do you have for me?"

The obviously athletic 13-year-old has type 1 diabetes. But he doesn't want to talk about himself just yet.

He's just been chosen to go to Capitol Hill to help raise awareness — and money — for diabetes research. And he wants to talk about the importance of that project and the funding that's desperately needed.

Hart, who has worked with the Juvenile Diabetes Research Foundation in the past, came across an online application to participate in the organization's Congress 2007 program.

The program's organizers chose, from more than 1,200 applicants, 150 children and teens ages 4-17 who have type 1 diabetes to gather in Washington, D.C., for a three-day event.

This year's Children's Congress begins Sunday and runs through Wednesday, giving the delegates an experience they'll not soon forget.

In addition to attending congressional appointments, the children and teens will have the opportunity to appear at a Senate hearing, during which JDRF's International Chairwoman, Mary Tyler Moore, will speak in favor of increasing federal funding for type 1 research.

Hart and his fellow delegates also will collaborate with music stars Trisha Yearwood and Elliot Yamin to perform a song on the Capitol Lawn, an event that will be emceed by Larry King.

But for now, Hart, a soon-to-be Cascia Hall eighth-grader, is just an average kid enjoying his summer vacation.

His diabetes is almost an afterthought.

Type 1, also known as juvenile diabetes, affects thousands of children and young adults every day. There is no cure.

Diabetes occurs when the immune system attacks and eventually destroys cells in the pancreas that produce a hormone called insulin.

SEE DIABETES D-6

## Tips for parents

We asked Lori Hart, Hunter's mom, to share some tips for the parents of recently diagnosed diabetics. Here's what she had to say:

**Everything is going to be OK.** You need to know that everything is going to be all right. You may be on emotional overload right now and it's going to take time to process all of this new information, but you will get through it. It's going to be OK.

**Start planning.** You'll have to get used to planning everything out. You constantly have to have supplies on hand and think ahead. You always need to be stocked and loaded, ready to go. Eventually, you'll get accustomed to carrying everything around. The things you can't plan for are stressful, like pizza after a baseball game, but you just have to be ready to adjust.

**Information is power.** You can't be afraid to share information with other people. When your child's friends and their parents know what to expect and how to handle situations, it makes everyone more comfortable. Don't hold back — if everyone is well informed and knows what to do, you'll be more relaxed and trust that your child will be safe at a friend's house.

## fitness guinea pig

by cary aspinwall



MICHAEL WYKE / Tulsa World

**Clint Howard and his team of personal trainers will help get you in shape at Fitness Together.**

**Workout:**  
Fitness Together, 9708 S. Riverside Parkway, Suite 120

**What it is:**  
Personal training, at seven locations in the Tulsa area.

**When you can go:**  
By appointment only. For information about the Jenks- or Bixby-area locations, call 392-0540 or visit [www.personaltrainertulsa.com](http://www.personaltrainertulsa.com). For other locations, visit [www.fitnessstogether.com](http://www.fitnessstogether.com).

**It's best for:**  
Those who need accountability to hold them to a workout and are serious about getting into shape. At \$45 to \$60 per session, it's not the cheapest option — but there are no membership fees, contracts or initiation fees.

**Gear needed:**  
Proper shoes and workout attire.

**Degree of difficulty:**  
 on a scale of 1 to 4 sneakers

**Degree of fun:**  
 on a scale of 1 to 4 sneakers

**Fitness Guinea Pig says:**  
Ow. Lifting 12-pound weights in each arm while trying to balance on Bosu or a stability ball is not something FGP would do unless a trainer such as Fitness Together's Danny Wilson tells her to do it. Three sets. Which is sort of the genius of Fitness Together. Rather than wandering into a gym with that deer-in-the-headlights, how-does-that-work expression, attempting a few items and leaving frustrated and tired, you arrive at Fitness Together with a room full of equipment all to yourself and a trainer who shows you how to use it, and won't let you wimp out. (Danny did take pity on wimpy FGP eventually and cut a few sets short). Better yet, you're not paying for a gym membership that you'll rarely or never use. That said, expect to be sore after your workouts here. Owner Clint Howard and his staff take that "no pain, no gain" saying seriously. If you're tired of wimping out on getting into shape, this may be your best bet.

Is there a workout or exercise you want the Fitness Guinea Pig to try first? Send suggestions to [cary.aspinwall@tulsaworld.com](mailto:cary.aspinwall@tulsaworld.com) or call 581-8477.

## lunch bunch

### STRAWBERRY YOGURT



JOY LEWIS / Tulsa World

**The varieties:**  
Dannon All Natural, Yoplait Original and Stonyfield Farm Organic

**The details:**  
Yogurt is a good way to round out your lunch sack, and it's healthier than chips or Twinkies. Eating a serving of yogurt is also a smart way to get your daily recommended servings of calcium and fruit.

We liked all three brands, so the only difficult decision was deciding which was the best. Prices were comparable, ranging from 50 cents for Yoplait, 89 cents for Stonyfield Farms and \$1.99 for Dannon, which came in a four-pack.

**The verdict:**  
**Dannon was the best.** It had a nice creamy texture and a fruit flavor that didn't overwhelm — it was just right. Plus it didn't have any preservatives or high fructose corn syrup. Dannon had the least amount of sugar (19 grams) and a slight tart taste, more like homemade. Bits of real strawberry helped the texture, and there were no added food dyes. It had the fewest calories (110), least fat (1 gram), lowest sodium (65 milligrams) and more protein per ounce, a total of 5 grams.

**Second place:** A close second, what with the chunks of real fruit and great strawberry taste, Yoplait's "99 percent fat free" claim didn't seem as sexy when you looked at the sugar content — 27 grams. Might explain the rather sugary taste, almost like Smuckers strawberry preserves. And it explains the calories, too — 170, the most of all three. Other nutrition facts: 5 grams of protein, 1.5 grams of fat, 80 milligrams of sodium. But we like the choice of flavors that Yoplait offers, so when we want to branch out to pineapple, kiwi or chocolate mousse, we'll check Yoplait.

**Last place:** Stonyfield Farm Organic. With the field and cute cow on the serving cup, this one seemed destined to ring our bell. But a mystery whang followed each bite, putting it at the bottom. It's a shame, really. We really wanted to root for the organic team. Although it had the highest calcium (25 percent vs. 15 to 20 percent for the others), it had the most sodium (95 milligrams). Other nutrition facts: 130 calories, 1.5 grams fat and 6 grams protein.