

INSIDE!

Tulsa guitar maker gets national exposure. D-3



Nearing the finish line

Tulsa Run celebrity runners enter their final days of training

By LISA SMITH
World Scene Writer

The Tulsa Run is only nine days away and trainer Gini Frisby has nothing but praise for celebrity runners Casey Norton and Felicia Collins Correia. Frisby, an exercise physiologist at Hillcrest Exercise and Lifestyle Programs, replaced longtime trainer Julie Pickens this year.

"Training these two for the Tulsa Run has been an incredible experience for me," Frisby said. "Felicia and Casey have shown that setting a goal can be accomplished no matter how busy or tired you are."

"My goal as their trainer was to help them reach their goals and take them to the next level. In the past 28 weeks, I got to see Casey grow from a beginner runner to a competitive runner and Felicia from a casual exerciser to a runner."

Correia, 54, is executive director of Domestic Violence Intervention Services, and Norton, 33, is "Six in the Morning" co-anchor for KOTV, channel 6.

"These two celebrity runners have been advocates for health in showing that work schedules, kids, out-of-town traveling, weather, not feeling well — nothing slowed down their training," Frisby added.

Training started 28 weeks ago. "I'm not satisfied with walking any more," Correia said. "Through my training, I've learned how much I like running and how much I need exercise at least an hour a day, five to six days a week."

"The other thing I've learned is a body can do a lot on a little bit of fuel. I don't need to eat as much as I did before I started training."

Correia has gone from a size 12 to a size 8 and has reduced her body fat to 25 percent.

"Felicia has been such a great role model in showing that, even in her 50s with a career and family, that making exercise a significant part of her life and dedicating the last six months to the Tulsa Run can happen."

Since training began, Norton said he has lost three inches



from his waist and has decreased his body fat to 12 percent. He's lost 32 pounds since last August.

"Gini made it easy for me," Norton said. "I'm literally in the best shape of my life. Now when I put on one of my old suits, I feel like I'm wearing my dad's clothes."

"This has been such a positive experience for me."

"Casey has made it so much fun with the training segments on the early morning news and his training blogs," Frisby said. "It has definitely caused a buzz this year with runners and viewers alike."

"He has motivated people to run and caused great excitement and anticipation for the 2006 Tulsa Run."

Norton said his parents are traveling to Tulsa from Massachusetts to be part of the experience.

"I'm real excited that my parents will be here," Norton said. "My dad has had minor strokes

in the past year but he's going to take part in the run."

Correia's sister-in-law from Denver also will make the trip to Tulsa to observe the race. Correia said she plans to run with JoAnn Cornell, a grant writer for DVIS.

"There's a lot to learn from longtime runners," Correia said. "They help you talk through your problems and are there motivating you."

"I didn't know people like this existed, much less in Tulsa, Okla.," Norton said. The Tulsa Run is slated for Nov. 11 in downtown Tulsa and features a 15-kilometer run, 5-kilometer run and a Fun Run.

Runners have until midnight Saturday to register by mail before late fees are imposed.

If payments are post-marked before midnight Saturday, cost is \$25 for the 15k and 5k runs, and \$10

SEE RUN D-2



Casey Norton participates in a recent training run along Riverside Drive. The final Tulsa Run training exercises will be at 6:50 a.m. Sunday at 31st Street and Riverside Drive.

Felicia Collins Correia stretches before running at LaFortune Park. Since training began 28 weeks ago, Correia has gone from a size 12 to a size 8.

Photos by MICHAEL WYKE / Tulsa World



Courtesy

Former Tulsan and spiritual teacher James Ray went from mega-geek to multimillionaire by turning his life's negatives into positives. He's featured in an upcoming "Larry King Live" series.

Power of motivation

Former Tulsan to appear on Larry King special on positive thinking

By JENNIFER CHANCELLOR
World Scene Writer

James Ray is the first to tell anyone: He was the proverbial nerd.

"Buck teeth, thick glasses, voted most likely to be ignored . . . I was very insecure as a youngster," he said. "It gave me time to go inside my head and figure things out, to try to figure out how the universe works."

Years later, it looks like he may have found an answer.

"He's developed an extraordinary concept," said cable talk show icon Larry King in a recent phone interview. "Tulsa ought to be very proud of him."

Ray will appear on part two of a two-part show hosted by King, "Beyond Positive Thinking," to air on CNN.

He's parlayed a lifestyle that involved working three jobs and renting a filthy Tulsa duplex to make ends meet while going to college into the life of a San Diego-

on tv
"LARRY KING LIVE,
BEYOND POSITIVE THINKING"

When:
First installment shows 5, 8 and 11 p.m. Thursday, second installment (featuring James Ray) airs 5, 8 and 11 p.m. Nov. 16.

Where:
CNN, cable channel 41

based multimillionaire motivational speaker, author and provocative "thought leader."

Ray's concept is a complicated one, made simple. Imagine a genie, ready to grant three wishes.

The genie is the conscious mind. It's also the universe.

"Wishes that you think, feel and act upon become truth. They become real."

In other words, all solid matter — including your brain — is made from energy — protons, neutrons, electrons. That's simple science. The universe is also made of of those same things.

Finally, throw in what Ray calls a "God-given ability to create whatever we want to," and you get his Biblically-based belief that "even the least among us can do the greatest things."

The end result? People can harness energy to help create harmony and prosperity in their lives, meaning that one's thoughts, feelings and actions really can change the world for the better. That's called positive attraction.

Got it? It's a simplified truth of a complicated science called quantum physics, put in the context of faith and religious tenets.

King gets it. "It's clear-cut and it's very easy to comprehend. My wife is doing very well with it. She's thinking positive and acting on it," he said

of his wife, Shawn (Southwick) King. Ray calls his philosophy "Harmonic Wealth."

"Positive thinking is good, but it's like driving down the highway on empty and slapping a happy face sticker on your car and expecting it to work," Ray said. "It's one thing to think happy thoughts, but another to harness that power and do something more with it."

So, what happens to that happy face on your car when you're almost out of gas? According to Ray, every breakthrough is preceded by a breakdown.

"Those difficult times are gifts. The gift is being able to know that at the time and do something more with it," he said.

"Quantum physics is the mysticism of the 21st century. It's telling us we can create what we want, we just need to release the pre-programmed emotion and ideas that we've had since childhood."

SEE RAY D-2

