

Anderson soars to silver in big air at Olympics

By Dan Wolken, USA Today

PYEONGCHANG, South Korea – Snowboarder Jamie Anderson of Meyers couldn't eat Thursday morning before her competition in the first big air event in Olympics, so instead she poured a thermos full of hot tea with homemade ghee that she brought with her from the United States.

Anderson's ghee, however, is not just plain, old clarified butter. It was cooked down at her home in Lake Tahoe with "good love" that includes crystals being placed around the pan while it cooks and "sound therapy," which she explained as something akin to a humming that reverberates off the metal.

"You have to bless it, you know?" said the 27-year old, who already had a gold medal at these Games and 2014 in the slopestyle competition. "I love ghee because especially in the morning if I'm not eating food it's really healthy fats for your brain and just is delicious."

Though that may not be every Olympian's morning routine, it certainly worked for Anderson, who landed a frontside 1080-degree trick on her first jump, eventually launching her to a silver medal behind Austria's Anna Gasser.

Read the whole story