

# LOCAL/STATE

## Dark Horses

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one. I had seen Tyler perform the song before — prior to a New England Patriots' game. When he got to the last line, the Boston native would substitute, "home of the Patriots" for "home of the brave." And everyone there cheered.

But Indy is another place — and it's Memorial Day weekend. Generals and admirals are in attendance along with other dignitaries and the occasional Medal of Honor winner.

And, of course, there's racing legend A.J. Foyt, the hard-driving, tough-talking former Indy champ turned car owner. I was standing near him on pit road because I was working on a story on son Larry Foyt, who at that point would rather have put me in the car than drive it himself, when Tyler started to perform in a somewhat key-free, Tyler-stylized version of the song.

I had press credentials, but the next few minutes would've been worth the price of the best ticket in the place.

Glancing to my right, I watched as Foyt's facial expression began to change from concentration to a strange mix of confusion and constipation.

I can't read minds, but I imagine something like this was running



Steven Tyler.

through that of Super Tex: "What is that hippie-boy doing to MY National Anthem?"

Then, the finale. Surely, I thought, Tyler would play it straight.

No such luck. Arriving at the last line, Tyler crooned, "and home of the Indianapolis 500," somehow squeezing nine syllables where they didn't belong on the final note.

I closed my eyes, shook my head and thought about Jessica Simpson.

It's not my job to tell the Owls or anyone else who they should get to sing the "Star Spangled Banner," but I'm warning you about Steven Tyler.

Things could've been so much worse.

## Herbs

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better health.

The recommendations, Tanner said, are just that, and are not meant to replace the advice of a doctor.

"My goal is to partner with you in managing or improving your overall health," she said.

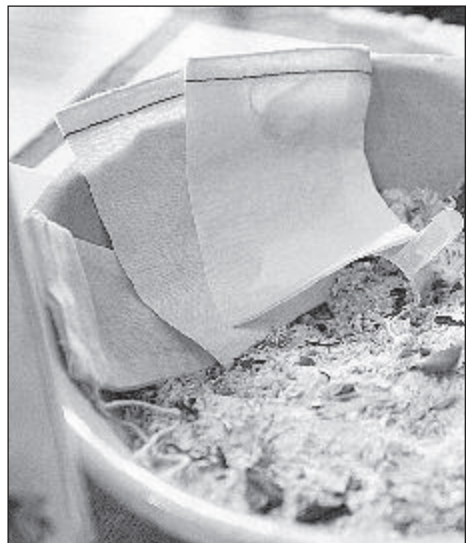
In addition to providing recommendations, Tanner offers a holistic personal chef service and cooking classes.

"I help people, in their own homes, go after a health condition with foods in their own kitchen and teach them how to cook better," she said.

Tanner is also gaining attention outside of Rutherford County. Through the Farmers Fresh Market program through Foothills Connect, Tanner connected with a chef in Charlotte, who she is working with to build a rooftop herb garden for a restaurant.

No matter what you are looking to improve, Tanner said there are two herbs anyone can benefit from — mint and lemon balm.

"Mint is great for digestion," Tanner said. "Lemon balm is great



Tanner's herbs.

for calming you. It's a mood lifter."

Tanner suggests for those who want to try growing their own fresh herbs, start small.

"Pick three and watch those grow and get as comfortable with them as you can, then add to that," she said.

For more information on Tanner or her class offerings, visit [www.michellesgardenofhealth.com](http://www.michellesgardenofhealth.com) or call Therassage at 828-288-3727.



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Volunteer Training is offered at Two Locations:

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at the McDowell County YMCA, Marion  
10 am until 3 pm.

&

**July 18-20**  
at the Carolina Event and Conference Center  
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## The Daily Courier

Office will be **CLOSED** on Monday, July 4, 2011

### For Independence Day

Early deadlines for Retail and Classified Advertising

Publication	Retail deadline	Class. Display deadline
Tues., 7/5	Thurs., 6/30 3pm	Thurs., 6/30 1:30pm
TMC, 7/5	Thurs., 6/30 3pm	Thurs., 6/30 1:30pm
Wed., 7/6	Fri., 7/1 3pm	Fri., 7/1 12:30pm

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Publication	Deadline
Sat., 7/2	Fri., 7/1 12:30pm
Sun., 7/3	Fri., 7/1 12:30pm
Tues., 7/5	Fri., 7/1 12:30pm
TMC, 7/5	Fri., 7/1 12:30pm



**828-245-6431**

*The office will reopen Tuesday, July 5, 2011 at 8am*