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Tuesday, June 10, 2008

# I'm thinking Jail, 2 charged with drug use at LC restaurant

Officer Darrell Butler. LCPD responded to Arby's to a complaint of illegal drug use. Upon investigating the officer observed Holly Golden sitting in the driver's seat of a white Chevy Cavalier. Timothy Montgomery Jr. was in the passenger seat. Montgomery was observed hiding something under the

When approached he produced a spoon with a crushed pill in it. The pill is



believed to be Oxycontin, a | (see Charged pg. 4)

# Timothy Montgomery Jr.

## Click-it or bond out

A local man reportedly told police he'd drank some beer and smoked some pot prior to being stopped by police for not wearing a seat belt and found to be under the influence of alcohol.

Michael Allen Sutton, 25, of Steekee St., Loudon, was charged with DUI 1st offense and possession of schedule VI.

According to the report, Officer Blake Norman, LPD observed a white vehicle

(see Sutton pg. 7)

# Vehicle vandalized

vandalized.

A local woman called po- was dispatched to Kagley lice Wednesday when she Street where he spoke with went outside and discov- Carol Arden who said she ered her vehicle had been went out to her 2002 Ford Focus around 6:00 a.m. According to records, Dep- and found it had been hit uty Johnny Brown, LCSD, and damaged along the rear (see Vehicle pg. 6)

# Blazer stolen

thorities Wednesday when he discovered his Chevy Blazer missing.

According to reports, Trav-

A Loudon man called au- is Letsinger, Calloway Road, advised his 1995 Blazer was sitting in a barn shed and he discovered it missing around 8:00 p.m. Tuesday.

(see Blazer pg. 7)

# Medication stolen

Police were called to a her prescription medication company.

According to reports, Ralocal residence Wednesday .chel Campbell, Steekee when a woman discovered Road, told Deputy Freddie Gene Walker, LCSD, a wommissing after she'd had an she identified had been in her home on Tuesday and (see Medication pg. 2)

# 10 Tips for Improving Your Family's Eating Habits

would like. But by practicing healthy eating habits

With today's busy life- easier for your family to eat styles, families don't always right. Try these 10 tips deeat as healthfully as we signed to encourage healthy eating habits:

1. Be a good food role at home, you can make it model. Telling children to

(see Tips pg. 6)

#### Verse of the day

But as it is written, Eve hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for James L. (Jim) Routson Sr. them that love him. 1 Corinthians 2:9

#### Obituaries

Robert Roy (Bob) Game Marlana Ethel Gilreath Barbara McCarroll Hartsook Roy Hill

Ronald Frederick Reehoff Weather:

Today: Variable clouds with

scattered showers and thunderstorms, mainly in the afternoon. High 87. CoR: 60%. Tonight: Variable clouds with thunderstorms, especially during the evening. Low 69. CoR: 60%.

Wednesday: Scattered thunderstorms possible. Highs: mid 80s; Lows: low 70s.

### Wazzup

Happy 16th Birthday, Ethan Cook - hope your special day was awesome!!!

#### Horoscopes Gemini

(May 21-June 21)

You're thinking about

(see Horoscopes pg. 2)

#### Charged

schedule II narcotic.

Upon searching the vehicle, a pill crusher was located and a container used to cook the narcotic and syringes were found. These items are believed to be used to prepare and/or to inject illegal narcotics.

Golden was moving around nervously, and stated to officers she had put a pill bottle in her vagina. Golden was transported to Loudon County Jail and upon searching she removed a pill bottle from her vagina.

Timothy Shaine Montgomery, Jr., 26, of Holly Avenue. Englewood, FL, was charged with possession of drug paraphernalia and possession

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of schedule II.

Holly Renee Golden, 22, of Hillvale Road, Andersonville, TN, was charged with possession of schedule II, possession of drug paraphernalia and tampering and/or fabricating with evidence. Officer Darrell Butler, LCPD made the arrests.

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#### Vehicle

passenger side.

The officer reported the trunk lock on the vehicle also was pushed out, but Arden advised nothing was missing at the time of the report. The value of the damage was unknown.

Tips

eat nutritious foods is one thing - showing them is better. If you offer nutritious foods regularly - and if they see you eating them - your children likely will learn to like them.

2. Serve a variety of fruits and vegetables daily. In addition to bananas and apples, try something new like kiwi or papaya.

MARTY'S AUTO SALES - 986-2222

Add vegetables to stir fries or casseroles.

- Schedule a snack time and stick to it. Space snacks at least two to three hours before a meal.
- 4. Involve kids in meal planning and preparation. Children often will eat foods they help plan and prepare. At the same time, your child can learn how to handle and prepare foods in a safe, healthful way.
- Keep less-healthful foods on a higher shelf where they won't be noticed as much.
- 6. Eat as a family. If possible eat together at least once a day. If it's breakfast, set the table the night before for less effort in the morning

Don't eat in front of the TV. Have your family eat around a table, not side by side at the counter.

Encourage your family to try new foods. Trying new foods expands your food knowledge, experience and skills. Kids will like some, but not all of these foods. That's OK.

Let kids stop eating when they say they're full. Encourage your child to eat slowly and pay attention to feeling full. By learning hunger and fullness cues, your child will learn to eat enough, but not overeat.

10. Enjoy your food. Avoid fussing, nagging, arguing or complaining at the table. A stress-free meal

that is neither rushed nor prolonged promotes family bonding and helps everyone eniov what they're

eating. For more informa-

tion on nutrition for your family, consult a registered dietitian.

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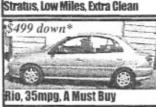


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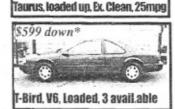
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#### Blazer

Deputy Freddie Gene Walker, LCSD. responded to the call and reported Letsinger stated workers for a local tree service were the only

people in the area about a week before the vehicle became missing and friend told him he had seen a green Blazer on I-75 past Lovell Road on Monday.

The officer noted on his report he later was informed the vehicle had been located at Knox impound lot and called Letsinger to let him him know it had been found.

#### DAILY EDITION June 10, 2008 · Page 7

#### Sutton

sitting at the red light on Hwy 11 at Hwy 72. The driver and passenger were not wearing seatbelts and the officer stopped them.

The driver, Mr. Sutton had an odor of an alcoholic beverage on his person and admitted to drinking and smoking two marijuana cigarettes

approximately 30 minutes prior to being stopped. He was extremely impaired by both factors, the officer reported, and performed poorly on sobriety tasks.

A small plastic baggie containing a green leafy substance believed to be marijuana was found and Sutton registered .08% on the intoximeter test at the iail.

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