Ine Fridae

Think of this as a refrigerator for Link readers to post their stuff (no magnets necessary) .

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WANT TO BE ON THE FRIDGE?

E-mail your cool stuff to getmeinthepaper@link757.com or mail it to

The Fridge, Link, 150 W. Brambleton Ave., Norfolk, VA 23510.

Quickly tell us about who's in the photo (if you send a photo) and give us your contact info, in case we have questions. We love handwritten notes, but write clearly so we can read it. If you want something returned, include a self-addressed, stamped envelope. The Fridge appears randomly, so be patient!

> This is a picture of a pass to Lauren Del Vecchio (in orange on left) in a slant pattern designed to go under the defense that was stretched out by Frank Castora (middle) and PJ Yates (far right). John Santori (behind Lauren) blocks the middle defender in the championship game on June 8 at the Oceanfront. The Sand Sharks, who won the flag football competition, will be playing in the World Beach Flag Football Championships and hope to topple the defending champs during East **Coast Surfing Championship events** in August.

Jay Del Vecchio, Virginia Beach

Delivered daily.

---- The Virginian-Dilot

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