



COURTESY PHOTO

An example worth following

Virginia Beach resident Linda Blake took part in the "Third Annual Live By Example 5K Rescue Run" at the Oceanfront on April 9. This is the first time she's participated in a 5K, and she collected more than \$1,000 in pledges from friends and family to donate to the Virginia Beach Association of Rescue Squad Volunteers. "This was a lifelong goal and something I wanted to do to make my children and grandchildren proud," she said. Blake received the "Live By Example" award.