



## Frank Thomas Seese

February 22, 1937 - November 27, 2024

Frank Thomas Seese, a beloved educator and dedicated family man, passed away peacefully on Wednesday, November 25, 2024. He was predeceased by his cherished wife, Sallie Bryant Seese. Frank is survived by his three children: Michael Seese (Shawnee) of Mebane, NC; Anthony Seese of Arlington, VA; and Sallie Ann Anthony (Mike) of Forest, VA. He also leaves behind his grandchildren, Danielle Shifflett (James) of Chesapeake, VA, and Connor Anthony of Norfolk, VA; great-grandchildren Brent and Elizabeth Shifflett; and close family friend Jim Johnston (Garlanda) of Haymarket, VA.

Frank earned his undergraduate degree in education from Emory and Henry College and went on to receive his Master of Education from the University of Virginia. A lifelong educator, he dedicated the majority of his career to Prince William County Public Schools. Frank began as a teacher at Occoquan Elementary School and Marsteller Middle School, later becoming an assistant principal at both Osbourn High School and Osbourn Park High School. He briefly served as principal at Woodbridge High School before becoming the Supervisor of Language Arts and Reading until his retirement at age 54. Even after retiring, Frank continued to inspire others by working as a teacher with the Department of Defense Schools, where he created lasting memories with Sallie while living in Germany and England.

In the years following Sallie's death, Frank remained committed to education, volunteering as a reading specialist at elementary schools in Prince William County, helping countless students discover the joy of learning.

A true testament to his spirit, Frank was an avid weightlifter who began competing professionally at the age of 82. He made his mark in the fitness world by winning first place in the 70-and-over category at the 2018 NPC Baltimore Gladiator Championships, and he continued to compete with remarkable success through 2022. Frank was a well-known figure at his local gym, known as "Frank the Tank", where he passionately advocated for the importance of fitness and nutrition, motivating others with his mantra that age is merely a number.

In the years following Sallie's death, Frank remained committed to education, volunteering as a reading specialist at elementary schools in Prince William County, helping countless students discover the joy of learning.

Over the past two years, Frank enjoyed his time as a resident at Capital Ridge in Bristow, VA and made many wonderful friends. Affectionally called "The Mayor," he served as a voice for those who couldn't speak up and worked tirelessly to get things done. His compassion for helping others was immeasurable.

Frank touched the hearts of everyone he met. As a devoted husband, caring father, inspirational educator, loyal friend and advocate for health and wellness, he made a lasting impact on those around him. He was a father figure not only to young people but also to the elderly. The respect he received was a reflection of the respect he showed to others. While his earthly journey has come to an end, his legacy of love, mentorship, and inspiration will continue to live on in all who were fortunate enough to know him.

Until we meet again, dear Frank, you are loved and will be forever remembered.

Service details are below:

10:30 a.m. - Holy Trinity Church, Gainesville, Virginia

12:00. Noon – Graveside Service at Stonewall Memorial Gardens (for family/close friends)

1:30 p.m. – 3:30 p.m. – Reception (Location TBD)

In lieu of flowers, please consider donating to SPARK (<https://www.poweredbyspark.org/donate/index>), the Education Foundation for Prince William County Public Schools.

# Cemetery Details

## Stonewall Memory Gardens

12004 Lee Highway  
Manassas, VA 20109  
<http://www.stonewallmemorygardens.com>

# Previous Events

## Mass of Christian Burial

DEC 5. 10:30 AM - 11:30 AM (ET)

Holy Trinity Catholic Church  
8213 Linton Hall Rd  
Gainesville, VA 20155-2997  
(703) 753-6700

# Tribute Wall

SH

“ Sending much love and our condolences to the Seese family from Sue & Michael Hennebry from Ely, Cambridgeshire in the United Kingdom. We were thinking about both Frank and Sallie today - who were our wonderful neighbours while in Ely, UK - and we saw that Frank sadly passed away last November. They were both immensely proud of their family and were wonderful people who had great affection for our own young family as they were growing up. We have very fond memories of them both. They loved Ely and their time in the UK. Rest in peace Frank and you're now reunited with your beloved wife Sallie.

Sue Hennebry - April 20, 2025 at 03:29 AM

LH

“ I only met Frank in the last few years when he was at Capitol Ridge with my own dear father, but he was a fantastic guy! Always with a smile on his face and always wanting to help! I was saddened to hear I would not be meeting him in the elevator to the 3rd floor anymore. My condolences to the family, Frank was a wonderful man!

Lisa Haering (Dan's Daughter)

Lisa Haering - January 12, 2025 at 10:35 PM

LS

“ Laura Shannon lit a candle in memory of Frank Thomas Seese



Laura Shannon - December 05, 2024 at 09:10 AM

RD

“ Mr Seese served as my block teacher at Dean Jr High, and when we moved on to OHS, we discovered he moved with us. He was a wonderful human & teacher. It was good to see him at the Class of '72 50th Reunion celebration. May he Rest In Peace! God bless his family during this time. 🙏

Ruth Dodson - December 04, 2024 at 06:00 PM

SB

“ So many wonderful memories at OHS of Mr. Seese! I believe you touched every one of us with! RIP Sir until we meet again.

*Stephen Billmyer*



**Stephen Billmyer** - December 04, 2024 at 12:33 PM

ME

“ I am saddened to learn of Mr. Seese's passing. I admired him for the skilled and knowledgeable mentor and educator he was, for the devoted husband he was to Mrs. Seese, and for the wonderful, caring father he was to his children. I worked with Mr. Seese when he served as Supervisor of Language Arts for Prince William County Schools. Mr. Seese always listened and took the time to help others. Yes, Mr. Seese dressed to high standards, always looked sharp! During the time that we worked together, I got to know Sallie Ann. Sallie Ann exhibited the same admirable work ethic of her father. As they say, "The apple doesn't fall far from the tree." Sallie Ann, your father was so proud of you. Please remember that he (like your mother) will always be with you in spirit. Our good Lord will give you the strength to endure this difficult period. You are in my thoughts and prayers.

**Marti Evans** - December 03, 2024 at 03:00 PM

KL

“ Frank was a mentor, and a true inspiration that started me on a path of success, beginning in 10th grade at OPHS. He was such a special man, teacher, husband, father, trainer. I carried a piece of one of my heros "Frank Seese" all over the world in the Navy. Bragging about him, in every gym.

*My family and I will miss Frank forever. But I will keep his inspiration and the love I always felt from him with me forever. Frank never failed to always tell me how proud he was of me. I reminded him, he helped me along the way to be a better man, be successful. He was such an inspiration to everyone that met him. Thank you Frank Seese for your support, and advice over a life time.*

*The Laird Family send condolences to Franks entire family.*

**Keith Laird** - December 03, 2024 at 11:53 AM

RB

“ I remember him visiting the Bryant family in Manassas and Sallie. I remember visiting Frank and Sallie in their home. Sallie gave us a tour of her art work and Frank showed us his beautiful garden. Blessings. Robert Bryant

Robert Bryant - December 03, 2024 at 11:25 AM



“ "It Has to be a Number 2 - No Other one will Do!" - Instructions for the proper pencil when taking the Scholastic Aptitude Test



Wayne Ayers - December 03, 2024 at 08:23 AM

SB

“ Frank was not only an educator but had a great love for nature and had a special garden he worked in memory of Sallie. We shared a lot of fun times together in the gardens at the Benedictine Sisters in Bristow. I feel blessed to have known Frank. Rest in peace now. My condolences are sent to the family. With Deepest Sympathy, Sheila Buhl

Sheila Buhl - December 01, 2024 at 06:09 PM

CW

Mr. Seese was my vice principal at Osborne High school in 70's. He was a good person may he SIP. I will always be in my heart. Hug for the family and friends 🌹❤️

Clara Washington - December 02, 2024 at 10:43 AM

JB

“ For my years at Osbourn High School Mr. Seese was one of my favorites. He was always dressed to high standards and was friendly to everyone. He was easy to find because there was usually a crowd of people around him who wanted to talk to him. Good educators are usually the ones we remember and Mr. Seese is certainly one of them. He will be missed by many. Sending Prayers. James H. Bettis

James Bettis - December 01, 2024 at 12:14 PM

AS

“ *My father was an inspiration to many people.*

*To me, he was my dad. We only get one father in this lifetime, and mine was the best man I've ever met. The level to which he supported me, guided me, defended me, and loved me cannot be put into words. I will carry you in my heart forever, and until we meet again...*



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**Anthony Seese** - December 01, 2024 at 12:24 AM