

The Linton's Living Legacy

Part 1: A generous gift of land for educational, charitable purposes

by John T. Toler

While much has changed in recent years in the Bristow/Gainesville area, one institution with very deep roots has remained true to its traditions, and continues to be a vital part of the community.

The Benedictine Monastery and the Linton Hall School on Linton Hall Road have a long and interesting history, going back to the days when this part of Prince William County was part of the vast landholdings of the Linton family.

How the Benedictines acquired over 1,700 acres of this land is an interesting story that goes back five generations of Lintons – a family of English “Cavaliers” who came to America in the years after the English Civil War and settled in the Dumfries area.

Moses Linton (1698-1752) originally patented a 740-acre parcel of land on the north side of Broad Run in 1726, and built his home on other property he owned on Marumsco Creek. His older brother William Linton (1693-1733, Generation 1) also lived in Prince William County.

William was married to Susanna Monroe (1695-1752), and they had a son, John Linton (1730-1775, Generation 2), who married Elizabeth Elliott.

John and Elizabeth Linton had a son, John Augustine Elliot Linton (1762-1822, Generation 3), who married Sarah Tyler (1763-1835), daughter of William Tyler of nearby Woodlawn.

John A. E. Linton served as the sheriff of Prince William County and as a Justice of the Peace. The land originally patented by Moses Linton passed to John A. E. Linton, who named the property Lintonsford, and built the Linton mansion on Broad Run. He later added 1,000 acres to the estate

purchased from Lord Arlington.

John A. E. and Sarah Tyler Linton had a son, John Tyler Linton (1796-1821, Generation 4), who married Cecilia Ann Graham (1804-1878), daughter of a prominent Dumfries family. Sadly, John Tyler Linton died two months before the birth of their daughter, Sarah Elliott Graham Linton (1822-1901, Generation 5).

Cecilia Linton later married R. H. Phillips, the overseer of the Linton estate, and the couple had a daughter, Anne Cecilia Philips (1823-1917). Less than a year after their daughter was born, Cecilia Phillips was widowed again, and Campbell Graham, the young girls’ uncle, was appointed their guardian.

“Realizing that Sarah should have an education befitting her rank, he forthwith sent her to school with the Visitation Sisters in Georgetown,” according to Sister M. Helen Johnston, O.S.B., B.S., in *The Fruits of His Work*, published by Linton Hall Press in 1954. “In this peaceful environment, Sarah Linton spent the years of her childhood, graduating when she was sixteen years old. By this time she was thoroughly convinced of the truth of the Catholic religion, and ardently desired to embrace the faith.”

Although her family opposed her conversion and attempted to convince her to do otherwise, she was baptized in 1842. Two years later, Sarah returned to the Visitation Convent and after prayer and contemplation, and on Oct. 2, 1844, was received as a Choir Sister in the Visitation Order, and given the name, Sister Mary Baptista.

The Linton mansion burned sometime

before the Civil War, and Cecilia Phillips and daughter Anne built a new home on the property that they called Strawberry Hill. Not long afterward Cecilia died, and the house at Strawberry Hill burned as well.

Sister Baptista was secure living in the convent, but found that she had to provide for her half-sister Anne, who was constantly in need of money and for a while had no permanent place to live. As a co-owner of the property, Anne insisted that more and more of their land be sold off or converted to farms.

Sister Baptista had read an account of the works of the Benedictine Monks, who were known for being good stewards of the land. Based on this knowledge, she devised a plan to give what was left of the Linton estate to the Benedictines for charitable and educational purposes.

Through an arrangement made with a generous donor, Anne received a \$1,500 per year annuity for as long as she lived. Now able to do what she wanted with the land, Sister Baptista met with the Rt. Rev. Bishop Haid, O.S.B., of Belmont Abbey, N.C., who supported the undertaking, seeing it as an opportunity to spread the faith into Northern Virginia.

Building in Bristow

By 1890, it was obvious that St. Mary’s Convent in Richmond, Va. needed to expand into a new area outside of the urban environment, and when Bishop Haid contacted Mother Superior Edith Vogel of St. Mary’s about Sister Baptista’s offer, she accepted the trust.

The plan consisted of dividing Lintonsford

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Left: John Augustine Elliott Linton (1762-1822) owned the property known as Lintonsford that was given to the Benedictines by his granddaughter, Sister Mary Baptista Linton, in 1890. Right: St. Joseph's Institute (or Industrial) School operated from 1894 until 1927, at which time the Fathers closed the school and returned to Belmont Abbey. The Benedictine Sisters later used the building for a day school for neighborhood children. It was demolished in the 1960s, and a caretaker's cottage built on the site. Courtesy of the Ruth E. Lloyd Information Center (RELIC).

into two parts: 1,200 acres to be taken over by the Benedictine Fathers, on which a school for poor boys would be built; and a 500 acre section, where the Benedictine Sisters would have a school for poor girls.

In early 1893, Bishop Haid sent Father Julius Pohle, O.S.B. to Bristow to assess the property, and visit other "industrial schools" in the region. No funding was initially available, but Father Pohle was able to induce some of his northern friends to support the effort.

Work was started, and the school, which was called St. Joseph's Institute, opened in late spring of 1894. Priests from Belmont Abbey filled classroom posts, as well as working in the kitchen and on the farm. As more funds became available, the building was enlarged and a frame church added.

Mother Edith Vogel was put in charge of the girls' school project, and the first thing she did was to buy the 92-acre Kincheloe farm that fronted on present-day Linton Hall Road. This was where the academy would eventually be built.

The Benedictine Sisters from St. Mary's arrived at Bristow by train on May 1, 1894, but unfortunately the railroad car carrying all of their equipment and supplies was misrouted to Bristol, Va. With the help of the Benedictine Fathers, they set up housekeeping in a small, unpainted house on the property that was infested with bats and bedbugs.

"Perhaps the greatest consolation the Sisters had when the going was hard was the spiritual help which was always on hand from the devoted Benedictine Fathers," according to *The Fruit of His Works*.

Construction of St. Edith's Academy, which included improved accommodations for the nuns, began during the summer of 1894. Since most of the building was prefabricated in Richmond, it was completed by Sept. 15. St. Edith's opened the following day, with sixteen boarders and several day students. Her work done in Bristow, Mother Edith returned to Richmond.

Because of the ongoing lack of funds, a fire, and damage wrought by a cyclone, operating the school in the early days was never easy. In spite of these difficulties, the reputation of the academy spread to other communities, and enrollment grew steadily. Soon, a large new wing was added to the rear of the building, providing space for a kitchen, refectory, storeroom and private rooms for the Sisters.

Sister Baptista urged Mother Edith to start the home for poor girls that she had originally envisioned, and in the summer of 1897, St. Anne's was opened in a large, two-story frame house accommodating 20 girls. Later, an addition to St. Anne's called the "Retreat House" was built.

"Many young girls found at St. Anne's a home and shelter from the sorrows of bereavement," according to *The Fruit of His Works*. "Here they received an education and training in the various duties of house-keeping." Sister M. Martha Buhl was in charge of St. Anne's for many years, and several of the young women who lived at St. Anne's later became members of the monastic community.

Challenges and Changes

The facilities at Bristow were seriously strained in 1898 during the Spanish-American War, when 13,000 U.S. Army soldiers on their way from Camp Alger, Md. to the encampment at Thoroughfare Gap made a prolonged stop at Chapel Springs, near Bristow.

Although they had little to spare, once they learned about the tired, hungry soldiers, the Sisters supplied them with food and coffee. Many of the soldiers were Catholic, and came to Mass in the convent chapel.

Before the men broke camp and departed, an epidemic of typhoid fever broke out, and those suffering from the disease were quarantined and left behind, where they were visited every day by Father Pohle. The Sisters brought them ice cream, but were not allowed into the camp.

In 1901, the Motherhouse (headquarters) of St. Mary's was moved from Richmond to Bristow. Sister Alphonse Bliley was elected the first prioress at Bristow, and a large wing was added to the back of St. Edith's, providing space for a kitchen, dining room, private rooms and a storeroom. It was also determined that a cemetery for deceased members of the monastic community would be established on the grounds.

Another important event was the building of a new, larger chapel, which was funded by several benefactors, and completed

and blessed by Bishop Van deVyver in October 1902. A second story was added to the chapel in 1911.

A major expansion of St. Edith's Academy was completed in 1908, funded primarily by a \$4,000 private donation. "Fronting on the old frame structure, the new, three-story building of a typical style of Virginia architecture, included in its plan a large and spacious dormitory, five modern classrooms, with an office for the Principal, storage room, and on the ground floor, an auditorium, parlor, library and guest room," according to The Fruit of His Works.

St. Edith's continued to grow in the early years of the 20th century, and during World War I, the young women at the school formed a Red Cross Auxiliary, producing all manner of knitting and rolling and cutting thousands of yards of bandages for the troops.

The Sisters at St. Edith's faced a serious health scare in late 1918, when "Spanish Influenza" swept the world, killing over 50 million people. It was hoped that due to its isolation, those at Bristow would be spared, but after the girls returned to school after Christmas, the entire student body and eight Sisters were stricken. Luckily, it was a mild form of the disease, and everyone survived.

Linton Hall Military School

The changes in demographics and educational trends after WWI made schools like St. Edith's Academy less viable, and in 1922 it was decided to close the girls' school in Bristow, and establish a new school in Richmond, which was called St. Gertrude's High School. St. Anne's was also closed.

The question arose that if girls were no longer to be educated at Bristow, why not boys?

Father Thomas J. Gasson, S.J., of Georgetown University proposed that the facility be converted to a boys' military school, while remaining Catholic. After serious debate, the Sisters accepted the idea, and the name "Linton Hall Military School" adopted.

Maj. Barron Fredericks, a senior at Georgetown and a member of the school's ROTC program, was appointed the first commandant, and the boys who had been attending St. Edith's formed the core of the school.

The Sisters found that it was difficult to find and keep an effective commandant, and in the late 1920s, they dropped the military aspect. However, after Mother Agnes Johnston was appointed principal in 1931, she convinced the Sisters to revive the military school approach for the 1932 school year.

Lt. Lawrence Scott Carson was appointed commandant, and organized the 80 boys in the school into a military company. Sadly, Mother Agnes died from pneumonia in February 1932, and it looked as if the military program would again fail. But

Sister Claudia Garey, who had worked closely with Sister Agnes and was "...thoroughly imbued with the spirit and possibilities of military life," took over, and executed the plan.

Enrollment increased, and by 1940, two floors of St. Anne's Guest House were converted to dormitories for the cadets. In 1946, a new one-story residence hall was completed, and in 1951 the building was enlarged with a second and third floor and a classroom addition.



The Benedictines in America

The Benedictine Order of monks and nuns was started by St. Benedict of Nursia, Italy in the 6th century, and the Monastery at Bristow traces its roots back to Eichstatt, Germany, in the 11th century. Then, as now, providing educational opportunities is one of the Benedictine Order's main ministries.

Members of the Order first came to the United States in 1846, with the establishment of St.

Vincent's, a men's monastery near Latrobe, Pa., founded by the Benedictine Fathers to serve the many German Catholic families that had immigrated to the area.

Six years later, three nuns from Eichstatt volunteered to serve at St. Vincent's, but instead were sent to serve German families living in St. Marys in Elk County, Pa., where they established St. Joseph's Convent. Despite the early hardships, the community of nuns at the convent grew steadily, and began branching out into other states.

Members of the Jesuit Order established St. Mary's in Richmond in the early 1850s, and the Sisters of Notre Dame had a school there. In 1860, Father Leonard Mayer, O.S.B., formerly of St. Vincent's, was called to serve as the first Benedictine pastor of St. Mary's.

By the end of the Civil War, Richmond lay in ruins, and the school at St. Mary's was closed. A conference of American Catholic bishops met in Baltimore in 1866, and addressed the need for the religious education for children who survived the war.

Through the efforts of Father Mayer, three Benedictine nuns from St. Mary's in Pennsylvania were sent to Richmond to teach, and a school for boys and girls soon reopened in the basement of the church. It later became St. Mary's Benedictine Institute.

As a result of the gift of over 1,700 acres by Sister M. Baptista Linton, the Benedictine Fathers came to Bristow and established St. Joseph's Institute for boys, and the Sisters started St. Edith's Academy for girls. They also opened St. Anne's, a school for poor girls.

Sister Baptista spent most of her life as a nun filling important offices in the Visitation Convents in Philadelphia, Brooklyn, Wheeling, and Parkersburg, W.Va. She was appointed directress of Mt. DeChantal Academy in Parkersburg, where she remained for many years before returning to Georgetown. Sister Baptista died in October 1901 after nearly 56 years as a Choir Sister and later an Associate.

Today, the Benedictine Sisters operate the Linton Hall School (Pre-K to 8th Grade) at Bristow, as well as St. Gertrude's Academy for girls in Richmond.



MOTHER EDITH VOGEL, first Prioress of the Benedictine Monastery at Bristow.

Students from Mexico and Cuba were first admitted in 1951, and the number of foreign students enrolled in LHMS increased throughout the coming years.

Physical education facilities, sports fields and a gymnasium were built in 1956, and a swimming pool opened in 1968.

Two important changes took place in 1974: a day student program was started, and the Linton Hall Board of Visitors was formed to work with the school administration on school policies, finances, future growth and development. Another change instituted for the 1975-76 school year was a five-day resident program for cadets.

Although the name "Military" was dropped from the school for the 1978-79 school year, the military program continued until the early 1980s. Aware of the still-declining enrollment, the Sisters hired a consultant in 1987 that included in his evaluation the changing demographics and the population growth that was coming to the area.

After a series of meetings, it was decided to discontinue the military program, and in 1988, Linton Hall School became a coeducational day school, offering classes from kindergarten to eighth grade. Enrollment for the 1988-89 school year was 33 students, and increased steadily. The next major change was in 2004, when a pre-kindergarten was added.



Upper Left: The 1902 chapel was demolished in the 1930s, and replaced by the present-day Chapel of the Immaculate Conception, built on the site by Bahen & Wright of Washington, D.C., in 1933. It is connected to the convent by a covered passageway. Courtesy of RELIC.

Lower Left: St. Edith's Academy was enlarged and remodeled several times, and stood until it was demolished in 1950s. The present-day convent built on the site in 1962.

Courtesy of RELIC. Upper Right: Rev. Father John Smith, O.S.B., shown with a young LHMS cadet, served as the chaplain at Bristow after St. Joseph's Industrial School was closed until his death. From *The Fruit of His Works*.

Part 2, to be published in July, deals with recent developments at the Linton Hall School, changes in the neighborhood, and the ministries performed by the Benedictine Sisters.

Author John Toler is a writer and historian and has served Fauquier County for over 50 years, including 4 decades with the Fauquier-Times Democrat. He has written and lectured about many legendary characters in Fauquier County's history. Toler is the co-author of *250 Years in Fauquier County: A Virginia Story*, and author of *Warrenton, Virginia: A History of 200 Years*.



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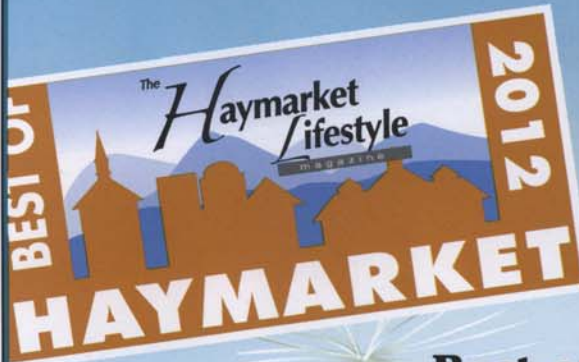
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PART 2:

Bristow's Benedictine community lives the faith, cares for others

'Never turn away when someone needs your love'

by John T. Toler

While much has changed in the world around the Benedictine Monastery at Bristow since its humble beginning on the property given to the Order by Sister Mary Baptista Linton in 1894, the community of Roman Catholic nuns living there remains constant to The Rule of Saint Benedict:

"Your way of acting should be different from the world's way; the love of Christ must come before all else ... Never give a hollow greeting of peace, or turn away when someone needs your love." – The Rule of Saint Benedict (4:20-26)


These core beliefs of the Benedictines are manifested by supporting one another in a mutual search for God; ministering to the needs of the church; and sharing what they have with others through various ministries, "...as diverse as the individuals who bring them to life," according to the Order.

In addition to the shared tenets of their faith, many of the nuns living at the monastery have spent most of their adult lives there. The prioress, Sister Cecilia Dwyer, has been at Bristow since 1963, and will conclude her sixth four-year term as prioress in 2015.

Sub-prioress and Monastery Coordinator Sister Andrea Verchuck came to the Bristow monastery in 1944 as a 15-year-old, and has been there ever since, serving in a number of roles, including prioress from 1979 to 1987 and 1999 to 2003. When Sister Andrea entered the monastery, 102 Benedictine Sisters were associated with the monastery; today, that number is 33, with 29 living in Bristow, three in Richmond, and one in Arlington.

Sister Vicki Ix is the monastery's Director of Vocations. Eight women are currently in the process of joining the Order, with four novices (first formal year of training), and four in first profession, preparing for final profession. Most of these women are becoming nuns after careers as teachers, librarians, counselors, businesswomen, and an attorney. Some are mothers and grandmothers.

"Our daily life at the monastery is comprised of communal prayer, meaningful ministry, and the sharing of life in



Part 1, published in the June issue of Haymarket Lifestyle, recounted the history of the Benedictine Monastery at Bristow. In Part 2, the work of the nuns and their ministries and outreach programs are described.

Two silos now used for meditation places provide the backdrop for the new labyrinth.

benedictine continued on page 24



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common,” according to the monastery Web site. “Praying the psalms, or the Liturgy of the Hours at morning, midday and evening, we bring the needs of the world to the timeless praise of God.”

The Benedictine credo, *Ora et Labora*, or “Prayer and Work,” succinctly describes their way of life. “Common meals, household chores and holy leisure round out the monastic life. Essentially, we are sanctified by the daily – by seeking God in the everyday moments of life lived simply, with gratitude and joy.”

The public face of the monastery community is in their ministries, which reflect the Benedictine commitment to sharing, hospitality and education. Over the years, programs have been created to fill specific needs identified in Prince William County and the surrounding areas.

These ministries include:

Linton Hall School

Perhaps the most visible ministry of the Benedictine Sisters is Linton Hall School, on the monastery property. Opened in 1922 in the original monastery, Linton Hall has gone through many changes over the years, including operating as a military boarding school, changing grade level offerings, and finally going co-ed.

Throughout the years, the mission has been to “...provide educational experiences that allow students to master basic learning skills, to develop a sense of self-worth and integrity, and to learn to live effectively with others,” according to the Sisters. It is “... a Christ-centered community that is committed to teaching the Catholic faith and developing Christian values as a way of life.”

After outgrowing the old monastery building, in the 1940s Linton Hall School moved into a one-story building across the circle. In the 1950s, second and third stories were added, and in subsequent years, additional classrooms and a gymnasium were built for the “Linton Hall Lynxes.”

In 2003, Linton Hall received the national No Child Left Behind Blue Ribbon Award designation, placing it in the top percentile.

Today, Linton Hall School offers classes for pre-kindergarten through eighth grade, and about 200 students are enrolled there; class sizes average 22 students, with 16 students in the graduating class.

Principal of Linton Hall School is Mrs. Elizabeth Poole, whose association with the Benedictine Sisters goes back over 30 years, when she worked at the school during the summers. Later, she served as a prefect and teacher at the school before working

in the Benedictine Counseling Center and teaching part-time.

From 1999 to 2006, Mrs. Poole was the assistant principal at St. John’s School in Warrenton before returning to Linton Hall as the principal. “Looking toward the future, my focus is what is best for the child,” said Mrs. Poole.

In addition to the staff of about 30 laypersons (including 24 teachers), four Sisters work at the school: Sister Lisbeth Cruz is the business manager, Sister Mary Patricia Herrity is the librarian, Sister Patricia Anne Driscoll is an upper school teacher, and Sister Miki Planter-Bromell is the Extended Day Director.

Parental support for the school is extremely strong. For the 2011-2012 school year, the Linton Hall Parent Student Guild had a fundraising goal of \$60,000, to be used for specific projects needed by the school. Following the Gala held at Heritage Hunt in March 2012, they had raised nearly \$90,000.

Perhaps less known in our area is Saint Gertrude’s High School, an independent Catholic girls’ school in Richmond founded by the Benedictine Sisters in 1922. About 265 students are enrolled there. Affiliated with the Catholic University of America, St. Gertrude’s offers a superior academic program; over 95 percent of its graduates go on to college.

BEACON

Sister Eileen Heaps, O.S.B., founded the Benedictine Educational Assistance Community Outreach to Neighbors, or BEACON, in 1992 in response to adult literacy needs in Prince William County.

Executive Director Deborah Abbott, who came to BEACON in 2008, is responsible for day-to-day operations, fiscal/program oversight and volunteer administration. Program Manager Tahnia Thamm and an AmeriCorps member assist her.

BEACON provides customized, tuition-free instruction including GED (high school equivalency diploma), English as a Second Language (ESL), and basic writing, reading, math and communication skills. A secondary goal is to help the adult students increase employability, get jobs with benefits, and move their families to self-sufficiency.

In addition, specialized sessions are offered for financial literacy, citizenship, and career development in specific industries. Many adult learners are referred to the BEACON program by the Department of Social Services, welfare and immigrant-serving agencies.

Learning to communicate in the English language is of paramount importance, as it opens doors, allows immigrants to become integrated in the community, and



Sister Cecilia Dwyer is the prioress of the Benedictine Monastery at Bristow.



Sister Andrea Verhuck came to the monastery in 1944. She is currently sub-prioress and monastery coordinator.

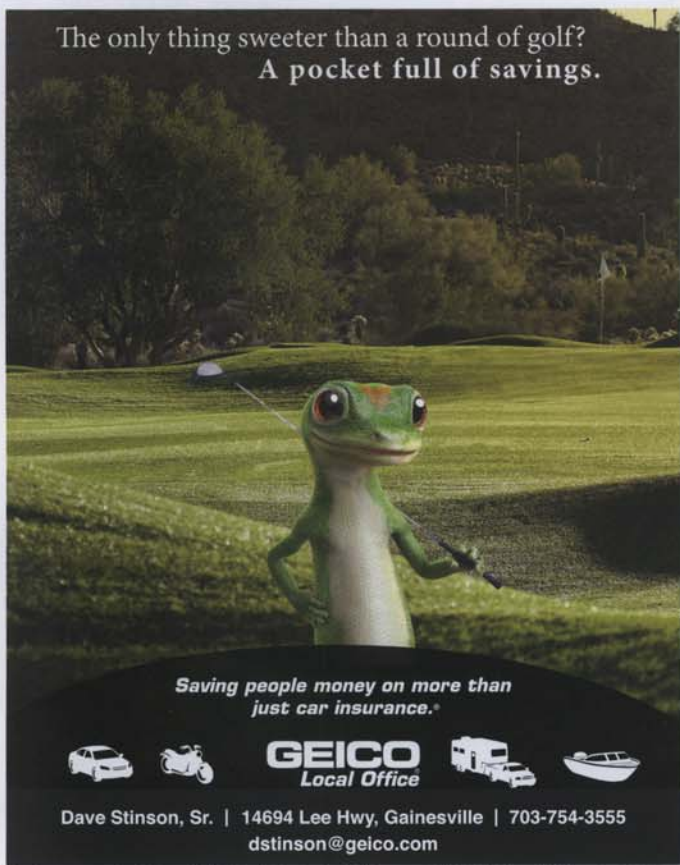


Principal Elizabeth Poole, who came to the school in 2006, leads Linton Hall School.



The BEACON literacy ministry is led by Executive Director Deborah Abbott. Each year, over 400 students take literacy, QED and ESL courses, taught by more than 80 trained volunteers.

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is a critical step in the path to citizenship. Students from over 40 foreign countries have participated in the English as a Second Language course, and Mrs. Abbott points out with pride that eight BEACON students have become U.S. citizens this year alone.

Individual assessments are made at registration to determine what level a student will start, and "out of fairness to all," only English is spoken in class. Proficiency often comes in small steps. "Students become empowered once they can speak with their child's teacher without an interpreter, talk with their neighbors, and begin using a computer," said Mrs. Abbott. "They build their skills by doing more things. A lot has to do with the confidence factor."

Over 80 volunteers – recruited from NOVA Community College, churches, fraternal/social and professional organizations, the library and retirement communities – provide one-on-one and small group instruction. "Our volunteers are the heart of the program," notes Mrs. Abbott.

Classes are held at seven sites in Manassas/Western Prince William, and two in Woodbridge. Over 400 students participate in the programs each year.

BEACON is funded through grants and donations, as well as a percentage of the Sunday collection of the Benedictine Sisters' Monastery Mass.

Recently, Rep. Gerald Connolly recognized BEACON during the Second Session of the 112th U.S. Congress. The names of all the BEACON volunteer tutors were read and entered into the Congressional Record, along with a commendation for their work and dedication to the community.

In 2009, BEACON won the top Community Based Literacy Organization Award from the Virginia Department of Education, and the following year, earned the Agnes L. Colgan Community Service Award from the Prince William County/Greater Manassas Chamber of Commerce.

Transitional Housing BARN, Inc.

Founded by the Benedictine Sisters in 1996, the Transitional Housing BARN (Benedictine Aid and Relief to Neighbors) is the first, and remains the only communal housing for homeless families in Prince William County. BARN is a secular, not-for-profit 501 c-3 organization providing temporary housing and support services to homeless women and dependent children for up to two years.

The purpose-built BARN facility, located on the grounds of the Benedictine Monastery, opened in 1997. Patterned after a group home in Ridgely, Md., it

was built by Daffan Construction Co. at a cost of about \$800,000. The facility can accommodate 12 mothers and 26 children in three four-unit wings or "neighborhoods," and has remained virtually at capacity since opening. The average stay for a family at the BARN is ten months.

Executive Director of the BARN is Colin Davis, who came to the facility in Bristow four years ago. In addition to assisting the families that come to the BARN in a number of important ways, Mr. Davis has worked closely with supporters who want to help, notably the developers of the new communities that have been built around the monastery.

Recent upgrades in the interior of the BARN and the construction of a new playground was handled by Miller & Smith, developers of Victory Lakes, through HomeAid Northern Virginia and the Northern Virginia Building Industry Association's (NVBIA).

As the work progressed, unplanned donations, including new concrete sidewalks and special grading to correct drainage, were provided at no cost as well.

A bequest from another supporter provided \$31,000 for the purchase of playground equipment, and the Bull Run Rotary Club donated a shed for storing the children's bicycles and outdoor toys.

The BARN program is partially funded through the Department of Housing and Urban Development and other supportive service grants, and matching funds are sought to provide operation and supportive services.

Like the Sisters, Mr. Davis is committed to providing the services provided by the BARN. "We're not going anywhere until homelessness is ended," he remarked.

Benedictine Pastoral Center

Offering a variety of services designed to meet needs of those seeking spiritual direction, the Benedictine Pastoral Center is a setting for prayer and learning, for days of recollection, and retreat programs for individuals and groups.

Based on the wisdom and experience of members of the Benedictine community, the Pastoral Center has helped men and women of many faiths – or no faith – find spiritual refreshment and renewal.

Regularly scheduled programs include the First Friday presentations by the Sisters; Scripture Studies on the second Friday of each month; Centering Prayer/Lectio Divina and contemplative prayer twice a month.

Each year, over 1,000 youth attend one-day confirmation retreats presented by the Pastoral Center, and other groups including school faculties, church staffs and parish councils hold meetings and retreats at the



The need for transitional housing for homeless families was met in 1987 with construction of the BARN, which can accommodate families in three 'neighborhoods.' Executive Director is Colin Davis, shown in the new playground.



Sister Charlotte Lee provides spiritual counseling through the Benedictine Pastoral Service.



Anna Farrell, executive director of the Benedictine Counseling Services, demonstrates the sand tray used for children's play therapy at her office in the Vogel House.



The Prince William Master Gardeners, including Leslie Paulson of Manassas, enjoys working in the 'Teaching Garden' on the grounds of the monastery.

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Business magazine. He can be seen on *Dominick Dunne's Power, Privilege, and Justice* in the episode *Scandal in Hunt Country* on Court TV and he has been selected by his peers as one of the Best Lawyers in America.



Paul Morrison is the firm's managing partner and focuses on personal injury, wrongful death, and high profile criminal and domestic relations cases. Because of his success in personal injury matters, most notably wrongful death cases, he is a member of the Multi-Million Dollar Advocates Forum and he

is admitted to practice before the Supreme Court of the United States. Paul was primarily responsible for obtaining three of the top monetary settlements in Virginia in the last decade.



Despite just beginning the practice of law, John Pennington's early successes have already earned him an invitation to membership in **The National Trial Lawyers Association: Top 40 under 40**. **The Top 40 under 40** is restricted to only 40 attorneys per state per year and each attorney must be

under the age of 40 as of January 1, 2012. As one of only 40 lawyers selected for membership in the entire Commonwealth of Virginia, John continues the tradition of excellence at Howard, Morrison, Ross and Whelan.

Chris Whelan is a member of the Virginia Trial Lawyers Association and served as President of the Fauquier County Bar Association in 2004. Instrumental in obtaining one of the largest wrongful death settlements in Virginia, Chris has tried numerous civil and criminal jury trials and now specializes in civil litigation, including commercial, real estate, construction and personal injury cases.



Tom Ross brings almost thirty years of transactional law experience to the table. Tom specializes in business and real estate law, as well as zoning appeals and the preparation of wills, estates and trusts. His long time experience in solving complicated legal issues and his ability to obtain results where others have failed, have earned him the trust of the business community.



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Prince William Hospital's Heathcote Health Center is here to help. "In the Haymarket area, so many kids are playing sports that we most commonly see ankle and knee sprains and overuse injuries, such as baseball players experiencing shoulder or elbow pain from throwing," explains Kevin Peltier, MD, of Northern Virginia Orthopaedic Specialists. "More significantly, we see adults and children with injuries such as hamstring strains that can sideline athletes of all ages for a few weeks, or ACL injury to the knee, shoulder dislocations, Achilles tendon tears or rotator cuff tears." He adds, "With three high schools in the area and equally active kids and adults, it's a really athletic community."

Dr. Peltier cautions parents to be mindful of injury in children who play in multiple leagues or participate in year-round sports. "When kids come in repeatedly for little things, it's a sign that they're experiencing overuse injuries that over time can lead to bigger problems. They need to limit how much they're doing at once to avoid long-term injury." As for adults, Dr. Peltier most often recommends starting slowly and building activity levels. "Being a 'weekend warrior' isn't really the best idea," he says. "You need to do some regular exercise every day to build to the competitions and longer workouts over the weekend. You'll stay in better shape and are less likely to sustain significant injury."

When injuries occur, it's important to assess their extent and seek medical attention appropriately. "If you have a lower extremity injury and can walk on it, it's usually OK to wait a day or two to see what's going on," Dr. Peltier says. "Swelling, bruising or inability to move a joint or to walk on an injury are signs a physician should evaluate the injury." He further explains that waking up sore after a hard workout or symptoms from an exacerbation of an old injury can wait a week or so for treatment, but sudden swelling, bruising and the inability to walk should be examined more quickly.

Any loss of consciousness, suspected concussion or broken bone requires an immediate emergency room visit. "No loss of consciousness is normal," explains Catherine C. Smith, MD, FACEP, assistant medical director of the Heathcote Health Center Emergency Room. "Likewise, any significant head injury to an adult or child should be evaluated as soon as possible because the symptoms of concussion can be subtle and slow to present."

Additionally, Dr. Smith explains that any joint injury that can't be moved, bear weight and is accompanied by swelling and pain that doesn't subside should be evaluated in an emergency room for a potential broken bone. "If a fracture is out of place and someone tries to care for it on their own for awhile and the fracture shifts, the patient will now require surgery whereas they wouldn't have needed surgery if they had just come in and gotten a splint," Dr. Smith says.

Your primary care physician and a specialist, if necessary, should evaluate all strains, sprains and lingering pains.

monastery.

Director of the Benedictine Pastoral Center is Stephen Palmer and Sister Charlotte Lee is one of the Spiritual Directors

Benedictine Counseling Services

Started in 1988 by Sister Glenna Smith as a ministry to provide counseling and psychological services for children, parents and others, the primary emphasis of the Benedictine Counseling Services at the present time is school counseling in Catholic schools in the Diocese of Arlington, and collaborative work with people involved in the BARN program.

Operating with funds provided by a Housing and Urban Development (HUD) grant, BCS also provides mental health services "...for those in the community who are the most vulnerable and underserved," according to Anna Farrell, LCSW, executive director of BCS. The grant has allowed the ministry to help clients in other homeless shelters and transitional housing facilities in Prince William County.

In addition to Ms. Farrell, BCS is currently

staffed by one full-time therapist, two part-time therapists, an education liaison consultant who works with parents, and six school counselors.

Charges for counseling services are based on a sliding scale, and in 2003 the Anita A. Moreland Memorial Fund was established to provide ongoing psychological services for persons most in need.

'A Place of Peace'

The monastery grounds have been designated "A Place of Peace," creating a sanctuary where all may come for individual prayer, contemplation and reflection. There one finds gardens and pathways offering a respite from the pace of everyday life.

In addition to the Shrine, the Grotto of Lourdes, Stations of the Cross and other traditional spiritual sites, 40 "Peace Poles" bearing specific messages have been placed around the grounds.

A labyrinth made of paving stones was recently completed, and behind it, two silos once used on the farm – which would have been extremely costly to demolish and

remove – have been uniquely adapted for meditation. A unique feature is the series of vertical stained glass panels on the fronts done by a local artist.

A "Teaching Garden" for the Master Gardeners of Prince William, started in 2000 as a "Plant-a-Row" project, now covers a large area near the Shrine and offers an amazing variety of plantings. Carefully planted beds of native plants and bio-intensive vegetables can be found there. Consultation with Sister Pat Hagarty, who is in charge of the monastery's grounds, precedes any changes.

Proud of their accomplishments at the monastery and eager to do more, the MGPW is currently in a competition for a \$4,000 grant from DeLoach Vineyards. The money would be used for fencing, an information kiosk, rain barrels, and additional parking. Voting is done online at www.deloachcommunitygardens.com; the link for the MGPW is at the top left. Deadline for voting is Aug. 6, 2012.

Author John Toler is a writer and historian and has served Fauquier County for over 50 years, including 4 decades with the Fauquier-Times Democrat. He has written and lectured about many legendary characters in Fauquier County's history. Toler is the co-author of 250 Years in Fauquier County: A Virginia Story, and author of Warrenton, Virginia: A History of 200 Years.



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