



Allyson Hart Benavides

JAN 10, 1964 - MAR 14, 2019



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Allyson Hart Benavides

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Allyson Hart Benavides, 55, of Fredericksburg passed away in her sleep on March 14, 2019 at her home.

She was a devoted Navy wife, an accomplished painter, an instructional systems designer, a brilliant writer, and a musician, but her greatest passion was her family.

Left to cherish her memory are her husband and best friend of 28 years, Commander Cris Benavides (USN, Ret.), of Fredericksburg, her beloved daughters Rachel (Chris), of Alexandria, and Elizabeth (Jonathan), of Charlottesville, her loving mother Linda Hart of Norfolk, her favorite sister and other best friend, Lynelle Lawrence and her loving husband, John, of Charlottesville, and a host of other close family and friends.

Waiting for her in Heaven are her daughter, Isabella, her father, Phillip Hart, of Norfolk, her grandparents Jesse Mac and Ruth Ingram of Norfolk and John Goode (Red) and Elsie Hart, also of Norfolk.

Born in Norfolk, Virginia, she attended McLea School, Norfolk Academy, Norfolk Collegiate, and then Old Dominion University, graduating in 1986 with a bachelor's degree in English Literature. Growing up, Allyson was recognized for her business acumen as the National Young Businesswoman of the Year, President of the National Association of Junior Achievement, head delegate of Model UN, Girls' State recipient, and a graduate assistant and teacher with the Dale Carnegie Training Courses. In college, she was an RA, and a member of Phi Mu Sorority and Omicron Delta Kappa English Honor Society.

Allyson began her career working as a Management Consultant for Tidewater Consultants (now ManTech Inc.). She quickly established herself as a top-tier technical writer and proposal manager. Her career then segued into instructional systems design. She developed some of the first online training courses for Microsoft software products, which were taught in colleges and universities across the country. She then worked for a variety of Defense and commercial firms,



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and was one of the first to incorporate gaming into curriculum development. Her last contract was supporting Google for a special learning project.

But most important in Allyson's life were her family, and her faith. While supporting her husband through many deployments, she raised two intelligent, strong, independent women, who were her pride and joy. Her faith in God was an example to family and friends alike. Her memory will be cherished by all who knew her.

We love and miss you, Allyson.

Allyson's family will receive friends from 6:00 - 8:00 p.m. Wednesday, March 20, 2019 at Found and Sons Funeral Chapel, 10719 Courthouse Road, Fredericksburg. A Mass of Christian Burial will be held at 1:00 p.m. Thursday, March 21, 2019 at St. Mary of the Immaculate Conception Catholic Church, 1009 Stafford Avenue, Fredericksburg. Interment will be held at a later date in Arlington National Cemetery.

In lieu of flowers, we ask that donations be made to the Lupus Foundation of America.



Events

Allyson Hart Benavides

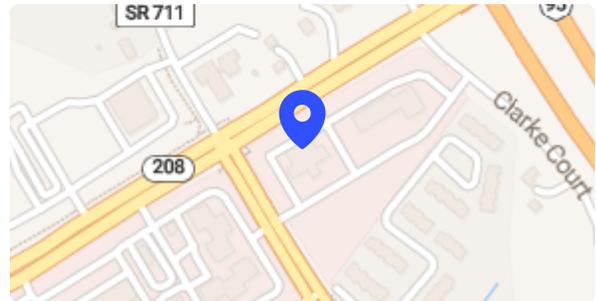
JAN 10, 1964 - MAR 14, 2019

Visitation

 **Wednesday**, March 20, 2019

 6:00 PM - 8:00 PM ET

 **Found and Sons Funeral Chapel of Fredericksburg**
10719 Courthouse Road, Fredericksburg VA 22407

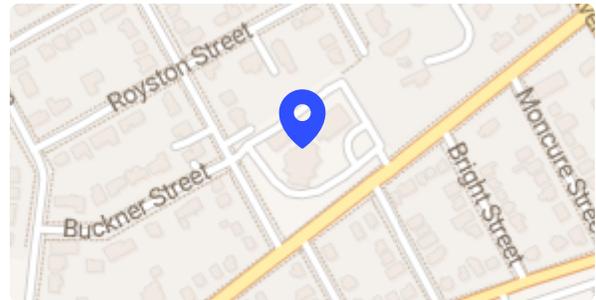


Mass

 **Thursday**, March 21, 2019

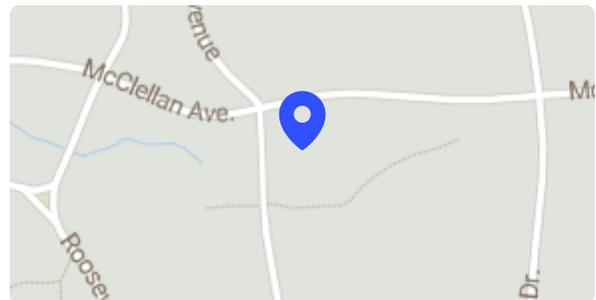
 1:00 PM ET

 **St. Mary of the Immaculate Conception Catholic Church**
1009 Stafford Avenue, Fredericksburg VA 22401



Cemetery Details

 **Arlington National Cemetery**
Arlington National Cemetery, Arlington VA 22211





Tribute Wall

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MD

Moya Doss posted:

I am so sorry this is late, i just heard of Allyson's passing. I may not have seen Allyson, Kris, Racheal or Liz recently but remember you all along with baby Isabella. I had the pleasure of holding that sweet angel. Heaven has another angel in heaven and you all have my deepest sympathy and condolences. Allyson was one of those remarkably smart, warm, funny and kind women who could put you at ease and you were better for having known her. I'm so sorry for your loss. 🙏😭❤️

March 25 at 6:14 PM

MD

Mary Hart-Dawley posted:

Allyson, you really were someone I looked up to my whole life. You were an awesome role model for everyone. I'm going to miss you!

March 25 at 11:13 AM

CH

Chas And Sharon Haynes posted:

Although we now live far away and it has been many years since we last saw Allyson, we remember her very fondly. We met her at the very start of her relationship with Cris. We were all young and full of excitement as our lives as "adults" were just getting started. Cris was enamored with her and we were excited to meet her. She did not disappoint! She was witty and beautiful and it was obvious that she was a special person. She was full of confidence, with a wonderful sense of adventure and eager to see what life had in store for her. Our hearts are filled with sorrow for your loss too soon of this loving wife, mother, daughter, sister and friend.

March 24 at 7:31 PM

TL

Tonya Lucas posted:

Allyson, Cris, Rachel and Elizabeth are a part of a family that I love. I was blessed to have met them all in 1997. Although I haven't had contact with them recently, I have many fond memories. My heart is broken for you all, but I have no doubt Allyson is in Heaven. Her parents have been an incredible influence on many people and the success of their daughters and grandchildren is evidence of their impeccable character. There are no words or actions that will compensate for your loss. I love you Mrs. Hart. Tonya Lucas

March 21 at 5:58 PM



Tribute Wall

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Anonymous sent a Pink Potpourri Bouquet to the Benavides family.



March 21 at 5:07 AM



Anonymous sent an Ocean Breeze Spray to the Benavides family.



March 20 at 2:59 PM



Constantina Christie posted:

Allyson, From an early age you embodied the role of a Mother. You took me under your wings and helped me secure my first job (the coveted Web Center Information Desk), attend my first political event, helped me fill out my Pell Grants and credit card forms, and guided me to become one of your sorority sisters. Although we were not related by blood, the latter will forever bond us. You were always there to recommend the best professors in the English program and cheered me on when I decided to pursue a graduate degree. Our fathers were friends during their college years, so it was only fitting that we would become friends, too. We shared some amazing times, full of laughter, some tears, and life lessons. My only regret is that we lost touch over the years with the business of life and the space of distance between us. I have to stop and remember your ever-present smile and readiness to laugh at everything including yourself. So, I will choose to remember that warm smile and southern ability to welcome anyone into your atmosphere. I was so glad that God gave you daughters to raise as I knew you would raise them to be smart, strong and as generous as you. I always told you that I was jealous Elvis Costello wrote a song for you, but misspelled your name. I think I will play that song tonight and think of you with a smile on my face and gladness for your friendship in my heart. I loved you like my big sister, Allyson. May your memory be eternal. Constantina Christie ("Dina" Spanoulis)

March 20 at 2:36 PM



Anonymous sent a Your Light Shines to the Benavides family.



March 20 at 11:16 AM



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LT

Lauren Corbett (And The Aevex Team) sent a Serene Reflections Bouquet to the Benavides family.

March 20 at 10:17 AM



Anonymous sent a Heavenly Heights Bouquet to the Benavides family.

March 20 at 8:36 AM



Anonymous sent a Sweet Tenderness to the Benavides family.

March 20 at 4:20 AM



TC

Terri Nyman Circeo posted:

Allyson was my sorority sister and friend. I can still hear her laughter. We shared many laughs and fun. She is at peace and is waiting for all of us to join her. My thoughts are with her family at this time.

March 19 at 6:24 PM

Jl

Joe Imorde sent a Sweet Tenderness to the Benavides family.

March 19 at 6:28 AM



JK

Jim Kale posted:

Allyson was in the south office of TCI and I was in the north. She was a trusted colleague and friend. I think of her and Lynelle often. I just cannot understand why the wonderful people are taken from us so early. Our heartfelt condolences go out to her family and the innumerable friends. Jim Kale and Alice

March 18 at 12:38 PM



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Anonymous sent a Magnificent Life Spray to the Benavides family.

March 18 at 8:02 AM



Anonymous sent a Peaceful White Lilies Basket to the Benavides family.

March 18 at 6:58 AM



Yvonne B.Trivedi posted:

Allyson will be deeply missed and never forgotten. I was amazed at how she came into our family and how we instantly felt at ease as if we had known her forever. She was so kind, fun-loving, and a hit with all my four children who lovingly called her "Tia Allyson." I remember throughout many holidays in Laredo how she was always such a good sport trying out all the spicy Mexican food and how we had a blast making homemade Christmas tamales with her beautiful girls Rachel and Elizabeth. She genuinely took such an interest in all our family holiday traditions. She also took interest teaching us fun board games and was so patient with some of us who couldn't keep up. We bonded on a family trip to Port Aransas years ago sharing wonderful stories about our lives. Allyson was a great wife and best friend to my brother and an excellent caring mom who made her girls into the wonderful women they are today. Allyson is at peace now and will always be in our family's hearts and memories. With our most heartfelt deepest sympathy, Sunil and Yvonne Trivedi & family

March 17 at 6:38 PM



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YB

Yvette Benavides posted:

What was impossible to miss about Allyson at first blush was that she was a statuesque beauty with an incomparable sense of style. But when you looked a little closer, you could also see that she was the most natural beauty who was also down to earth. She could make anyone in the room feel more comfortable by always taking a genuine interest in them and their story. It was always easy to be around Allyson. Children, especially, seemed to take such a shine to her. No doubt they could perceive her maternal qualities. She was a wonderful aunt to her nieces and nephews. I remember her, more than once, sitting on the living room floor with the kids, introducing new board games to them. Cris could have all the kids laughing uproariously at his antics—but often it was Allyson playing the straight (wo)man, enabling the levity. As Cris' twin sister, as a kid I mused that no one would ever be good enough for my brother. And, as Cris' twin sister, as an adult, my very high standards for a wife for him were stratospheric. But Allyson was the one. She and Cris were such a perfect match. I loved to hear them laughing together. It takes some kind of woman to keep the home fires burning in all the ways Allyson managed when Cris had to be away. I can see that strength in their daughters. May Allyson's example guide the rest of us--especially now. We will always love and miss Allyson.

March 17 at 6:12 PM

LB

Luisa Benavides posted:

Allyson became part of our family 28 years ago when she married Cris, my son. We could see that she and Cris were a perfect fit and we immediately knew that Cris had found the love of his life. When their daughters, Rachel and Liz, were very young, Cris' Dad passed away, and Allyson traveled from Virginia with her babies to be with Cris and the rest of us in our grief. She made herself a true member of our family. Throughout the years, she celebrated with us in person or from afar the family weddings, graduations and birthdays. She always stood out in everything she did—as a wife, mother, daughter, sister, daughter-in-law, sister-in-law or friend. We were in awe at how smart and talented a businesswoman she was, and of the noteworthy work she produced and accomplishments she acquired throughout her career. We saw her obvious love for and selfless dedication to her beloved Cris, Rachel, Liz, her wonderful and dearest Mother, Linda, and beloved sister/best friend, Lynelle, to all of whom we extend our most heartfelt condolences. May our beautiful Allyson Rest In Peace with God and His Angels and with her sweet Baby Bella, her beloved Dad and her grandparents. We will never forget her. Luisa Benavides

March 17 at 4:27 PM



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LB

Luis And Jessica Benavides posted:

We have such beautiful memories of Allyson. She was the perfect mate for my brother. They made a wonderful couple and we looked forward to seeing her when they'd travel to Laredo. She was a wonderful mother to their daughters. We will miss her very much.--- Luis and Jessica Benavides

March 17 at 4:13 PM

LP

Lamar B. Paredes shared a photo to the **Tribute Wall** album.

The very first time I met Allyson I knew my brother had found the love of his life. I had never seen him so happy. Allyson was so very special. It was so easy to talk to her. We will never forget her kindness and warmth. She was beautiful, strong, and intelligent. I loved her sense of humor. But what was most obvious about Allyson was her deep and undying love and devotion for her family. She was so proud of her girls, and we love them very much. Rachel and Elizabeth are so much like their mom. Allyson lives on in our hearts and in all of our beautiful memories of her. My kids will forever remember their awesome Aunt Allyson. We love her, and we will miss her very much.



March 17 at 4:09 PM

JP

Jonathan Petrakakos posted:

I will forever be in debt to Mrs. Benavides for creating the love of my life. From the moment she and I met it was clear that Elizabeth inherited so many of her mom's amazing qualities. Though I didn't get to know her nearly as much I was hoping, I will always cherish the time that we had together. We loved to sit in the sun room and talk all day. She could always make me laugh with her quick wit. But we always ended up talking about our mutual love for Elizabeth. I don't think there was anything she wouldn't do for one of her daughters. If you were fortunate enough to be close to Liz or Rachel you knew that she would treat you like you have been a part of her family her entire life. I am so lucky to have had a person like her in my life.

March 17 at 11:40 AM



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VP

Vivian Petrakakos posted:

I haven't known Allyson for a long time but her impact was far reaching. I do remember when our children moved in together and we went shopping for all sorts of goodies to make their apartment a home. And recently we shared a special birthday celebration for Mrs. Hart. The entire family was so welcoming and warm. We shared a lot of laughs that night. Allyson was so caring and one of the sweetest people I have ever met. She was an incredible mother, daughter, sister, and wife. Her legacy will shine through her two beautiful daughters who she loved like only a mother can love. She will be missed. She was a beautiful person.

March 17 at 11:27 AM

EB

Elizabeth Benavides posted:

My mom was so many things to so many people, but she always made sure I knew that her greatest joy in life was being mom to Rachel, Isabella and me. She loved us so intensely and so unconditionally. When I was home yesterday, I tried to find specific presents that she had given me. Suddenly, it hit me - everything in my apartment was a gift from her, from the necklaces on my jewelry holder to the velvet hangers in my closet to the box of trash bags under my kitchen sink. She gave so much and expected so little. All she ever wanted was to see us happy. I love you, mom, and I'll spend the rest of my life making you proud.

March 17 at 10:35 AM

JP

Jonathan Petrakakos March 17 at 11:10 AM

I will forever be in debt to Mrs. Benavides for creating the love of my life. From the moment she and I met it was clear that Elizabeth inherited so many of her mom's amazing qualities. Though I didn't get to know her nearly as much I was hoping, I will always cherish the time that we had together. We loved to sit in the sun room and talk all day. She could always make me laugh with her quick wit. But we always ended up talking about our mutual love for Elizabeth. I don't think there was anything she wouldn't do for one of her daughters. If you were fortunate enough to be close to Liz or Rachel you knew that she would treat you like you have been a part of her family her entire life. I am so lucky to have had a person like her in my life.

LL

Lynelle Lawrence posted:

To know my sister was a true gift. She was the smartest person I knew, a sharp hilarious wit, a highly accomplished business woman, so many other things. But to me, she was my best friend. Her strength, love and compassion for others lighted my way of how to be. Simply, she made me a better person. I love you sweet friend, you are my favorite sister.

March 17 at 10:24 AM



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Gerri Hazel posted:

I met Allyson through Cris, one of my best friends at the University of Texas. I was thrilled when Chris, Allyson, and Rachel attended my rehearsal dinner and wedding in 1993. Rachel was the star of the show with her large eyes and adorable face. I was so happy that Cris married such a kind, smart, beautiful woman. Over the years, Cris has shown his love for Allyson, Rachel, and Elizabeth by keeping me up to date on their accomplishments. He has been so proud of all three. I am so sorry that you all have lost your wife, mother, daughter, and friend. Gerri Hazel, League City, Texas

March 17 at 6:09 AM



Lamar B. Paredes shared a photo to the **Tribute Wall** album.

March 17 at 4:09 PM





Memories only last if you share them

Join us in honoring Allyson by contributing to a collection of shared memories.



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