



Mary Adaire Howard

October 16, 1982 - May 29, 2026

It is with profound sadness that we must share that our beloved daughter, sister, aunt and friend, Mary Adaire Howard, 43, passed away unexpectedly on May 29, 2026, leaving behind a heartbroken family and a wide circle of friends who loved her dearly.

Adaire; as she was known by her family and friends, was born in Fayetteville, North Carolina, to George Ormond Howard and Mary Franklin Clayton Byrd, and later made her home in Wilmington, North Carolina—a place that truly captured her heart.

She is survived by her loving parents; her older brother, George Howard, and his wife; and her older sister, Meredith Mostashari, and her husband. She was a devoted and fun-loving aunt to her four beloved nieces and nephews—Alexander, Hudson, George, and Bella—who brought her immense joy and laughter.

Adaire had a spirit that was impossible to miss. She had an incredible smile that could light up any room and a way of making everyone around her feel welcome and loved. Full of life and energy, she embraced every moment with warmth, laughter, and an open heart.

She had a deep love for the beach and felt most at peace by the water.

Wilmington was where her heart truly belonged—where she could be found out on a boat, feeling the ocean breeze, playing volleyball, and soaking up the sun. She carried that same light and warmth with her wherever she went—effortlessly radiant, inside and out.

Adaire attended Terry Sanford High School in Fayetteville, North Carolina, and later continued her education at the University of North Carolina Wilmington, where she formed lifelong friendships and memories.

She was truly loved by everyone who knew her. Her friends will remember her for her loyalty, her vibrant spirit, and the joy she brought into their lives. Adaire's presence was a gift, and her absence will be deeply felt.

Though her time here was far too short, Adaire leaves behind a legacy of love, laughter, and beautiful memories that will live on in all who knew her.

Tribute Wall



“ *Her laughter and love for life will live on! Adaire you are truly missed! We love you.* ”

Shaw Mostashari - 2 hours ago