



Carol Ann Richardson-Heft

March 29, 1965 - March 28, 2026

Carol Ann Richardson-Heft passed away on March 28th, 2026, in Rock Hall, MD.

Carol was born March 29th, 1965, in Baltimore, MD. She was the daughter of the late Chapman Richardson and Mary Sue Richardson. Carol spent her early childhood in Virginia Beach and Suffolk, VA. She graduated from Sissonville High School in Sissonville, WV, in 1983 as the class valedictorian. She was also an all-state athlete in basketball, volleyball, and track & field.

Carol went on to run track at Virginia Tech, where she held two collegiate records. She graduated with a Bachelor of Science degree in Biology and Secondary Education, then joined the Peace Corps and spent two years in Zaire, Africa, where she was known as “Mama Caroleen.” During her time there she taught local farmers how to create and sustain tilapia fish ponds for farming and food production.

After returning home Carol moved to Chestertown, MD where she met and married her husband, Alan Arthur Heft. They later made their home in Still Pond, MD. Carol began a career as a fisheries biologist with Maryland Department of Natural Resources, specializing in largemouth bass research in the rivers of the Chesapeake Bay. Before retiring from the MD DNR she earned her master’s degree in Environmental Science from the University of

Maryland and began teaching at Washington College in Chestertown, MD.

Carol and Alan had two children, Andrew and Callie, before moving to Frostburg, MD in 2001. Carol devoted her time to raising their children and then began substitute teaching in local school systems. She volunteered as a host and coordinator for The Fresh Air Fund for many years. Carol also taught at Potomac State College of West Virginia University in Keyser, WV and in recent years, she served as a part-time caretaker for a close family friend.

Carol loved all sports, hiking, biking, pickleball and anything outdoors. She was a humanitarian with a love for adventure, travel and laughter. Carol made the world a better place, and she touched the lives of those around her.

She is survived by her husband, Alan Arthur Heft; son, Andrew John Heft, wife Elizabeth Hawkesworth-Heft, and grandson Lincoln Heft; daughter, Callie Marie Heft; brother, Scott William Richardson and his partner, Patty Wolak; brother-in-law, Brian Heft; sister-in-law, Holly Turner and her husband, Russ Turner.

A celebration of life will be held on April 12 from 1:00 p.m. to 4:00 p.m. at the Frostburg Community Center in Frostburg, MD.

In lieu of flowers, the family requests that donations be made to The Fresh Air Fund or the Depression and Bipolar Support Alliance.

Tribute Wall

BA

“ I met Carol last fall in Rock Hall. Our bocce ball league was playing and she wondered over to see what was going on. We invited her to join our team and enjoyed playing with her. She and I gravitated to each other. Both A course in miracles student and reiki. I enjoyed going hiking with her and going to the movies. Im deeply saddened by her passing and will miss her. Prayers for her family and friends.

Brenda Auger - April 13 at 07:58 PM

LN

“ Where do I start? Carol and I became friends in 5th grade when she moved to Suffolk, Va from Va. Beach, just like I had. We became the best of friends and had many adventures together over the years. Most of our good times revolved around nature and hiking, the beach or some other outside activity. I will always love my friend and will so miss her and our talks. She blessed me so. I cherish the memories I have had with her and her family. She will always be a part of my story. If it weren't for her, I might not have ever met my husband, John. I love you all and am praying for God to heal your hearts. He is healing me.

Leigh Nielsen - April 02 at 09:52 PM

EM

“ Alan, Callie, Andrew and Family:
We are heartbroken over the loss of Carol. Our “DOE Group” has a beautiful piece missing and we will never be complete again. I will remember Carol for her infectious smile, her positive support to any of us over the years, her 20 second hugs she would give us, the unbelievable shots she had in pickleball and on and on and on. Beautiful inside and out.
We are here for you. Sending lots of prayers as you try to navigate this difficult path.
Eileen and Jim McCann

Eileen McCann - April 02 at 06:16 PM

KJ

So very sorry for your loss. You are all in my thoughts and prayers.

Kathy Joy - April 02 at 06:34 PM

JP

Carol will be missed- her bright smile and kind heart full of love for all, will continue to shine.
May we all treasure Carol's beautiful smile and kind heart. I know I will-
May she rest in peace- prayers and sympathy to her family.

Joene Patterson - April 02 at 09:43 PM

RE

I'm so very sorry to hear of Carol's passing. I enjoyed working with at the library. Her energy was infectious! Sending hugs to all who loved her.

Regina - April 06 at 06:28 PM