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The Adams Family:
*Around the World
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The Adams Family:

Around the World and Back Again

By Katie Godwin | Photos by Hunter Henkel

In the heart of Richmond, Carl, a firefighter, and Erin, a medical student, crossed paths through mutual friends. Unbeknownst to Erin, her sister, Shelley, had a prior connection with Carl from paramedic class. Carl and Erin enjoyed their time getting to know each other and living in the Fan district before life's unpredictable currents soon swept them away on a journey. Erin's Navy commitment post medical school led them through Suffolk, VA, Pensacola, FL, Jacksonville, FL, Norfolk, VA, and Bethesda, MD, spanning the years 2002-2014, eventually bringing them back home to The River City. Before heading off to their new location, the couple married at Winfree Memorial Baptist Church in March of 2002. The reception was held at Salisbury Country Club where they are now members.

Erin has called Chesterfield, VA home since she was a child. She attended Monacan High School before heading to the University of Virginia where she earned a bachelor's degree in interdisciplinary studies as an Echols scholar.

Erin joined the Navy on a Health Professions Scholarship Program in 1998, which funded her medical school. "My grandfather served in the Navy, and I always had an interest in military service," says Erin. In 2002, she earned a Doctor of Medicine degree. She chose to study medicine due to her natural talent in the sciences and her enjoyment of working with people.

Erin was active duty for 12 years, first as a Navy flight surgeon, deploying as the squadron doctor to Italy, Iceland, Bahrain, Ghana, El Salvador and Bolivia, and then as a dermatologist. Erin didn't plan on choosing dermatology as her profession, but during an internship required by the Navy, she fell in love with dermatology. It provided a diverse practice environment. From seeing patients of all ages to having a lot of variety in the day-to-day work with skin cancer screenings, surgeries, cosmetic and laser procedures, it was never boring. She also found that because dermatological care can be so personal and impactful to each patient, they often participate more fully in the treatment plan to better their skin.

While at the VA, Erin served as the Dermatology Consultant to the White House Medical Unit for 18 months in 2012-2013. This was one of the greatest honors of her career. She also ran a Dermatology clinic at Walter Reed National Military Medical Center that serviced the higher-ranking military officials within the Department of Defense as well as members of Congress, the Supreme Court and the President's Cabinet. Additionally, she did humanitarian work as a dermatologist aboard the USNS Comfort—one of two Navy hospital ships and at a Navajo Indian reservation in Chinle, AZ.

After transitioning to the Navy Reserves, Erin joined a private practice in Glen



Allen called Dominion Dermatology. After two and a half years of balancing this full-time role and serving as a Navy reservist, she accepted a position with the Central Virginia VA Healthcare System in Richmond, VA. This transition was particularly helpful when the reserves activated her to work at the Javitz center in NYC treating Covid patients during the height of the pandemic.

While there, she was promoted to Chief of Dermatology and served in that role from 2019-2023. Additionally, she was actively involved in training VCU dermatology residents. She also supervised Navy residents during annual training times with the reserves at Naval Medical Center San Diego and Walter Reed National Military Medical Center.

Carl also grew up in the Richmond area. After graduating from Midlothian High School, Carl volunteered as a firefighter for



several years at Station #5 in Midlothian. He fell in love with the service and camaraderie in the fire department. It gave him a greater sense of purpose. He was hired as a Chesterfield County Fire and EMS firefighter in 1995. He worked all over the North end of Chesterfield County in various stations as a firefighter/paramedic.

While stationed in Jacksonville, FL, Erin and Carl made their best memories together. Carl took a leave of absence and was able to go back to school and earn a business degree from St. Johns River College. Erin says, "It was our first true 'home'. We grew as a couple and made great friends. We got our two miniature schnauzers, Jaxie, named after Jacksonville, and Carson, who we rescued. They have since passed, but we enjoyed every second with them."

Fortunately, Erin was stationed back in VA, and Carl was rehired. He commuted from Norfolk or Bethesda for the next

eight years every three days for his overnight shift. Erin says, "This was such a sacrifice for him to make and took a lot of commitment on his part."

After moving back to Richmond, Carl was promoted to the position of Captain within Chesterfield Fire and EMS. During the last few years, he greatly enjoyed leading the tactical medics of Chesterfield Fire in their support of state and local police SWAT teams. Carl retired from Chesterfield County Fire and EMS in February after 25 years of service, rising to the rank of Captain. Erin very recently retired from the U.S. Navy Reserves after 24 total years of service, 12 active duty and 12 reserves, having risen to the rank of Navy Captain (O6).

Carl and Erin have two children, seventeen-year-old Ella Adams and eleven-year-old Brady Adams. Ella is currently a senior at Trinity Episcopal School. She enjoys that Trinity has allowed her the

opportunity to have a great high school education balanced with enjoying the fine arts, as well as following championship sports teams.

Her greatest passion is horseback riding, which she has been doing since the age of eight. Now, she competes at rated shows locally, regionally, and nationally. She placed 12th nationally at the North American League (NAL) 3' Children's Hunter Finals and 2nd in the 3' Children's Hunter Division in the state of Virginia. Congratulations, Ella!

The newest addition to the family is Pepper, a fourteen-year-old Bay warmblood gelding that Ella leases and rides. Her most special horse, though, has been Spero, aka LeRoy. LeRoy is an eighteen-year-old warmblood gelding which Ella just finished leasing/riding. He was a great learning horse who



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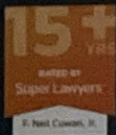
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took her to the Virginia and NAL championships. Ella rides for Level Green Riding School and is the team captain for their Interscholastic Equestrian Association team.

Brady Adams is a student at Blessed Sacrament

Huguenot (BSH). He loves science and social studies, and enjoys the small school environment of BSH. He plays tennis for Suburban and USTA Salisbury teams and does private lessons. Brady was also recently selected for the 2023 Rising Star award for Salisbury Country Club junior tennis. In his free time, he enjoys video games and being outdoors. Brady is also a roller coaster enthusiast. Erin says, "We have yet to find one he won't ride!" Brady will play basketball and soccer for his school this year, as well as play a role in this year's school play.

The four-legged-member of the family, Rolo, is a two and a half year old Bernedoodle. Erin says, "Rolo loves golf cart rides. If you ask him, 'wanna go for a ride?,' he doesn't go to the car. He runs out and hops in the front seat of the golf cart!"

Erin and Carl are passionate about being active members of their community. Erin has held leadership positions in the American Academy of Dermatology where she has helped organize Camp Discovery, a summer camp for children with skin conditions, and has also led a selection committee to choose organizations to receive grants for sunshade structures across the nation. Additionally, she has hosted free skin cancer screenings at schools, for the LPGA and even recently volunteered to educate local Girl Scouts on proper skincare and TikTok trends. Carl participates in fire department charity auctions and will always say yes to any charity golf tournament.

In 2013, the Adams family was excited to buy a house in Salisbury. Following a few renovations, the family moved in the Spring of 2014 after returning to the area from Bethesda, MD when Erin separated from active duty. "We moved here because our families still lived in Midlothian, the great schools, homes with character, established, large yards and proximity to Salisbury Country Club," says Erin. "We couldn't be happier with our neighborhood. We feel so fortunate to have such wonderful neighbors." Carl says, "When Erin was deployed to New York City in March of 2020, our neighbors were our lifeline. They held get-togethers outside, brought meals over, and we all helped look out for each other's kids."



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The family loves taking trips together. Thanks to military discounts, Disney World is almost an annual experience. Erin says, "We're hoping to take one last trip sometime in 2024 before Ella heads off to college. We recently took a trip to Atlantis and had an absolute blast. During the trip, we took an excursion to Exuma Islands and fed iguanas, swam with and fed pigs, and even swam with sharks!"

While Erin and Carl may have retired from one career, they didn't take much downtime before jumping right back into work. Erin and Carl became the owners of Midlothian Dermatology in January of this year!

The practice was established by Jo Bohannon-Grant, MD in the early 90s. Jo was Erin's dermatologist when she was a teen. Over the years, they kept in touch and established a friendship and mentorship relationship. When Jo was ready to retire, she offered Erin her practice. Erin is excitedly continuing the tradition of providing exceptional care to the community.

The practice provides medical, surgical, and cosmetic dermatology services to patients in Midlothian and the greater Richmond area. Erin says, "We are your neighborhood Dermatology practice! We enjoy coming to work every day. Most of our employees have been with Midlothian Dermatology for an average of 13-14 yrs. They make coming to work so much fun! Our patients are the best around. As business owners, we can change things that aren't working more readily and tailor it to suit our needs and better suit the needs of our mission and our patients."

"For me, the biggest challenge has been the business aspect of dermatology," says



Erin. She continues, "I always worked as an employee or for the government, so becoming a business owner has been quite a change. It would not have happened without Carl. Fortunately, timing was just right with his retirement and this opportunity because being the physician and managing the business aspects with the complexities of insurance can be overwhelming. Carl manages the day to day so that I can focus on delivering patient-focused care. Our biggest inspiration has been Jo, the previous owner. She built such a wonderful practice founded on providing excellent care with integrity. As a Cuban immigrant herself, she poured her heart and soul into building the reputation that Midlothian Dermatology enjoys today. We are so grateful that she chose us to carry on her legacy."

Erin and Carl are excited to announce that Midlothian Dermatology will be expanding their cosmetic services in 2024 to include the purchase of a new laser and the BelaMD medical skin health platform!

Erin says, "We want to thank our patients who have entrusted us with their dermatologic care over the past year during the transition of ownership at Midlothian Dermatology. We will be forever grateful for our patients' and our staffs' continued loyalty. If you need a skin check, have a teen suffering from acne, or desire a more youthful, rejuvenated look, we would love to help you. We provide traditional medical dermatology, as well as treatments like Botox, filler, IPL, peels and microneedling. Please see us around the corner at Midlothian Dermatology!"

We appreciate the Adams family for allowing us to share their wonderful story. Be sure to head to Midlothian Dermatology for all of your skincare needs. And, if you see the Adams family around, make sure you let them know you read their story in James River Neighbors!



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