

Tallahassee Woman™

COMPLIMENTARY

AUGUST/SEPTEMBER 2016



SHE'S ELECTRIC! SHELLY BELL

A Principal With a Purpose

A Mix Tape
of Everything '80s!

Back to the Future '80s Style

Pour Some Sugar on Me
The Truth About Sugar

The Future's So Bright!
The Next Generation

Love Is (Not) a Battlefield
Tips on Co-Parenting

Girls Just Want to Have Fun!
Haute Happenings



ARIANA TRAUTMANN—MEDICINE

Ariana Trautmann's journey towards medicine is a personal one. She was 11 years old when her brother, who was 14 at the time, was diagnosed with cancer. "Up until then, I had only associated cancer as an affliction of the elderly," said Ariana. "Not only was my brother suffering from it, but there were far too many other sick children at the hospital, some of whom were not as lucky as he was to make it to remission." It was the feeling of helplessness she experienced while watching her brother fight for his life that motivated Ariana to pursue medicine at Florida State University's (FSU) College of Medicine, where she is now a first year med student.

As a high school student at Lawton Chiles High School, Ariana created a Relay for Life team called, "Siblings of Survivors" which she has led for the past seven years. In addition, she has shadowed doctors at Capital Regional Medical Center Wound Care Center and worked as a scribe at the Tallahassee Memorial HealthCare emergency room which has impacted her greatly. "It is through all my past experiences and a medical mission's trip to Nicaragua, that I learned the great value of emotional, as well as medical support for families fighting all illnesses," she said. "It's important to step beyond the world that you know and extend services to those underserved and in desperate need of medical treatment and attention."



Ariana would continue to learn valuable lessons while navigating the challenges she had to face leading up to taking the Medical College Admission Test (MCAT). Upon learning that she still needed two additional subjects in order to be fully prepared for the MCAT, a rigorous and extensive test, Ariana had to teach herself biochemistry and physics. "It was intense but I stuck with it and I'm glad I did," she said. "I'm definitely very proud of getting into FSU's College of Medicine." She's particularly appreciative of her fellow classmates and her family for providing support through difficult times. "My desire to become a doctor comes from the possibility of making a difference in someone else's life," she said, "If it's something you really want, you have to keep going for it. Don't ever give up on your dreams!" Hoping to make a difference at home, Ariana has been working with the Hang Tough Foundation and has started a chapter of this foundation at FSU in an effort to get the college community involved by helping families in our area who are affected by pediatric illness. 10