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Growing up in rural West Texas, superheroes didn't always wear capes. Mine wore cowboy boots with her scrubs. For as long as I can remember, Dr. F was my version of Superwoman. She wasn't just our family doctor, she was the heart of our community. The first person we called for every urgent need. Whether it was a suspected snake bite, a childhood broken arm, or a wound that refused to heal, Dr. F was there. As a rural physician, she wore every hat imaginable: delivering babies, making house calls, casting limbs, managing my parents' medications, supporting my sibling through depression, educating me about birth control as a teenager, and even founding a community clinic for the uninsured. She practiced medicine from her heart.

By my early adult years, I was captivated by her unwavering diligence, her deep commitment, the effortless grace with which she balanced so many roles and mostly, how much she cared. She was quietly fighting for equity in a system that can often overlook rural patients, women, and the uninsured. She didn't advocate with grand speeches or a need for recognition, she advocated by showing up, every day, for her community. In doing so, she reshaped my understanding of what advocacy can look like in real life: sometimes difficult, persistent, and deeply personal.

I soon realized I wanted to do more than admire her example, I wanted to embody it too. Her heart inspired me to want more, to do more, for myself and for others. To serve, to heal, and to advocate for the people who need it most. Although there are so many incredible women in medicine: famous surgeons, researchers, activists, my own professors, and current mentors. I have seen Dr. F's impact in medicine most immediately throughout my life. Made evident by an entire town that has a health confidant to consult and act as their guiding light through their health needs, and also through where I stand today, a second-year medical student living out my dreams. I think that is the epitome of impact in medicine. To stand with an unwavering effort toward benefiting your community, your field, and inspiring others for greatness.

In a community where few women occupied visible leadership roles, her presence mattered profoundly to me. Looking back now, I consider myself incredibly fortunate to have had a role model like Dr. F. Through her actions and unwavering passion, she not only showed me what was possible, but helped me envision a life beyond the boundaries of my small town. A life that included a higher education, medical school, and the opportunity to serve others like she did.

Dr. F's mentorship shaped me through her example, and even when she may not have realized anyone was watching, there was a little girl learning what was possible. The song that best reflects her impact on my way of thinking is "*I'm Every Woman*" by Chaka Khan, later popularized by Whitney Houston. The song celebrates women who embody strength, competence, compassion, and resilience all at once, in the truly multifaceted way that women simply exist, and stands as a message of sisterhood that embraces and transcends different backgrounds. That is who Dr. F was to me and to so many others. Through her work, she showed me that being a woman in medicine means holding space for others by living your values out loud.

Continually inspired by her example, I have already begun shaping my career in medicine around mentorship and collaboration among other women in medicine. As the founder of the American Medical Women's Association chapter at the Orlando College of Osteopathic Medicine, I am deeply committed to building a supportive community for future women physicians. I am also working on projects based in feminist health research and advocacy through Medical Herstory and find that my true passion lies in these fields. I hope to continually support women in medicine in an intersectional and meaningful way throughout my career, honoring the legacy of those who paved the path before me.