

It is with immense pride and excitement that we welcome you to the inaugural volume of Double Helix Digest. This publication is the culmination of months of collaboration, curiosity, and creativity from students across disciplines who share one common goal: making science accessible, engaging, and alive.

When we first set out to found DHD, we had no idea what to expect. We only knew that we wanted to share our love of the field. What started as a simple idea quickly grew into something more meaningful than we ever could have imagined. We never anticipated the sheer talent that would emerge from this team. The incredible group of writers, editors, and designers who came together brought not only skill, but a deep sense of purpose to every step of the process. Their passion, creativity, and commitment transformed this journal into a space where science is reimaged.

In an era where scientific literacy is more essential than ever, DHD serves to provide a space for undergraduate voices in science communication. In this issue, you'll find pieces that span fields and formats: from a faculty spotlight on Dr. Shannon Sirk's innovative research, to reviews on protein folding, bird-window collisions, and GLP-1 receptor agonists. Our writers break down urgent topics like antimicrobial resistance and cancer detection, as well as explore the emotional dimensions of dreaming and the behavioral traits that shape personality. In our student research section, you'll see how undergraduates are contributing to real scientific inquiry, including studies on semaglutide and novel treatments for ulcerative colitis.

Launching this first volume has been a powerful reminder of what students are capable of. From the first brainstorming sessions to the final rounds of editing, every part of this magazine reflects the initiative, insight, and innovation of our team. Whether you're a seasoned scientist, an aspiring researcher, or simply a curious mind, we hope these pages spark new ideas and challenge you to see science not as a distant discipline, but as an integral thread in the fabric of our daily lives.

To our team: thank you for trusting in this vision and shaping it into something meaningful. To our readers: thank you for picking up this journal and allowing our voices to reach you.

Here's to many more volumes ahead. Welcome to the first chapter.

Sincerely,  
Casey Meskovich & Andrew Hamilton  
President & Editor-In-Chief  
Double Helix Digest  
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