

Dear readers,

As we prepare to launch this issue, the COVID-19 pandemic has surpassed its two-year-anniversary, leaving many of us fatigued and destabilized in our pursuit of complex research questions. Within this frame, our researchers have shown up with grace, energy, and resilience in their pursuit of scholarly gaps and innovative investigations. As such, the Columbia Undergraduate Research Journal (CURJ) is honored to celebrate the research presented in this issue, and is grateful for the time, care, and rigor that researchers have put into these articles.

It is my pleasure to introduce the Spring 2022 issue of CURJ, an interdisciplinary and multidisciplinary publication that shares thoughtful research from undergraduates in all fields of study. CURJ aims to promote, and bring together, research from all fields of study in order to engage in compelling conversations and challenge the boundaries of discipline-specific research. This issue marks a continued step in CURJ's revitalization process, which has been ongoing for the past several semesters. Our editorial board has grown substantially this academic year, and, in the future, we are excited to further foster undergraduate student scholars through research process workshops, more open peer review systems, and blog-style spaces on our website that will promote dialogue in the research space in manners distinct from long-form academic articles. Our revitalization is driven by a desire to centralize students' learning and make research more inclusive and accessible.

This issue of CURJ is deepened by a range of rich topics that range from menstrual injustice in the carceral system to farmers markets and cultural expression for Tibetan speakers in NYC. These four papers reflect the creativity and diversity of thought for which our journal strives. I am grateful to these authors for sharing their writing with our journal. Thank you also to CURJ's dedicated editorial board for their diligence, innovation, and insight, namely Euni Lee, Akshay Pokala, Elizabeth Ahn, Lauren Subramaniam, Maria Little, Alex Chung, Shilpita Mitra-Behura, Yeukai Zimbwa, Aimee Oh, Jessica Shi, Kenneth Colin Roedl, Francesco Volpin, Olivia Vella, and Jeannie Ren. Many thanks especially to Holly Qu for her determined efforts and leadership in managing the production process this spring. Finally, I would like to thank Columbia University Libraries and Michelle Wilson for their support of CURJ this year.

This issue marks my last as CURJ's Editor-in-Chief. It has been an immense privilege to aid the journal's growth and promote the value of the undergraduate research space, a carrier of ideas and a place of potential inclusion. I am proud of CURJ's accessible and collaborative nature, and I look forward to CURJ's continued cultivation of an undergraduate research community in semesters to come.

With gratitude,
Helen Ruger
Editor-in-Chief