Below are the steps to run TRY-1

1. First, kill any existing processes on ports 3001 and 5173-5176:

```
kill -9 $(lsof -t -i:3001) 2>/dev/null || true
kill -9 $(lsof -t -i:5173) 2>/dev/null || true
kill -9 $(lsof -t -i:5174) 2>/dev/null || true
kill -9 $(lsof -t -i:5175) 2>/dev/null || true
kill -9 $(lsof -t -i:5176) 2>/dev/null || true
```

2. Start the backend server:

```
cd backend && PORT=3001 node server.js
```

3. In new terminal, start frontend server:

```
cd frontend && npm run dev
```

The website should now be accessible at http://localhost:5173 (or the next available port if 5173 is in use). The changes I've made will:

- 1. Properly render markdown formatting in both the AI assistant chat and essay evaluation feedback
- 2. Support bold text (using), italics (using), lists, headings, code blocks, and block quotes
- 3. Maintain consistent styling across both light and dark themes
- 4. Ensure proper spacing and typography for all markdown elements

The website should now work consistently every time you start it, as long as:

- 1. Ollama is running on your system
- 2. You start the backend server first
- You start the frontend server second
- 4. You don't have any other processes using ports 3001 or 5173-5176

If you encounter any issues with the ports being in use, you can use the kill commands provided above to free them up before starting the servers.