

THE
HUDSONIAN

THE INDEPENDENT MULTIMEDIA STUDENT PRESS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE



TABLE TENNIS TOURNAMENT
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STILL. NOT. BITTEN.
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GROCERY BILL NIGHTMARE
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THE HUDSONIAN STAFF

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MISSION STATEMENT

The Hudsonian is Hudson Valley Community College's multimedia student news organization. Since 1957, The Hudsonian has been the voice of the student body, written and produced entirely by students for students.

The intent of our publication is to inform and entertain HVCC's student body, staff, and faculty. We serve as a forum for HVCC's campus, providing a space for viewpoints as diverse as our student body. We believe that freedom of speech is of utmost importance to intellectual growth, and in doing so publish stories that are fair, accurate, and relevant to our campus. Here you will find opinions and content from students, as well as from faculty and staff when applicable. Because of this, you will find things in our publication that you may agree and/or disagree with. If that is the case, we're doing exactly what we're meant to do.

Regardless of major, The Hudsonian is a valuable asset to strengthening written and verbal communication, teamwork, leadership, truth seeking, photography, graphic design, reporting, interviewing skills, and more. We strive to connect the skills we apply to real world career paths, and set our staff up for success as they advance through their educational journey at HVCC.

Staff editorials do not necessarily represent HVCC's administration, student government, faculty, or staff.

When errors occur, we will make every effort to correct it in the following publication as well as on our website (www.thehudsonian.org).

Your input is valuable. Please send any questions, comments, or concerns to hudsonian@hvcc.edu.

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Editorial Policy

All views expressed in this paper are those of the author, and not necessarily those of the *The Hudsonian* or the College.

Letters to the Editor

Letters can be delivered to CTR 291 or emailed to hudsonian@hvcc.edu. Letters will be edited for grammar, style, libel and length.

To join *The Hudsonian*, attend our weekly meeting on Mondays at 2 p.m. in ADM 105 or by Zoom. Check out our webpage at thehudsonian.org for information.

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Develop your skills and build a legacy here at The Hudsonian. We help students of all majors improve in:

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For more information, contact our Editor in Chief at a-williams117@hvcc.edu

UPCOMING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3/20 - Mario Kart 8 Student Tournament II Siek Game Room, 1p</p> <p>3/27 - Dinosaur Bar-B-Que: Employer Recruitment Table II Siek, 10a</p> <p>3/27 - Regeneron Information Session and Interview Workshop, SCI 120, 1p</p>	<p>3/21 - Recruitment tables: Callanan Industries, Capital District Psychiatric Center, Siek Lobby, 10a</p> <p>3/21 - Yoga, Siek 260, 12p</p> <p>3/28 - Suicide Prevention Workshop, Siek 150, 12p</p> <p>3/28 - Yoga, Siek 260, 12p</p>	<p>3/22 - School Counselor Breakfast, BTC meeting rooms, 8a</p> <p>3/22 - Recruitment tables: Goldfish Swim School, Taconic, Siek Lobby, 10a</p> <p>3/22, 3/29 - Pizza time, Siek Lobby, 1p</p> <p>3/29 - Transfer Fair, Siek Lobby, 10a</p>	<p>3/23 - Public Art Inspires Conversation, BTC Auditorium, 12p</p> <p>3/23 - Opening Reception: Juried Fine Arts Student Exhibit, ADM Teaching Gallery, 5p</p> <p>3/23 - Opening Reception: Advanced Study in Drawing & Painting End-of-Year Exhibit, ADM Teaching Gallery, 5p</p>	<p>3/24 - Capital Region Flower & Garden Expo, McDonough, Field, 10a</p> <p>3/24, 3/31 - Volunteer Income Tax Assistance Program, BTC, 1p</p> <p>3/31 - Country Folk Art Show & Artisan Market, McDonough, Field, 5p</p>



PETER CONROY || PHOTO

TABLE TENNIS VICTORS CELEBRATE CLUB'S ANNIVERSARY

After intramural conclusion, students celebrate 50 years of fun

Peter Conroy

Jr Creative Editor

The Table Tennis Club is one of the largest clubs on campus with more than 100 members. The club was chartered by Dr. George Nagy. Nagy, now Professor Emeritus, acts as their current advisor.

The play continues all day on two tables in the game room of the Campus Center.

All full-time and part-time students can join. The most active players receive paddles and balls, while the occasional players may borrow the equipment from the Student Activities Office.

The quality of the paddles club members receive depends on

the level of their play. The beginners receive slower (\$10) paddles which are easy to control. Intermediate players get faster (\$30) paddles, and the top players get the fastest paddles which are more difficult to control. In the world of sporting goods, the most expensive paddles can cost as much as \$700 which are, unfortunately, out of reach for the club at the moment.

The club runs one tournament each semester and awards trophies to the top players.

The club produced some outstanding athletes over the years: Deiji Singh took second place at the US Nationals in 1991 and Stefan Zampier achieved a rating of 2200 in recent years. Stefan is cur-

rently playing on a team in Italy. One of the former club presidents, Mike Krajieski, is running his own table tennis club in Albany under the name All + Table Tennis. Several players have won local and regional tournaments.

The club invites all students to take advantage of this excellent recreational opportunity between or after classes. All you need to do is call out the winner on one of the tables, and you can hold on to the table as long as you continue winning.

The table tennis intramurals have just ended, with twenty students and two faculty members joining the fun. The awards went to winners Bobby Palermo (1st place), David Opoku (2nd place), and

Tom Hine (3rd place). The award ceremony took place during a pizza party in early March.

Dr. Nagy is impressed by the rapid improvement some of the players have made in just one semester, owing their progress to the amount of time they devoted to practice and the skill of their opponents. "You improve when you face a strong challenge." He commented.

If you would like to join, just start playing and contact Dr. Nagy, g.nagy@hvcc.edu, or the club officers Robert Palermo (President) or David Opoku (Vice President).

Congratulations to the club for 50 years of service to the student community!



1ST PLACE - BOBBY PALERMO

PETER CONROY || PHOTO



2ND PLACE - DAVID OPOKU

PETER CONROY || PHOTO



3RD PLACE - TOM HINE

PETER CONROY || PHOTO

HOW TO MANAGE SOBRIETY DURING MARCH MADNESS

How you can keep yourself in check and safe during the nation's biggest basketball event

Nickolaus Hayes

Guest Writer

The annual NCAA basketball tournament, March Madness, showcases some of the nation's best up-and-coming basketball talent.

One can also expect that the amount of alcohol that's going to be consumed, especially by young adults, will skyrocket.

During this tournament, college students and fans attend tailgate parties, bar viewing or house parties, and post-game celebrations with a single-minded goal of having a drink. Managing sobriety or drinking responsibly is challenging for many people during this event.

While the tournament has a significant positive effect on every school involved, it can also seriously affect students and fans because of exposure to excessive alcohol consumption.

Fortunately, there are practical approaches that anyone can

use to stay sober, avoid excessive drinking, or participate in the festivities responsibly.

Initially, if you know someone struggling with an alcohol or drug addiction, it is vital to intervene and get them help. Addictions become worse with time.

"Binge drinking or heavy alcohol use is most common among younger adults aged 18 to 34," said Marcel Gemme of Addicted.org. "Unfortunately, it is often a lack of awareness or preventative information about the dangers of underage drinking and heavy alcohol use that is lacking within this age group."

Binge drinking is a pattern of drinking alcohol that rapidly increases blood alcohol concentration. Generally, among men, this is five or more drinks within two hours and four or more drinks for women in about two hours.

Whether you are in recovery, choosing sobriety, or drinking responsibly, it is vital to know the risks. The more severe con-

sequences include alcohol poisoning, suicide attempts, health problems, injuries, unsafe sexual behavior, driving under the influence, sexual assault, assault, and even death.

Being aware of these consequences aids in making responsible decisions.

Suppose you are a casual drinker during March Madness. Stick to having one or two alcoholic beverages during the game. Drink water in between and eat a full meal. Also, even if you do not feel intoxicated, do not drive.

In contrast, if you are in recovery or choosing sobriety, take more time to plan ahead. Recognize and prepare for relapse triggers like bars, parties, or people offering drinks. Manage negative emotions healthily that come with being around heavy drinkers

or excessive alcohol use.

Attend parties with sober like-minded friends and always have an exit plan if things become too much to manage. Finally, have support available if you are struggling, such as peer support meetings, friends, or family.

March Madness is one of the most exciting sporting events of the year. Yet, being part of the fun should not cost your health or future.

About the Author:

Nickolaus Hayes is a healthcare professional in the field of substance abuse and addiction recovery. He strives to provide current, up-to-date facts about drug and alcohol abuse to his readers. His primary focus is spreading awareness by educating individuals on the topics surrounding substance abuse.



ESPN || PHOTO

A STUDIO REBORN: TELLTALE'S NEW LEASE ON LIFE

Like their popular game, *The Walking Dead*, Telltale Studios has risen from the grave.

Peter Conroy

Jr Creative Editor

Developer and publisher Telltale Games recently scored an \$8 million development and operations investment by Hiro Capital and Skybound Entertainment, allowing a rebirth for the previously ill-fated company. This would allow them to continue productions on their upcoming title *The Wolf Among Us II*, *The Expanse: A Telltale Series*, and an unannounced project.

Known for titles *The Walking Dead*, *The Wolf Among Us*, and *Batman: The Telltale Series*, Telltale Studios underwent a "majority studio closure" in 2018, losing around 90% of its present work-

force (225 to 250 employees) on the day of its shutdown. Several investors saw promise in Telltale despite their circumstances, allowing them to return to their projects, with Hiro Capital and Skybound Entertainment at the helm. *The Wolf Among Us II* announced for release in 2019, followed by *The Expanse: A Telltale Series*' announcement in 2021. Yet as of 2023, none of these titles have reached completion.

Many long-time fans are now aware of the harsh, overworked conditions at Telltale Studios; 80-hour work weeks, crunching deadlines, and funding issues were commonplace. Due to said constraints, Telltale often finds themselves unable to flesh out their games to their ideal poten-

tial, but their titles remain popular amongst the gaming community.

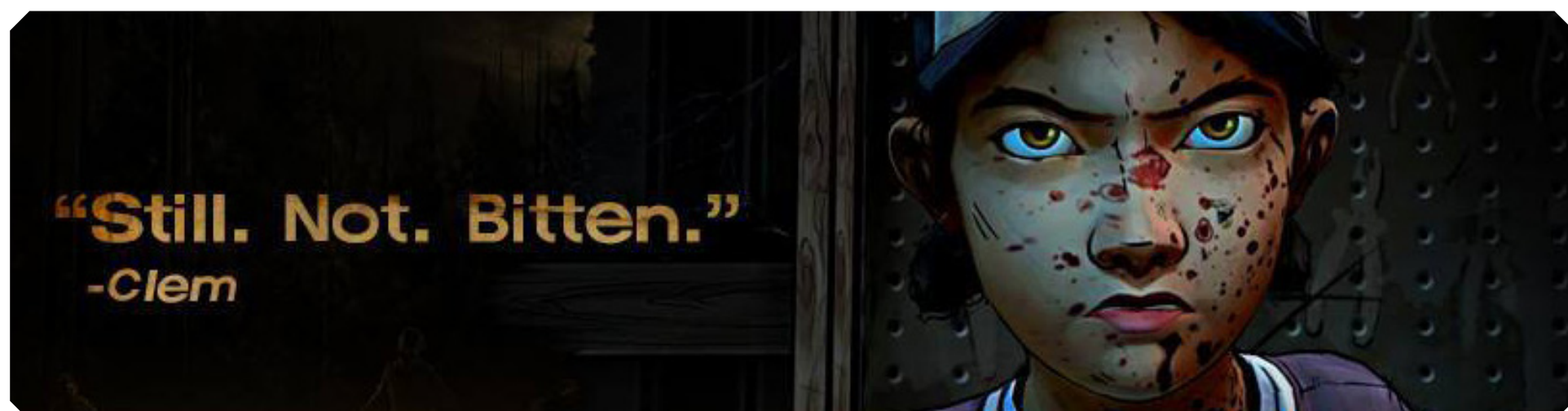
"I've done [crunch], and I don't want to do it again, and it's not fair to ask [for] it. You can't plan a business around it. So yeah, part of it is about maintaining a healthy work culture. We don't want to burn out our good people. [...] As an industry, if we're going to continue to grow, we have to stop [burnout]. We just have to stop doing it and make better choices." Telltale CEO Jamie Ottillie explained in an interview with *Imagine Games Network (IGN)*.

The Wolf Among Us II is said to be delayed until 2024, with Telltale switching their gaming engine from Unreal Engine 4 to Unreal 5. With part of the game

already being developed in Unreal 4, the company is pushing to avoid overworking their employees and crunch mentality, instead giving the team and the game ample time to be developed.

To much positive buzz, the funding from the \$8 million investment has allowed for talk of future installments in Telltale's popular *Walking Dead* series, as Skybound owns the rights to the property.

Despite being put through the ringer and thrown to the wolves, Telltale aims to press onward, proving to its fans that they're "Still. Not. Bitten."



TELLTALE || PHOTO

DILBERT GOES DARK *Once loved comic strip gets axed over creator's bigoted behaviors*

Dominic Cacchione

Managing Editor

Several newspapers have opted to pull comic strip Dilbert from their publications following a racist rant from creator Scott Adams. The 33-year-old comic strip is known to poke fun at office culture, remaining one of the most recognizable serialized comics in newspapers for decades.

A week prior to this article, Dilbert creator Scott Adams uploaded a video on his Youtube channel, "Real Coffee With Scott Adams," in which he described black people as a "hate group," saying he would "no longer help black Americans." He adds that his "advice to white people" is to "get the hell away from black people."

These statements were spurred by a survey asking whether or not people agreed with the statement "It's OK to be white." Most respondents agreed, but Adams noted that 26% of black respondents voted "no," while others weren't sure.

He took to Twitter to defend his statements, largely blaming Democrats for creating a "racial divide" in the first place. However, his logic behind this defense

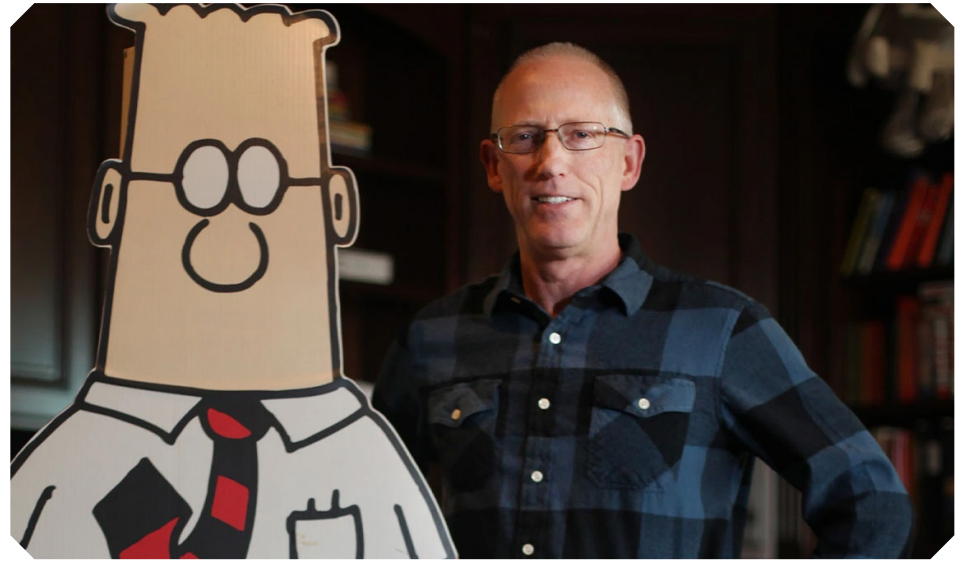
comes off as confusing at best, considering he is actively encouraging further racial division thinly disguised as "advice".

Unfortunately, this isn't an isolated incident. Adams has a long history of bigoted remarks, many of which stem from his hypocritical belief in white victimhood. He often scapegoats the black community for his own shortcomings.

In a Tweet from June 2020, he claims that he lost his animated Dilbert primetime TV show after two seasons for "being white". In January 2022, he joked in a Tweet that he would "self-identify as a black woman until Biden picks his Supreme Court nominee."

His bigotry extends to women too, as noted by a 2011 comment of his stating that women are treated differently by society for the same reason children and the mentally disabled are. He states that "it's just easier this way for everyone."

A few more Dilbert strips have yet to be published. Since newspaper strips are scheduled ahead of time, the series is effectively dead. After a nearly 34 year run, it seems that it's time for Dilbert to clear out his desk.



HOLLYWOODREPORTER.COM || PHOTO

"WHILE WE RESPECT AND ENCOURAGE FREE SPEECH, HIS VIEWS DO NOT ALIGN WITH OUR EDITORIAL OR BUSINESS VALUES AS AN ORGANIZATION." - GANNETT CO.



SLATE.COM || PHOTO

STUDENT SENATE UPDATES

Student Senate election season is approaching

Justin Hurley

News Editor

On February 27th, Student Senate President Robert Dungan announced the formation of the Student Senate Election Committee. When asked if any senators who do not plan on running for re-election next semester wish to volunteer for the committee, however, none volunteered.

Dungan addressed the executive board about lowering the number of required signatures to run for a senate position by a special vote. This motion would affect candidates running for Student Senate Senior Class President, e-board positions (i.e., Vice president), and the Senior Faculty Student Administration (FSA) position. Student Senate Advisor and Director of the Educational Opportunities Program and Student Life Alfredo Balarin was the person to make the ini-

tial suggestion.

Dungan voiced his opposition to the proposed changes. "I am personally very against this. I think staying under the guise of operating under pandemic rules is just that, a guise. I personally feel, going through the election process myself, that petitioning is a very important part of the election process." He went on to describe the important aspects of the petition process; face-to-face interaction, getting to know their constitutions, and explaining why they deserve to be elected.

Other senators voiced that the number is too high, arguing that the resurgence in students on campus and their interest in student government provides a larger number of potential candidates. Lowering the required number would make it easier for potential candidates to run.

When brought to vote, the motion passed with only President

Dungan abstaining from the vote. The new number for the required signatures to run for President is now 75 signatures, E-board positions are 150, and 50 for FSA rep.

The senate moved to vote on the upcoming election schedule with a unanimous vote.

Petitions to run for Student Senate are currently available at the

Student Activities office and are due April 4th. Campaigning begins on April 11th and ends with the election on April 26th to April 27th.

Any questions or are interest in running for a Senate position, can be directed to Student Activities in Siek 210, or studentactivities@hvcc.edu



**Share Your Work,
Get Featured!!**

The Hudsonian is always look for student-made submissions to include and feature in our publication.

To share your work, send an email to
Hudsonian@HVCC.edu

From the desk of the Editor...

There are very few places I've felt like I've belonged in my life. The Hudsonian is one of those places that I know I belong, without a shadow of a doubt.

When I joined the newspaper, I never pictured myself as more than an occasional staff writer. Yet just a few months later, I was unanimously voted in as Editor in Chief.

In working with my staff to improve upon the legacy The Hudsonian leaves on our college, I have not only found a sense of camaradery and community, but also a passion for something that goes far beyond just me.

The Hudsonian has been, and always will be, the voice of Hudson Valley Community College students. Taking part in it and finding love for journalism, leadership, design, and so much more will forever make this a passion project for me and my staff, who I have grown to love as my friends and family.

I have, whether I like to admit it or not, always found I fit well into leadership roles. I know that when I have the tools to succeed, all I want to do is share them with others so they can succeed as well. Gatekeeping in other community spaces has always outraged me, and will never make sense. In

helping my staff grow their skills and talents, as well as embracing what they bring to the Hudsonian, I have felt more fulfilled than I ever have before.

And some may say it's silly to be so sappy over a college newspaper, but this opportunity has truly taken a large space in my heart (and personality) and I would be lost without the friends I've made along the way who have been so kind, generous, loyal, honest, and uplifting to me. I love you guys so much more than you know, and I can't wait to see where we take this thing in the future.

I am so beyond elated to move forward with my work here, and to share it not only with my staff, but with Hudson Valley. We have so many fun and exciting plans in the works, and I can't wait to see where it takes us in the future.

Here's to us winning our Honorable Mention*, and here's to our future wins!

**So we entered for Best 2 Year College Newspaper and for some reason we ended up being put in the Best 2 Year College Magazine category due to an error on CMA's part, but we take what we can get!*



Consider this a thank you to not just my CMA attendee staff, but to everyone involved at the Hudsonian. You guys are the best, most supportive team I could ever ask for. Thank you for enriching my time here at HVCC. To you I am forever grateful.

Yours, Marie



TOP THREE PHOTOS COURTESY OF SHAWN BROWN

THE HUDOSCOPE

Your weekly astrological insight by Marie Williams, Editor in Chief



Something not quite right? Look for your horoscopes for your Rising and Moon signs!



3/21
to
4/19

At this time of your life, with your achievements accomplished, you need to be learning how to trust others and hand over some responsibility. But you are unnecessarily holding on to the burden. What can you do to lighten your own load?



4/20
to
5/20

There's an underlying despair or sadness associated with loss going on around you, or perhaps within you. Though you may be feeling defeated lately, there is still a chance to salvage what has been lost. It's just a matter of taking stock before you move forward in doing so.



5/21
to
6/20

Greater forces that are beyond you are at work here. The same forces that govern the changing of the seasons, or the rising and setting of the sun, the masters of luck and fate of the individuals. Inevitable change is upon you; what comes up must come down.



6/21
to
7/22

Being in a constant battle to defend yourself has worn down your self image, as you have had to constantly compare yourself to the rivals that have been eyeing your position. You are exhausted of fighting this battle, and you need time to build your confidence.



7/23
to
8/22

You are on the brink of a new creative project and vision, there is a spirit of discovery and enthusiasm in all kinds of ideas that you might have about the future. It is the start of a new way of expressing yourself, so don't be afraid to dip into something creative!



8/23
to
9/22

There's a wound that's still fresh, but you have come to an understanding that the betrayal you suffered needed to happen in order for you to move forward in some way. You might've seen it coming for some time now. What's important is that you are working towards recovery



9/23
to
10/22

There are times when life throws you many, many curve balls at one time. You find it difficult to juggle all of the sudden changes that are coming your way. It is likely that in order to deal with these new events, you are neglecting something critical in your life. What can you do to balance it?



10/23
to
11/21

A journey far from home has been initiated by past sorrows. But this journey is something that must be undertaken in order to move ahead. You are leaving behind a painful place and going into a distant environment that promises more potential.



11/22
to
12/21

There is a feeling of disappointment and loss in the air - one has taken a retrospective of their situation and has decided to leave it behind. Something is abandoned, and through that abandonment, one feels the loss of a part of themselves as well...



12/22
to
1/19

Missing camaraderie and collaboration is highlighted this week. Where you should be working together for the service of a greater good, there seems to be some disorganization or self interest that is getting in the way.



1/20
to
2/18

After much hard work, this is a time of opulence and luxury, all resulting in a feeling of satisfaction, emotional comfort and peace. All of this is due to one's intelligence and self control, and represents an achievement that has lasted over a lifetime.



2/19
to
3/20

With financial success, also comes more temptation. In what kind of ways do you find yourself indulging? There is a sense here of having an infinite desire for things, for consumption, while higher callings are always being laid at the wayside...

PHOTOGRAPHY & POETRY

PUPPY LOVE

Submitted by Marie Williams, Editor in Chief



CLICK

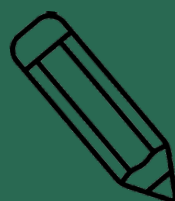
Submitted by Justin Hurley, News Editor

Click Clack
Click clack, fill a crack.
The trains go down the line.
Click clack, feel a whack,
Everything's not fine.
Click clack, farewell to track.
The cars fray like twine.
Click clack, the cameras snap,
The worst they'll get's a fine.
Click clack, wrist get smacked
People suffer in kind.
Click clack, rewind it back?
All in due time.

LIMBO

Submitted by Anonymous

I thought about
what it would be like
to kiss you again
To melt into you
and remember the remnants
of our romance
I find myself biting my lips
til they bleed
The taste of metal in my mouth
is a sour reminder
That I'm making love to ghost



Want to share your creative endeavors?
Submit them to HUDSONIANHVCC.EDU

YOUR GROCERY BILL IS ONLY GOING TO GET WORSE

What is causing prices to skyrocket, and how is it affecting the academic careers of students?

Marie Williams

Editor in Chief

The stereotype of college students living off hope and ramen noodles has never been more true. In a time of massive supply chain disruptions, troubling climate change, and the deadliest bird flu in U.S. history, Top Ramen is about all students in the country can afford, and many are suffering because of it.

This increase in everyday items is hard to ignore; eggs are now on store shelves for a steep 60% increase. At this time last year, a carton of eggs sold at roughly \$2.00 a dozen, but now sell for nearly \$5.00. Overall, the cost of groceries rose 13.5% in the past year - the largest increase we've seen in 43 years.

"A lot of [this] has to do with increased cost of production and transportation, but also increased demand for these things like butter [...] where people go out and buy things like eggs, butter, and flour for their cooking, so there's also a demand story here as well," says David Ortega, an agricultural economist and professor at Michigan State University.

The culprits behind these price increases stretch beyond mass layoffs and transportation. Climate change is bringing heat

waves and droughts to California, a big player in produce. Brazil, a coffee producing hub, has also been struck with frost and a drought within the last year. With crops worldwide yielding less due to heat stress, there's less fruits, vegetables, and coffee available in grocery stores, putting upward pressure on prices due to supply and demand imbalances.

The Russo-Ukrainian War is another major factor. This overarching region under attack is often referred to as the "breadbasket of Europe," and is a large supplier of wheat and sunflower oil, which

"I FEEL LIKE I CAN'T KEEP MY HEAD ON STRAIGHT... I'M SO SPACED OUT."

is used in many processed foods. The war brings rising prices on a global scale, sending wheat products up 20% year over year. This is reflected in the price increases in cereal, bread, and other grain-



COOKIES & CLOGS || PHOTO

based products, with a drastic 15.6% increase from January 2022 to January 2023 according to the FDA's annual Consumer Price Index report.

Things aren't looking so hot in the meat department either. Over 40 million birds have been affected in the second largest outbreak of avian flu in modern history. This has struck mostly commercial operations, causing poultry and eggs to skyrocket in price with a 40% year over year increase. With the extreme winter weather patterns,

many companies are gritting their teeth these next few months. Coupling this, there's a stark lack of competition in the pork industry. Pork providers have been majorly consolidated, and companies are driving their profit margin up and keeping prices high.

College students across the country are feeling the effects of these price hikes. In the face of rising breakfast item prices, key protein item prices and more, many are turning to cutting or skipping meals altogether.

"I feel like I can't keep my head on straight," Says Alyssa M., an Independent Studies student here at HVCC, "I'm so spaced out in class because I can't stop thinking about how hungry I am. I've had to start skipping lunch and cutting back on breakfasts and dinners to make things stretch, too."

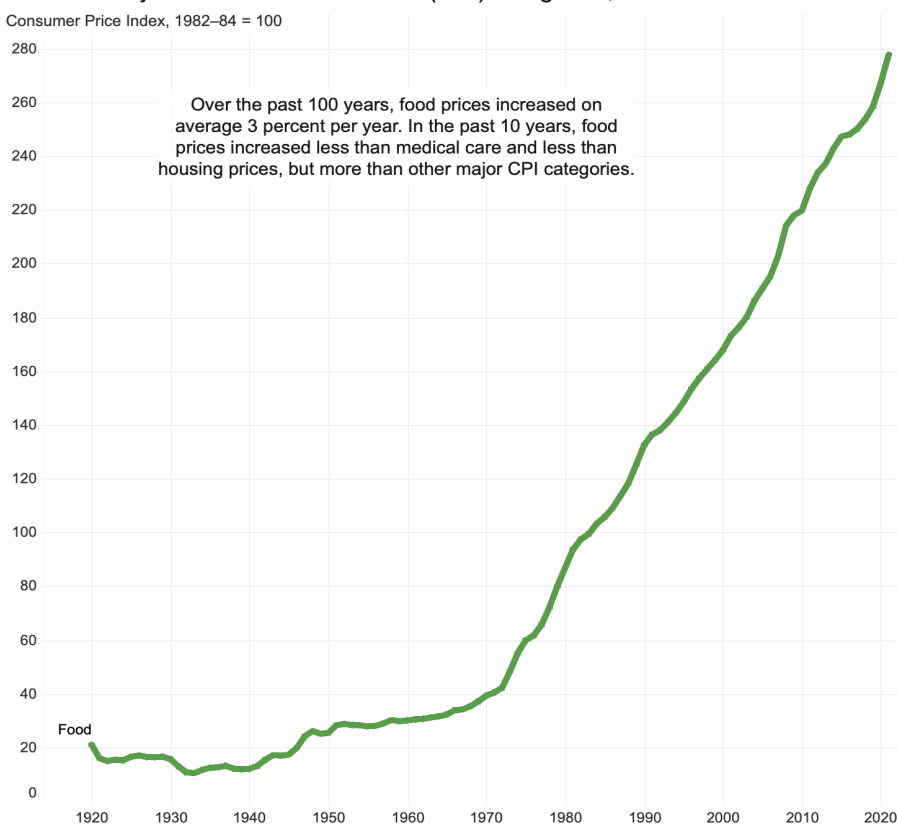
Other students, like Justin H., who work in the food industry, are outraged.

"It's ridiculous. Corporations have seen record profits over the

last three years, but because the profit forecast isn't what they want, inflation hits the common man. How are students - some of which are parents - supposed to survive and thrive if they can't afford to eat? Where is the outcry for our struggles? Don't get me started on the food prices on campus..." He said.

The USDA's Food Price Outlook also shows that food prices are expected to grow more slowly in 2023 than in 2022, but will still stand above historical average rates. Ortega states that while supply chain disruptions are starting to ease from the pandemic and prices have come down significantly, it takes time for that to be fully realized at the grocery store.

Index of major Consumer Price Index (CPI) categories, 1920–2021



Source: USDA, Economic Research Service using data from U.S. Department of Labor, Bureau of Labor Statistics, Consumer Price Index.

RESOURCES ARE AVAILABLE FOR STUDENTS WHO ARE STRUGGLING.

Student Activities, located in Siek 210, can give you access to HVCC's campus food pantry.

For other local pantries, visit foodpantries.org.

