

EXPLORING THE RECESSION IN IOWA CITY PART 3

## Recession takes a toll on local food trucks

Many food trucks in Iowa City have been impacted by rising prices this year. Food truck owners struggle to maintain sales during the recession.



Jerod Ringwald/The Daily Iowan

Joslyn Hawkins makes an açaí bowl during a farmers market in Williamsburg, Iowa, on July 15. Hawkins opened Bloom with her sister-in-law, Rachel Hawkins.

Kate Murphy  
News Reporter

Local food truck businesses are struggling to maintain a profit in Iowa City as gas, food, and plastic prices continue to rise during the recession.

Food and gas prices have seen some of the highest increases, with food costs up 10.4 percent nationally. Gasoline prices have increased 59.9 percent nationally as of June 2022. These increased prices have made it more difficult for food trucks to afford ne-

cessities they need.

Nick Fitzgerald, owner of Smiley's food truck, said the prices of most of their ingredients have risen 10 to 15 percent in the last year.

"We held off on raising prices as long as we could, but once gas went above

\$4/gallon, we broke and increased our prices about 10 percent to cover the expenses," Fitzgerald said.

The price for gas per gallon as of July 18 in Johnson County is \$4.458,

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The NTT IndyCar Series returns to Iowa for the first time since 2020 for a double-header weekend.

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Iowa soccer's Sam Cary published "The Do's and Don'ts of College Soccer" to help the next generation of soccer players.

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#### Photos: Sidewalk Sales

Photos: Sale racks filled downtown Iowa City's sidewalks on July 17 for the final day of the 2022 Downtown Summer Sidewalk Sales.

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## DITV

Watch for campus and city news, weather, and Hawkeye sports coverage at [dailyiowan.com](http://dailyiowan.com)



## UI astronomers thrilled over new NASA images

Astronomy professors at the University of Iowa are reacting to the James Webb telescope images released by NASA. Professors believe this will open up possibilities for the future.

Kate Murphy  
News Reporter

University of Iowa professors are in awe over the new James Webb Space Telescope (JWST) images released by NASA earlier this week.

On July 11, NASA unveiled JWST's first image of the distant universe. The picture contains the galaxy cluster SMACS 0723 that appears as it did 4.6 billion years ago. Currently, this image of the distant universe is now the sharpest and deepest image the world has ever seen.

NASA released the full series of new colored images from JWST on July 12.

Keri Hoadley, an astrophysicist and assistant professor at the UI, said she was stunned when she saw the images for the first time, and it also made her feel like such an infinitely small part of the universe.

"The sheer number of galaxies and stars captured in exquisite detail that we've never seen before. It set in for me quickly that JWST will be revolutionary," Hoadley said.

Hoadley has already been covering JWST's journey in her courses over the spring semester. In one course, the exploration of the solar system, Hoadley has been detail-

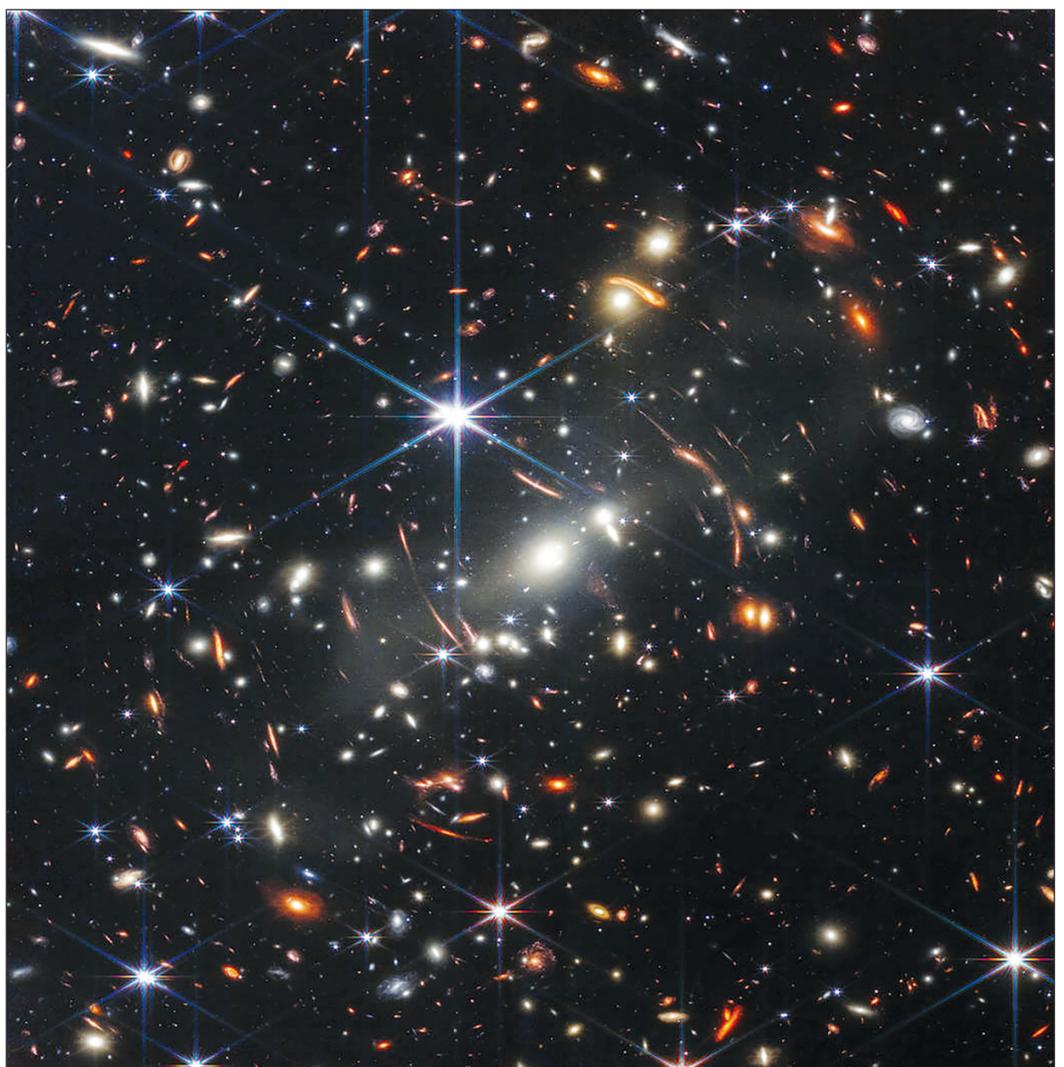


IMAGE: NASA, ESA, CSA, STScI

Image of galaxy cluster SMACS 0723, known as Webb's First Deep Field as it appeared 4.6 billion years ago.

NASA | Page 2

# Iowa's annual inflation rate rose 6.8% in 2022

Source: United States Congress Joint Economic Committee

Illustration by Marandah Mangra-Dutcher

## FOOD TRUCKS

Continued from Front

according to AAA gas prices.

Fitzgerald said he's

“Every container, every piece of plastic is so expensive. With these kinds of prices, it's almost impossible to make a profit.”

—Mark Paterno, Marco's Grilled Cheese owner

had to find new sources to keep costs down and even removed a popular item from the truck's menu because it was no longer profitable.

Fitzgerald has also struggled to find necessary ingredients for the truck's menu items, including various protein options.

Moy's Food Truck has also experienced diffi-

culty finding certain ingredients, such as chicken, for reasonable prices. Owner Moy Yescas said they haven't lost too many customers.

“We had to increase all

our menu items by one dollar in order to keep up with the inflation,” Yescas said. “Fortunately, our customers are so understanding about us raising prices.”

Yescas hopes for prices to go down soon so they can start getting the ingredients they need.

Joslyn Hawkins, owner of Bloom, started her açai bowl and fruit

smoothie truck earlier this year. She said she was warned not to, because of the rising food prices caused by inflation.

“Watching inflation rise was so scary while trying to open up our food truck,” Hawkins said. “I left my 9-to-5 job teaching because with [COVID-19], it made it so draining to be a teacher. People told me it was a terrible idea.”

Hawkins opened Bloom because she fell in love with açai bowls when living in Hawaii for a few months a year prior, and wanted to share the food — made with natural ingredients — with small Iowa towns.

With the increased cost of food, however, it has been hard for Hawkins, along with her co-owner and sister-in-law, Rachel Hawkins, to afford foods without any

preservatives or artificial flavors.

Despite the hardships, including prices and the labor shortage, the sisters are grateful for community members in their hometown of Williamsburg, Iowa, who are willing to help the business.

“Family has been our biggest supporters when it comes to helping out,” Joslyn Hawkins said. “It's been really hard, but this town cares about our dreams and they made it possible.”

Along with food and gas prices, plastic and container costs have also impacted food truck businesses.

Mark Paterno, owner of Marco's Grilled Cheese, said plastic prices have been the most difficult part of maintaining his business.

“Every container, every piece of plastic is

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“Family has been our biggest supporters when it comes to helping out. It's been really hard, but this town cares about our dreams and they made it possible.”

—Joslyn Hawkins, Bloom food truck co-owner

so expensive,” Paterno said. “With these kinds of prices, it's almost impossible to make a profit.”

Like the other food truck businesses, Paterno was forced to raise

prices on his menu and was worried about losing customers.

“The recession has been hitting everyone hard,” Paterno said.

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Jerod Ringwald/The Daily Iowan

Joslyn Hawkins makes an açai bowl during a farmers market in Williamsburg, Iowa, on July 15.

## NASA

Continued from Front

ing the latest news on JWST all the way up until this point.

“The images and spectra that JWST will observe will be a cornerstone to much of my own lecture material,” Hoadley said. “Used to both demonstrate the nature of physics and chemistry in our universe and to excite, delight, and inspire students in our classrooms.”

Ken Gayley, an associate professor and astro-

physicist at the UI, also said he plans on adding the latest images into his coursework.

“I expect that every astronomy teacher for the next decade will show many JWST images in their classes, just as we have been showing lots of Hubble images up until now,” Gayley said.

Gayley believes that having both Hubble and JWST telescope images will make it possible for students to draw comparisons, giving them a better understanding of the universe.

“Pictures are worth a thousand words,” Gayley said. “And what's more, one of my mentors used to say that being able to compare light at different colors and wavelengths is worth a thousand pictures.”

Gayley also said this will open a door to understanding other atmospheres and planets outside our solar system since we know nothing about them.

“My area of study focuses on massive bright stars. JWST will help me understand how the

kinds of massive stars that first formed billions of years ago were different from the ones we have in our night sky today,” Gayley said.

Philip Kaaret, departmental chair and professor in the Physics and Astronomy Department at the UI, studies black holes in other galaxies and compares them to ones in Earth's galaxy.

“Recently, we have been trying to figure out the properties of the black holes that formed in galaxies when the universe was young, less

than a billion years older, by comparing with black holes seen in relatively nearby galaxies with similar properties,” Kaaret said, “JWST proved that this can be possible.”

Being the departmental chair, Kaaret isn't teaching right now, but believes all teachers will be incorporating the new images into their courses.

Gayley said he feels pride that the scientific and engineering community pulled off something so remarkable. He knows the astronomy communi-

ty has spent an enormous amount of its research capability on building this instrument, so it was crucial that it pay off.

Hoadley sees so many benefits and avenues for research that even UI students will be able to take advantage of, thanks to the JWST.

“We will be re-writing our astronomy and physics textbooks, based on what we observe and discover with JWST,” Hoadley said. “It is going to be a complete game-changer.”

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## COLUMN

# NTT IndyCar Series at Iowa Speedway preview

The NTT IndyCar Series returns to Iowa for the first time since 2020 for a double-header weekend.

Sam Knupp  
Managing Editor

The NTT IndyCar Series will return to the Iowa Speedway in Newton for the first time since 2020 on the weekend of July 22 through 24.

Instead of just one race in American open-wheel racing's top series, race fans will be treated to two this time around. The Hy-Vee IndyCar Race Weekend will consist of a 250-lap race on Saturday, and a 300-lap race on Sunday around the 7/8 mile circuit that is the Iowa Speedway.

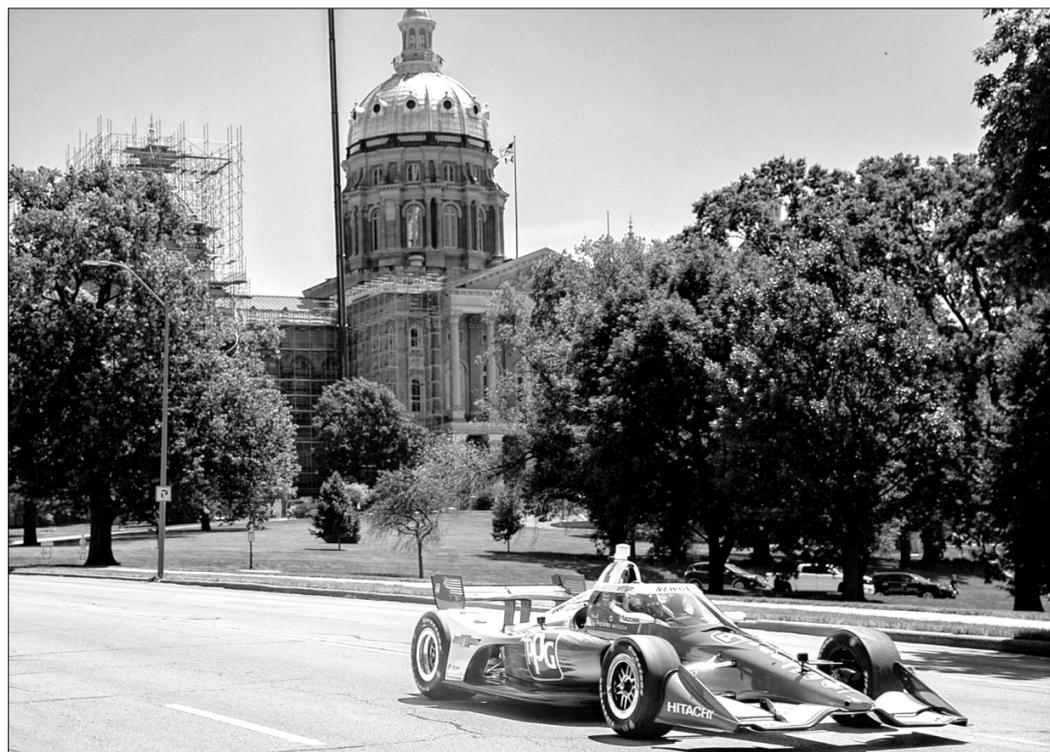
The *Daily Iowan* is here to give you a guide to the weekend consisting of picks, predictions, and storylines to know about beforehand.

## Picks

Here are the three drivers who I think have the best chance of winning at least one of the two races set to take place this weekend.

### No. 1: Josef Newgarden

This one is pretty obvious. In 10 starts at Iowa, Newgarden has three wins and five podiums. His most recent two wins at the track came in 2019, and in the second race of the 2020 double-header. Newgarden currently sits fourth in the standings — 44 points behind points leader Marcus Ericsson — and leads the series in wins this year with three. Newgarden is ultra-talented and more than familiar with Iowa. His experience, combined with the edge Chevrolet engines have shown so far



IndyCar driver Josef Newgarden, of the No. 2 Hitachi Chevrolet drive his car down Grand Avenue in Des Moines June 21.

this year, make it difficult not to imagine him at least contending for a win this weekend.

### No. 2: Alex Palou

While not the best driver on ovals, Palou is easily one of, if not the best driver currently in the IndyCar series. The 2021 champion is currently third in the points with four podiums and no wins so far this year. This is all to say, he's due. While he didn't have much success at Iowa when the series came to Newton in his rookie year of 2020, and while there's a

bit of drama regarding who he'll race for during the 2023 season, Palou isn't a driver to count out.

### No. 3: Scott Dixon

Yes, I know it's a bit of a copout to pick the man who leads active IndyCar drivers in both wins and championships, with 52 and six respectively. However, it would be dumb of me to not pick Scott Dixon. While the New Zealander has never won at Iowa, he has finished on the podium four times and has an average finish of 6.8 at the track. Further-

more, of his 52 wins, 23 have come at ovals. As Dixon sits fifth in the points, just one championship away from tying A.J. Foyt's total, he'll be more than hungry to pick up his second and maybe third win of the season after corraling his first last week at Toronto.

## Storylines

### Andretti Autosport Drama

The Andretti Autosport Drivers — Romain Grosjean, Alexander Rossi, Devlin DeFrancesco, and Colton Herta — love to run into

each other. A lot. Whether it's Grosjean and Herta squeezing each other off the track, Grosjean running into the back of Herta, Rossi dive bombing DeFrancesco, Rossi understeering into Grosjean, or all of them torpedoing each other all the time, they've made their fair share of contact.

Two races ago, at Mid-Ohio, after Grosjean and Rossi had an incident leading both of them to go off track and lose a significant number of positions, Grosjean called Rossi an "idiot." On July 17, at Toronto, af-

ter contact with DeFrancesco, Grosjean said he wasn't impressed with how DeFrancesco raced him.

I'm not saying the Andretti drivers hate each other, nor am I saying any one of them is in the wrong. What I am saying is, these teammates like to race each other aggressively. At a track where speeds get above 180 miles-per-hour, that could spell trouble.

### The Championship Battle

With just seven races to go, and Marcus Ericsson leading the championship by 35 points over second-place driver Will Power, drivers and teams are realizing that they're running out of time to make up spots.

With a maximum of over 100 points on offer this weekend, the momentum could swing in any direction. Even Colton Herta, currently eighth place in the standings, could walk away from the weekend leading the championship. Though, this is unlikely, as he would have to win both races, lead the most laps, and qualify on pole both times. Even that wouldn't be enough unless Ericsson crashed out of both races.

The point is, there is a real possibility that someone other than Ericsson could walk away from the weekend leading the championship standings, whether it's Palou, Power, Newgarden, Dixon, or Pato O'Ward.

Then again, it's also possible that Ericsson extend his lead further.

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## Featured photos: Cedar County Fair rodeo



Riders prepare to compete at a rodeo during the Cedar County Fair in Tipton, Iowa, on Thursday. There were eight events during the rodeo.

Grace Smith/The Daily Iowan



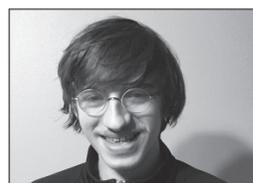
Justin Jewett rides a bull at a Rodeo during the Cedar County Fair in Tipton, Iowa, on Thursday. Jewett rode last and did not place

Grace Smith/The Daily Iowan

# Opinions

## Don't forget your hobbies

It is still important to care for your mental health post-pandemic. Finding hobbies can help in everyday life.



**Luke Krchak**  
Opinions Columnist

The COVID-19 pandemic was a rough two years that sent me and others deep into some problematic times.

While hobbies rose for a lot of people during the pandemic, I dove head first into my school work.

Now, in a world that is moving out of a pandemic, I am starting to dive into my old hobbies again, like art. To those who gained a hobby over the pandemic, or to those who always had

one, keep your hobbies up as they can bring you the needed joy in your life.

The pandemic started during the last trimester of my junior year of high school, pushing it and my senior year online. It forced one of my favorite classes, video production, to be online with fewer opportunities available, and the film club to essentially disband.

Since this was a time I was starting to put myself out there and start to learn about making short films, which was becoming one of my new hobbies, it set me back significantly. Instead of trying to keep making short films and learning new video production techniques, I just left it to dive into school work.

The pandemic was often a time I tried to keep the days moving, trying to reach an end that would not come for another two years. It was not until my spring semester of freshman year here at the University of Iowa that I would refind my old hobbies.

I have since focused on more than just school and work, starting to rebuild what was lost during the pandemic. Hobbies, like video production, and later art, would be a light I did not know I needed to be as content as I once was.

Ironically, the creative hobbies that I was re-drawn to, probably would have helped me during the pandemic.

With more free time, and being stuck at home, people needed to do

“While these hobbies can provide a necessary boost to mental health during the pandemic, they are still necessary post-pandemic.”

something with their time, so they were guided toward new hobbies.

Often new hobbies, mainly creative ones, would help ease the general rising mental health problems brought on by the pandemic. There was a 500 percent increase in 2021 for people seeking mental health support, around 5.4 million people. Primarily rising anxiety and feelings of isolation were caused by the pandemic.

In 2020, the top creative pastimes included trying new cooking recipes, gardening, and art-related activities like

painting.

While these hobbies can provide a necessary boost to mental health during the pandemic, they are still necessary post-pandemic. This is because the world is still experiencing a lot of major problems, such as the Russia-Ukraine War, the recession, and diseases, like Monkeypox and COVID-19, which are still very present.

Mental health is not the only reason hobbies are needed. Many creative hobbies, like painting, can be turned into a business. When you create something, you

can sell it on sites like Etsy, which can bring in a slight boost to income, for a little more than the cost of art and craft supplies.

Even when the world's problems seem to cool down a bit, and costs of living stop their meteoric rise, hobbies will still be a necessary part of our lives in the 2020s. Art has re-entered my life to stay, knowing how much it impacts my daily happiness, as it helps me overcome hard emotions caused by things like the pandemic.

With hobbies virtually affordable for all, and taking up as much time as you want, it is something that everyone needs to add into their lives.

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## Ensuring fair distribution of CRISPR technology

We would not be able to capture the full societal benefit of CRISPR if we left it to market devices.



**Shahab Khan**  
Opinions Columnist

A world in which genetic engineering is a norm is approaching, and it will be important for the government to develop a plan that will make it so that everybody, regardless of socioeconomic background, has the ability to access the procedure.

To offer a brief recap of the previous column, CRISPR (clustered regularly interspaced short palindromic repeats) is the genetic code in which bacteria are able to edit their genetic sequence and make their DNA resistant to viruses. About a decade ago, biologists

discovered that with the help of the cas9 protein, it is possible for scientists to introduce CRISPR into the human genome.

In making humans resistant to viruses and diseases, doctors would introduce the code early on in the life cycle when humans are just embryos. This would make it so that as the embryo grows into a human, that human would be resistant to viruses and disease forever.

This would essentially prolong the human lifespan beyond its current natural limits.

However, one of the great fears that many academics have is that only the rich will be able to afford the technology once a market for CRISPR is created. Following the logic, disparities in living standards between rich and poor will widen, and more alarmingly, crystalize.

To make sure that this world does not become a possibility, policymakers must treat CRISPR the same way they treat vaccines: a good that must be widely available because of its positive consumption externalities.

When economic policy advisors use the term positive consumption externality, they mean to describe a good that when consumed, will indirectly benefit people who have not utilized that good.

Markets are unfortunately not able to take into account the externalities that certain goods emit. As a result, the market price for a good with a positive consumption externality is higher than the price that good should be.

CRISPR has this type of positive externality for two reasons. The first is that when enough people have their genes edited to be resistant to viruses,

the virus will die out even if certain people have not had their genes altered thus achieving herd immunity.

The next reason is that CRISPR will be able to help eradicate diseases such as heart disease and diabetes. While these diseases are not caused by a virus, making our genetic template resistant to developing these diseases would essentially eradicate the leading killers for all Americans.

As for the specifics of how the government should make CRISPR technology accessible, we should look at the blueprint of Operation Warp Speed, the program in which the government worked with private companies to develop, purchase, and distribute the COVID-19 vaccines.

As for the issue of distributing CRISPR technology on the global scale, it is important to

“On this basis, it is the responsibility of the U.S. government to make sure every American has the opportunity to experience CRISPR in the future.”

recognize that because of the conditions of the anarchic international system, an international distribution program would be near impossible.

Instead, doing away with some patent protections and replacing it by paying a lump sum to firms that develop CRISPR tech would allow lower-income countries to develop and gain access to CRISPR technology. In addition, trade barriers should also be lowered to allow the flow of goods to be more efficient.

Taking a page out of the Operation Warp Speed playbook, the U.S. government could work with doctors' associations to train as many doctors as

possible to use CRISPR, and make sure every hospital has the technology needed by purchasing and distributing the necessary equipment.

In a world where CRISPR technology is left to the devices of the market, companies would be incentivized to keep prices high in order to reap profits. Thus making the technology only available to those that can afford it and worsening existing divides between rich and poor.

On this basis, it is the responsibility of the U.S. government to make sure every American has the opportunity to experience CRISPR in the future.

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# Arts & Culture

## Weekend Events

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THURSDAY

### LITERATURE

• **CONEJO EN LA LUNA PRESS**  
6 P.M., MERGE, 136 S. DUBUQUE ST.

### FILM

• **PRIDE SCREENING: DESERT HEARTS**  
FILMSCENE ON THE PED MALL, 118 E COLLEGE ST.

### MUSIC

• **DOWNER'S GROOVE WITH CRITICAL MASS**  
9 P.M., GABE'S, 330 E WASHINGTON ST.

• **LIVE MUSIC IN THE STREET: BLAKE SHAW TRIO**  
6:30 P.M., NORTHSIDE MARKET PLACE, LINN ST.

# 22

FRIDAY

### MUSIC

• **CATFISH KEITH**  
7:30 P.M., THE ENGLERT THEATRE, 221 EAST WASHINGTON ST.

• **GIRLS ROCK! SUMMER SHOWCASE**  
6 P.M., WOOLY'S, 504 E LOCUST ST.

• **STRANGE MEETING CONCERT**  
8 P.M., GABE'S, 330 E WASHINGTON ST.

### THEATER

• **CHITTY CHITTY BANG BANG JR.**  
7 P.M., CORALVILLE CENTER FOR THE PERFORMING ARTS, 1301 5TH ST.

• **HEDWIG AND THE ANGRY INCH**  
7:30 P.M., WILLOW CREEK THEATRE COMPANY, 327 S GILBERT ST.

# 23

SATURDAY

### ART

• **FOILING STUDIO GROUP**  
1 P.M., THE ARTIFACTORY, 120 N DUBUQUE ST.

### FILM

• **SOTA FREE MOVIE SERIES: RAYA AND THE LAST DRAGON**  
8:30 P.M., CITY PARK, 200 PARK RD.

### MUSIC

• **OLD THRASHERS REUNION 2022**  
7 P.M., TRUMPET BLOSSOM CAFE, 310 E PRENTISS ST.

### THEATER

• **TELLERSBRIDGE: SUMMER STORIES**  
7:30 P.M., THE JAMES THEATER, 213 N GILBERT ST.

• **HEDWIG AND THE ANGRY INCH**  
7:30 P.M., WILLOW CREEK THEATRE COMPANY

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SUNDAY

### ART

• **LONG POSE STUDIO GROUP**  
9 A.M., THE ARTIFACTORY

### FILM

• **NATIONAL THEATRE LIVE: PRIMA FACIE**  
6:30 P.M., FILMSCENE AT THE CHAUNCEY, 404 E COLLEGE ST.

### LITERATURE

• **THIS COMPOST: GREEN WHITMAN**  
1 P.M., HARVEST PRESERVE, 1645 N SCOTT BLVD.

### THEATER

• **CHITTY CHITTY BANG BANG JR.**  
2 P.M., CORALVILLE CENTER FOR THE PERFORMING ARTS

• **HEDWIG AND THE ANGRY INCH**  
2 P.M., WILLOW CREEK THEATRE COMPANY

# Lizzo discusses her sexuality in new album, 'Special'

Lizzo teased her album by releasing her single "About Damn Time" in April, which then became a smash hit. Lizzo's sexuality, which was referenced in this song, is covered in her newest album, "Special," released on July 15.



Andrew Nelles / Tennessean.com

Lizzo performs at the Ryman Auditorium in Nashville, Tenn., Monday, Sept. 30, 2019.

Ariana Lessard  
Arts Reporter

As long awaited by her fans, Lizzo's new album, "Special" was released on July 15.

Lizzo addresses her fans as "Lizzbians," and has been an active supporter of the LGBTQ online for a long time now; however, she remains unbending in her choice to leave her sexuality unlabeled.

"About Damn Time," was released on April 14, ahead of her newest album. The smash hit sports the lyric, "In a minute I'ma need a sentimental man or woman to pump me up."

This brief reference to Lizzo's sexuality is explored in the rest of "Special."

The song "Everybody's Gay" immediately stuck out to me because of its provocative title. Through its references to masks and Halloween, as well as its sound, this song reminded me of Michael Jackson's "Thriller."

At first, I thought "Everybody's Gay" was going to be "queerbaiting" — when artists try to profit off the LGBTQ community by dropping often misleading hints that they are part of said community — and that she was using the term "gay" to mean happy.

However, as the song's lyrics became increasingly less subtle, it occurred to me she meant "gay" in a more colloquial sense, using it as a general term for the LGBTQ community.

The lyric that made Lizzo's queerness undeniable to me was, "There's a Mona Lisa moaning in the room; tell a sexy nurse to meet me in the loo."

I wanted to like this song more. I think it's an enjoyable and provocative assertion, that "everybody's gay." However, I feel like this song may be trying to do too much, and in that, doing too little.

As someone who identi-

fies as part of the LGBTQ community, I'm not sure if Lizzo's claim that "everyone's gay" applies to everyone. Although I like what she's trying to get at. It almost makes me feel like she's more in denial of her sexuality than claiming it — that being said, I respect the risk she took with this song. Although I don't think it worked, the song will spark a debate, which may have been her sole purpose in writing it.

The track "2 Be Loved (Am I Ready)" is one of the most mature routes I've seen an artist take to discuss love. It's a bop that asks a crucial and of-

ten over looked question in pop-culture. Lizzo debates whether or not she thinks she's ready to be loved, not just if she wants to be loved.

The lyric "yesterday I would have run away, and I don't know why," struck a chord with me, as I appreciated the raw introspection of the lyrics.

The song "I love you b\*\*\*\*" grabbed me with its opening. What is cleverly disguised to be mistaken for a song about friendship can also be read as a confession to a female friend who she is in love with.

Lizzo sings "Cause

you're beautiful and smart, f\*\*\*\*\* talented, you're by my side, I don't need no wish, I love you, b\*\*\*\*." To me, this is an undeniable proclamation of love, and a pretty compelling one. I also liked the lyric "Not just that b\*\*\*\* but you my b\*\*\*\*, you water all your plants and eat your veggies, I'm obsessed with it."

Overall, this album was ultimately very different from what I expected, while remaining loyal to the Lizzo sound. I like this new direction for Lizzo, and what music it may inspire in the future.

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## Sports

COLUMN

## Linderbaum ready for Ravens

Linderbaum was drafted by the Ravens with the 25th pick of the 2022 NFL Draft and has already received praise from quarterback Lamar Jackson and offensive coordinator Greg Roman.

Grant Hall  
Sports Reporter

Former Iowa line-man Tyler Linderbaum is primed for a breakout rookie season in the NFL.

Just four years after converting to the offensive side of the ball from defensive tackle, Linderbaum will start at center for the Baltimore Ravens after he was selected with the 25th pick in the 2022 NFL Draft.

The Solon, Iowa, product was the first center selected in the first round since Cesar Ruiz was taken No. 24 by the Saints in 2020. He was the Ravens' second selection in the first round after Baltimore took safety Kyle Hamilton out of Notre Dame with the 14th pick.

Heading into the draft, Linderbaum was highlighted as the best center prospect ever scouted by Pro Football Focus (PFF). He set PFF's blocking grade record in 2020, then smashed his own record in the 2021 campaign.

He slipped down draft boards because of his 31-inch arms (deemed too short by experts) and relatively light weight posted at the Combine (296 pounds). Amid those concerns, former Hawkeye running back Tyler Goodson had a simple message to NFL teams: "Watch the tape."

So far, it appears Goodson's advice was solid. Linderbaum has looked like a steal for Ravens' general manager Eric DeCosta and his staff, showcasing the talent that solidified his unanimous first-team



Grace Smith/The Daily Iowan  
Iowa center Tyler Linderbaum prepares to snap the ball during the 2022 Vrbo Citrus Bowl between No. 15 Iowa and No. 22 Kentucky at Camping World Stadium in Orlando, Fla., on Jan. 1. The Wildcats defeated the Hawkeyes, 20-17.

All-American honors and Rimington Trophy last season.

Perhaps most importantly, he has developed a rapport with Baltimore quarterback (and 2019 NFL MVP) Lamar Jackson, who praised Linderbaum's effort and talent to reporters.

"The chemistry is

great... I [threw] an interception yesterday, and [the defender] was taking it back to the house... And Tyler was getting after it, he was running him down," Jackson said during Ravens minicamp on June 16. "I'd just say he's fast. Man, I ain't ever seen a center run like that."

Jackson's testimony

means a great deal within the Ravens organization. So does praise from offensive coordinator and play caller Greg Roman.

"We're trying to throw [Linderbaum] in there and get him as much exposure [as possible]," Roman said on June 8. "Some guys — you can just see it every day — they just take an-

other step forward, and he's one of those guys thus far. So, it's a credit to him, and he needs to keep it going."

Linderbaum projects as a mainstay on the Baltimore line for years to come, and his growing connection with Jackson is encouraging. He has the potential to be not only

one of the best young line-men, but one of the best overall centers in the entire league this time next year.

Or who knows? Maybe head coach John Harbaugh will move him back to defensive tackle and see what happens.

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## Soccer's Sam Cary publishes book guiding college athletes

Iowa soccer defender Sam Cary published "The Do's and Don'ts of College Soccer" through the Girls Soccer Network to help the next generation of soccer players.

Isaac Goffin  
Sports Reporter

When Iowa soccer's Sam Cary became interested in playing college soccer, the defender said she didn't have that "big sister figure" to answer questions about competing at that level.

Now, heading into her senior season as a Hawkeye, Cary wanted to ensure future college soccer student-athletes weren't in the same position. So, she wrote "The Do's and Don'ts of College Soccer," an e-book available through the Girls Soccer Network, a community that amplifies the voices of female soccer athletes.

Cary's work addresses college soccer's numerous aspects. She included what to expect from the recruiting process and the pre-season to the postseason — plus academics, social life, mental health, injuries, and a section directed at parents.

The public health and sport studies major decided to write the book after she started working at Girls Soccer Network earlier in 2022 where she's now a full-time media content creator.

While she was training this summer, Cary had most afternoons off. Recognizing she had time to write the book, the two-time Academic All-Big Ten selection fortified what topics she wanted to cover as she reflected on her experiences since joining Iowa's program in January 2019.

Cary asked around to try to gather as many perspectives from different college athletes with varying experiences about tips for the next generation of college athletes.

"I'm extremely blessed to have the networks of athletes that I have, whether that means they're at Iowa or other competitors in the Big Ten



Contributed photo of Iowa soccer defender Sam Cary with her published book: "The Do's and Don'ts of College Soccer," which she wrote to help the next generation of soccer players.

or other people I know in college athletics who were willing to help me," Cary said.

The defender interviewed over 16 college soccer players, including Penn State forward Ally Tornblom, who has torn both her ACLs but underwent successful recoveries. Cary also talked to Wisconsin midfielder/forward Emma Jaskaniec, who has publicly shared her experiences with mental health struggles.

Cary said it took her three weeks to finish writing her first book. As of

July 13, there have been over 75 digital copies sold of "The Do's and Don'ts of College Soccer."

The first people to purchase the publication were Iowa assistant soccer coach Katelyn Longino and Hawkeye strength and conditioning coach Zach Walrod.

“The feedback has been absolutely unreal and it really makes me feel that I wrote this book for a reason.”

— Iowa soccer defender Sam Cary

"Beyond my own Iowa community, which has been so strong, we have sold copies of the book in states across the nation," Cary said. "We've gotten a couple of international sales into Canada and New Zealand, as well."

Cary said the early response to the book has

been positive and she is excited by the final product. "I've gotten emails and responses from so many amazing people in the soccer community who have said this has either really helped their daughter or [this] really helped them understand what their daughter might be going through," Cary said. "The feedback has been absolutely unreal and it really makes me feel that I wrote this book for a reason."

With the college soccer landscape constantly changing, Cary said that

some of the tidbits in the book will change and hopes it evolves but mentioned some parts of the book will remain relevant for a long time. Though Cary is receiving profits from the sales, she said her purpose of the book was to give back.

"There's definitely always chapters to be added and more stories to be told," Cary said. "But there's a whole range of some of the stuff I feel is impactful in life and in college soccer."

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# Summer Snapshots

## Sidewalk sales in downtown Iowa City

Community members gathered throughout downtown Iowa City on July 17 to participate in the last day of the 2022 Downtown Summer Sidewalk Sales. Thirty-three businesses took place in the event that started July 14.



Ayrton Breckenridge/The Daily Iowan

Community members look through items on display outside Om Gifts For Body & Soul during the last day of the 2022 Downtown Summer Sidewalk Sales in Iowa City on July 17.



Ayrton Breckenridge/The Daily Iowan

Community members look through books outside Prairie Lights during the last day of the 2022 Downtown Summer Sidewalk Sales in Iowa City on July 17.



Ayrton Breckenridge/The Daily Iowan

A sign advertising 50 percent off is displayed during the last day of the 2022 Downtown Summer Sidewalk Sales in Iowa City on July 17.



Ayrton Breckenridge/The Daily Iowan

Marci Whitaker looks through clothes outside Revival during the last day of the 2022 Downtown Summer Sidewalk Sales in Iowa City on July 17.

