



With some of the Indians players running on E toward the All-Star Break, a four day respite from the daily grind of the Major League Baseball season is a welcomed sight. For Asdrubal Cabrera and Chris Perez, they get to travel to Arizona and participate in the Midsummer Classic's festivities. A deserving honor for two men with young children and a chance for them to celebrate their achievements with their families.

The ASB (All-Star Break) may be embraced with open arms by players around the league, but for me, it marks a long four-day stretch with no baseball to care about and nothing to do but ponder what the rest of the season holds. Generally, my days are not complete without a meaningful baseball game to watch. It becomes second nature from April to October to spend my evenings with a Coors Light in one hand and the remote in the other, with the last channel button designated to take me to my commercial filler.

Like most baseball fans, I enjoy watching the Home Run Derby. It's a tremendously fun event, taken down a peg by the drawn out human cliché that is Chris Berman. I'm pretty sure this guy would watch the screen during a colonoscopy and yell "Back, back, back, back, gone!" as the camera tracked through his digestive system. This is of course when ESPN doesn't think they're being really innovative by switching to the Spanish-speaking feed broadcasting the Derby.

