

POTATOES AND CABBAGE

(feeds about four folks as a side dish)

INGREDIENTS

2 pounds of Yukon Gold potatoes
1 medium to large head of green cabbage
1 large white onion
1 stick butter
Salt and black pepper

PREPARE THE POTATOES

Chop potatoes into large chunks
Fill big pot with cold water
Add lots of salt and the potatoes
Bring water to a boil on high for 20 – 30 minutes
Turn heat off once potatoes are nice and soft

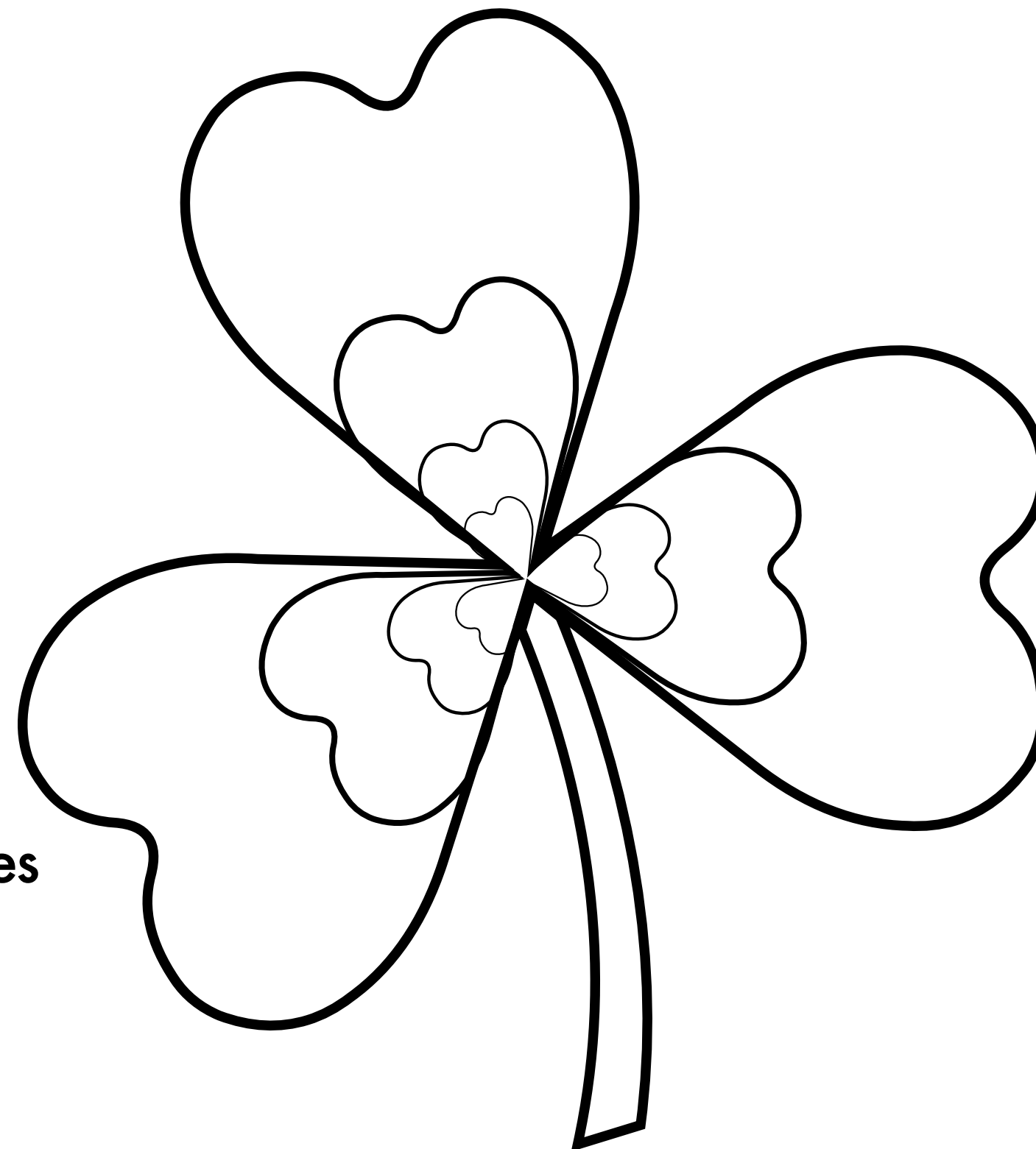
MEANWHILE

Add thinly sliced onion to pan with a few pats of butter
Cook about ten minutes on medium heat

Thinly slice the cabbage and add a few handfuls at a time to the onions
Cook a few minutes until cabbage starts to wilt and then toss in some more cabbage
Add a few pinches of salt and shakes of black pepper with each handful of cabbage

COMBINE IT ALL TOGETHER

Once the cabbage and onions are mostly cooked, toss in the boiled potatoes
Slice the rest of the butter into small pats and add those
Use a potato masher to mash the potatoes into the cabbage and onions
Cook on medium-low for a few minutes
Flip the whole sucker over (maybe cut in half and flip each half at a time to make it easier)
Cook that side for a few minutes and then you're done!



THE BROCK STREET BURNER

Pairs nicely with an Irish Red Ale

TOP 4 ST LOUIS SHOWS WHERE EVEN IRISH PEOPLE ARE ALLOWED

(shows and line ups are subject to changes)

Vulture, Vulture
March 21st at The Heavy Anchor
with Call Letters • Petty Grievances • Shiny Diamonds

Seashine (album release show)
March 22nd at Off Broadway
with Enemy Airship • The String & Return

Jeffrey Lewis & the Voltage
March 25th at The Sinkhole
with Grasping Straws • Bruiser Queen

Spent Film
March 28th at The Sinkhole
with ComRad! • Town Cars • Lindy Slopper

Thru It All
April 4th at Moshmellow
with MartyRidge • Barefoot Engineering

Candylicious
April 10th at The Heavy Anchor
with Trinkets • Groves

SONGS TO LISTEN ON REPEAT AS YOU NURSE YOUR WORST HANGOVER

Employee Of The Month by Candylicious
Orator by HMDRM

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It's March 17. Go Time!
You ready to invade Earth, DX39?



Later, at a Dogtown house party.



March 18th ... Ugh what happened?



The True Dogtown Origin Story

one

The True Dogtown Origin Story

two

In the grey peat-covered stone cottage, at the end of the dusty road surrounded by boggy swamps on the edge of the county line in Cork, Ireland, Maura O'Sullivan sat in a wooden chair in the dimly lit dining room sobbing over the recent loss of her husband, Colm. Colm was a kind man who always worked hard to provide for Maura and their four children. Unfortunately, it was the drink that prematurely ended his life. Colm worked at the whiskey mill in town. One fateful afternoon a fire broke out causing the 3,000 gallon vats of whisky to spill out onto the streets drowning many of Colm's already inebriated co-workers who were unable to swim out of the rushing current. Colm, having never taken a sip of alcohol in his life and being a fairly strong swimmer, was able to escape the flood. Sadly in doing so, he unintentionally swallowed what was believed to be multiple pints of flowing rye and was later pronounced dead of alcohol poisoning.

Maura was no stranger to losing loved ones. Her first son, Niall, met his death in a familiar place. He was thirteen years old and deemed of age to be a pallbearer for Mr. Frank Murphy, the O'Sullivan's neighbor, town tailor and esteemed friend of the family. Unfortunately, Niall slipped on a rock near the grave site, causing him to fall into the six foot hole. With one less pallbearer to bear the weight, the other men dropped the coffin crushing young Niall. The O'Sullivan's decided to bury Niall along with Frank as money

was tight and a new funeral wasn't in their budget.

The second O'Sullivan child and only daughter, Brigid, passed away months after Niall at the age of twelve. The family was attending yet another funeral; this time of their dear Aunt Margaret who had contracted pneumonia and perished shortly thereafter. No O'Sullivan children were invited to be pallbearers at this event. However, Brigid fell to her death when the bagpipes played for Margaret frightened a nearby badger protecting her young. The badger attacked Brigid until there was no sign of life left in her. The O'Sullivan's, still short of funds, decided to bury Brigid in the plot with Aunt Margaret much like Niall was buried with Mr. Murphy.

Paddy was Maura and Colm's third child and second youngest son. Paddy's life was taken prematurely at the tender age of nine during the great alien invasion of County Cork in 1871. It had been less than a year since young Paddy's passing, and Maura was still very much in mourning when Colm fell to his death.

There was one O'Sullivan child left, and that was young Fionn, age six. "Father left this for us, Ma", Fionn cried as he climbed onto his weeping mother's lap.



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The True Dogtown Origin Story

three

"What is it dear?" Maura wondered "A map?"

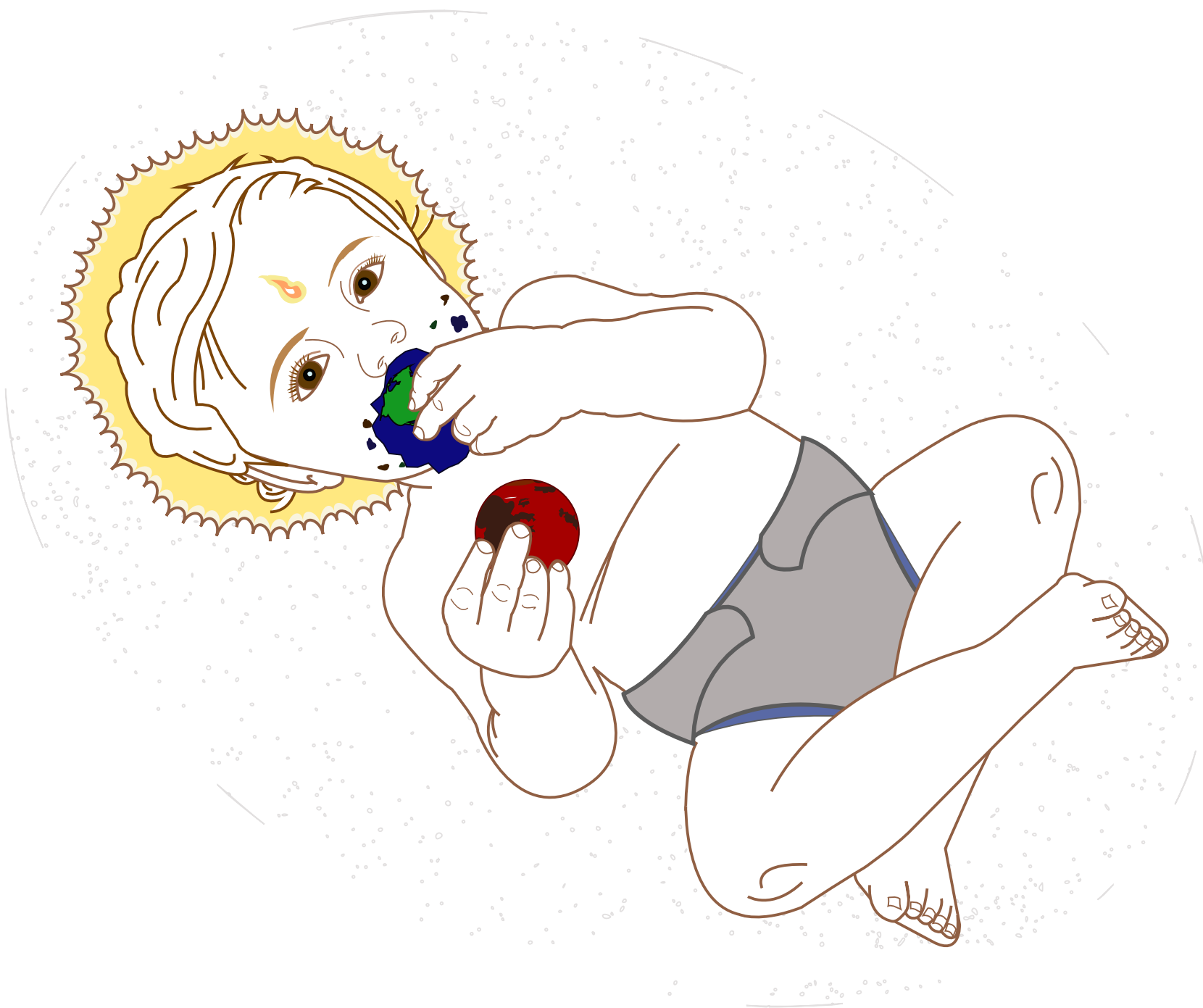
"Yes, Ma. A map to a pot of gold at the end of the rainbow! We'll be rich!" Fionn jumped up and down in delight.

Maura was no fool and she knew that gold at the end of the rainbow was merely a fairy tale told to children. Yet she also knew little Fionn had suffered much in the past years and against her best judgement, decided to follow after him in the search for the pot of gold. They packed light but intentionally and brought their two Irish Wolfhounds; Bran & Sceolang.

The small crew traveled across the Irish countryside for many months. Through cities and wetlands and eventually across an entire ocean. They continued on tirelessly. Soon the calendar turned to 1872. Maura and Fionn found themselves in middle America – a place known as St. Louis. They were surrounded by what seemed to be a beautiful forest which they soon learned was proposed to become a park called Forest Park. Alongside Forest Park they found, where X marked the spot on the map, a modest yet beautiful home with a deed in Maura's name.

Fionn, overjoyed, skipped around the house and came out of the bedroom shrieking, "Mum! It's the gold! And it's the dogs!"

"Dogs?" Maura couldn't believe her eyes. It was a pot of gold enough to build a whole



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The True Dogtown Origin Story

four

neighborhood of houses. And enough dogs for each family who moved in! And that's just what Maura O'Sullivan did. She used the gold to pay for houses and sold them at a very affordable price to Irish immigrants with one caveat – they had to care for at least one of the dogs in the town.

A few years past, and the town was thriving. On St. Patrick's Day, March 17th, 1876, Maura called a town council meeting where it was agreed upon by the citizens their community would from here forth be known as Dogtown.

The End

Cardinals March 2025 Season Preview

Are you Cardinals fans doing okay? Anybody freaking out that John Mozeliak said during the end of the year press conference that your team is going to be going through a youth movement rather than focusing on winning this coming season? Don't panic. That press conference was back in October and a lot has changed since then. Or hasn't changed, however you want to look at it. The major league roster as it stands right now a few weeks into Spring Training is mostly the same dudes as last year. Paul Goldschmidt left as a free agent to play for the Yankees. We all love Goldy, but we're also all aware that he wasn't the catalyst for the offense of this team the past couple of years as he's been in the past. We're going to be okay without him.

The reset situation that was stated at the aforementioned end of the year press conference appears to mostly be referring to the front office and adding more coaches. They've brought in a lot of young fresh brains from other organizations to help spice up things in the drafting and minor league development departments.

Reset or no reset, I'm excited for this season! Mainly because it's been a long stretch without Cardinals baseball; with the missing the playoffs nonsense the past couple of years. Like I said earlier, the Cardinals have basically the same dudes as last year in the line-up. And last year, as a team, they were 27th out of 30 teams in average with runners in scoring position. Not great ... So why should you believe that this year's offense is going to be any different? I'll tell you why:

A full season of Willson Contreras where there is no reason he shouldn't live up to his All-



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Cardinals March 2025 Season Preview

five

Star caliber offensive numbers. He led the team with a .848 OPS last year (even though he missed almost half of the season with two fluke injuries) and he has a .814 career OPS. He also had 15 home runs last year in just 301 at bats. According to reports out of Spring Training, Willson has put on 10-15 lbs of muscle during the off-season. He's also been moved to 1st base this year, which in an article by John Denton he said, "Reflecting as a first baseman is totally different, and I feel relaxed and confident. One of the biggest keys to being a good hitter is having time to reflect on an at-bat or watch video to make adjustments. Now I can talk about hitting, and it feels relaxing to have time to talk to other hitters and ask them questions."

A second season of Masyn Winn. He continued getting better offensively (defense was kind of amazing all year) as the summer went on. He had 15 home runs and led the team in runs scored with 85. He did all of this as a 22 year old rookie. I can't imagine he's not going to continue getting better and better.

More at bats for Ivan Herrera. Herrera made a brief stint in the majors in 2022, had just 37 major league at bats in 2023. Last year he played just over half a season of games for The Cardinals, and had a .301 average and an .800 OPS. He has a .826 OPS during his time in the minor leagues. By moving Willson Contreras to 1st base, it seems like the team is trying to make an effort to get more playing time for Herrera this season.

Nolan Arenado is back...and seemingly ticked off with his offensive performance last year. "Offensively, we really struggled (last year), and honestly, I was a huge part of that problem" Arenado told the assembled media when he arrived at Spring Training in Jupiter in February "Last year was not how I want The Cardinals fans to know me as." He continued. I honestly believe a hungry Nolan Arenado is going to make the team better than it would have been without him. And it sucks that Arenado being here is indeed going to impact less playing time for promising young players such as Thomas Saggese and Victor Scott II. But this article is about how the offense isn't going to be too shabby in 2025.

In the spirit of the team hiring new coaches, The Cardinals have hired a new hitting coach this season; a fellow named Brant Brown. He has worked with a few other teams including the Mariners, Marlins and Dodgers in the past. He was also a major league player, which a lot of current players seem to take coaches more seriously when they've been through it for real. I know what you're probably thinking; big whoop, a new hitting coach. It's not

Cardinals March 2025 Season Preview

six

going to make these guys suck any less. But there are reasons to be excited about this particular hitting coach.

He worked on the staff for The Marlins in 2023; the year they made the playoffs despite being expected not to and Skip Schumacher winning Manager of the Year. You like Skip Schumacher, right? He's a gem to Cardinals fans, and it turns out he called The Cardinals front office with huge praise for Brown being hired.

Brown worked on The Dodgers coaching staff in 2021. Who played for The Dodgers the second half of 2021 and unexpectedly had a killer few months after being released (designated for assignment, as it's known) by The Angels? Albert Freaking Pujols. Legend has it, Pujols also spoke with The Cardinals front office when they were thinking about hiring Brant Brown and gave him a ton of credit for turning around his hit tool. Albert Pujols! The greatest hitter of a generation. Pretty decent endorsement, I think.

Brown got hired by The Cardinals in late October 2024. By early November, he was already meeting up with Nolan Gorman on a regular basis. We all know that Gorman has major potential. He was a first round draft pick, a #33 overall prospect in 2022 right before making his major league debut, and hit 27 home runs in 119 games in 2023. He really was pretty good in the first half of 2024 too, but then started striking out at an alarming rate around August. I feel good about the fact that they've been working together all offseason and can hopefully fix that. In December, Brant Brown traveled to Jupiter, FL where the Cardinals training complex is and also where young Cardinals outfielder, Jordan Walker, lives. He began training with Walker right away. Speaking of potential, Walker was the #4 overall MLB prospect before making his Major League debut in 2023. And he had a decent year. But in 2024 he hit just .201 with five home runs in 51 games with the big club. At The Cardinals Winter Warm-Up event in January, Walker spoke extremely highly of the work he's put in with Brown thus far. He was light years more cheerful than any other interview I've heard with him; especially in 2024. He said that Brown has helped him with hand placement, swing path, pitch selection, confidence and flexibility. Sounds like they've been busy.

Are you feeling good yet? The pitching for this season is a bit of a question mark, but we're going to focus on how exciting the offense is going to be for now and will reconvene once the season starts to assess how the team as a whole is performing. For now lets just enjoy the fact that baseball is back for the next 6 – 7 months.



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