

Cash Flow Improves for Padres

By PHIL COLLIER

SAN DIEGO—When the San Diego Padres went shopping last fall for a second baseman to help beef up their offense, they picked a vegetarian.

The way Dave Cash has been hitting this spring has prompted some of his friends to suggest he might do better if he went back to eating meat.

"Before the season is over, I'll have my 200 hits, just wait and see," said Cash, 32, who accepts his share of the blame for the Padres' problems.

Cash was batting only .226, or 61 points below his lifetime major league average—for a team that had lost seven games in a row and 10 of its last 11.

However, Cash is certain his slow start has nothing to do with his eating habits. The 5-11, 172-pounder became a vegetarian four years ago after leaving the Phillies and signing with Montreal in the first re-entry draft.

"I had been doing some research on health and longevity," he said, "and I was beginning to have problems with my weight. I had quit drinking in 1971, after my dad died of cirrhosis of the liver, and I had stopped smoking in '75.

"Meat no longer tasted right, so I quit eating it. I also eliminated chicken and fish. I never had a taste for fish, anyway.

"I found as I was getting older that I needed less protein than before. Now I get most of my energy from carbohydrates and I no longer have any problem with my weight."

In his first season as a vegetarian, Cash batted .289 for Montreal and went through a personal hell.

"My body went through some severe reactions at first," he recalled. "I was being cleansed and I had a terrific craving for meat. It took a lot of will power, but I think it made me a stronger person."

Cash takes multivitamins daily, plus a protein supplement. His diet consists of vegetables, fruit, cheese, milk, soybeans, potatoes and pastry.

"I have a glass of wine occasionally and maybe one beer a month," said the former National League All-Star (1974-75-76). "I used to be as big a drinker as anyone, but no more."

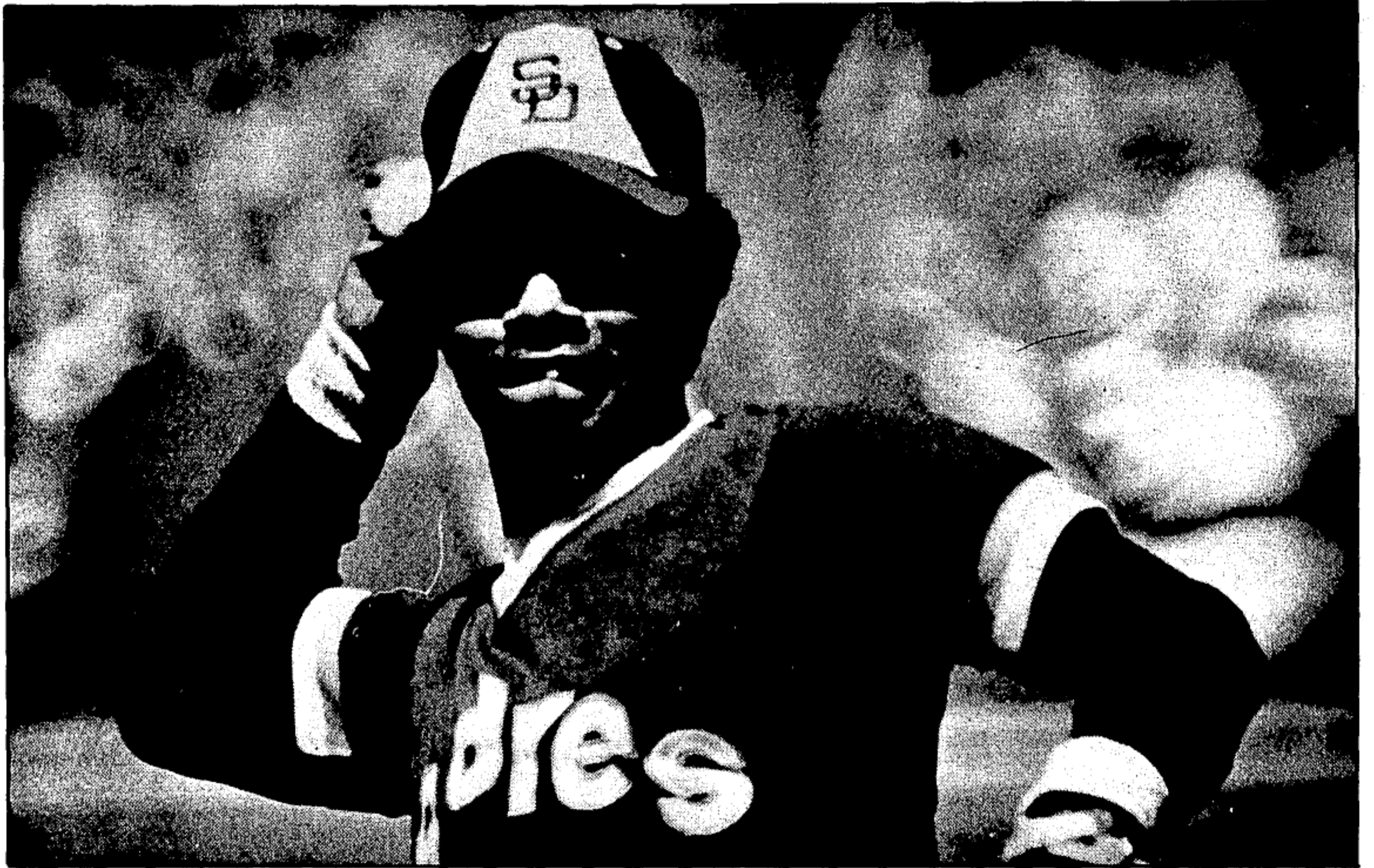
One would assume Cash would encounter eating problems on the road and at ballparks, but he says he doesn't.

"Every restaurant has fresh vegetables and fruit. It's not much of a problem to get them to fix what I want," he said. "In four years, I've discovered the best places to go."

After a game, every major league clubhouse has a snack table offering items such as hamburgers, fried chicken, ribs, etc. "I can usually make myself a lettuce and tomato sandwich, or I'll eat a candy bar; I never go hungry," said Cash.

While others may kid him about not eating meat, the native New Yorker is hardly a weakling. He has the body of a middleweight boxer and has bench pressed as much as 245 pounds.

"Blacks have a tendency toward high blood pressure,"



Dave Cash . . . A promise of 200 meatless hits by season's end.

he said, "but my cholesterol level is low because of my diet. I eat eggs once in a while, but not often."

An avid cook, Cash favors mustard greens, collard greens and potato salad.

Meantime, the righthanded No. 2 hitter in the San Diego lineup was beginning to catch fire with the bat as April drew to a close. Cash averaged .335 (6-for-17) in a four-game stretch and had become the leader in a San Diego infield that had turned 16 double plays in the first 17 games.

He also is one of the majors' toughest hitters to strike out. In 10 seasons, Cash has fanned once every 18 times at bat.

Padre Pickups: The want ad that Ozzie Smith's agent placed in the San Diego Union brought quick results. Agent Ed Gottlieb was contacted by a Los Angeles business executive who has guaranteed Smith \$500 a week, plus commissions, year-round, as a sales representative for his firm. "This will help Ozzie pay off the \$64,000 he owes (as a result of bad investments with a prior agent)," Gottlieb said,

"and it means he won't have to take a leave of absence from baseball this summer."

The Padres have hired former infielder Bobby Valentine as a minor league instructor. . . . "I'm mad, but not at my players, because all of them have been hustling," said first-year Manager Jerry Coleman after the Padres lost nine of their first 10 road games. . . . The rainouts April 27-28 against Atlanta were only the 12th and 13th for the Padres in their 12 seasons at San Diego Stadium.

With the team averaging only 3.35 runs per game, Coleman moved Gene Tenace from seventh to third in the batting order. "I love hitting third," said Tenace, who had the club's highest on-base percentage, .390. "I'll get better pitches to hit batting in front of Dave Winfield. I have a history of getting on base and driving in runs." . . . By the time they return to San Diego May 9, the Padres will have played only two home games in a span of 22 days.

Waits in Hurry-Up Mood for '20'

By BOB SUDYK

CLEVELAND—Despite another turnover of personnel in the Cleveland Indians' pitching department, it is still veteran Rick Waits who is counted on to carry the load and perhaps post his first 20-victory campaign.

Waits, 28, is the senior member of the staff on a club that struggles endlessly to play .500 ball.

He led the staff with 16 victories last season and, except for six straight losses in mid-season, the lefthander might have reached the magic 20. He finished 16-13 with a 4.44 earned-run average.

At the time, it was written that Waits lost his touch last June because of warts on his pitching hand, because he supposedly tipped his pitches and because he had just married.

"That's what a lot of people said," he noted. "But it was simply because the hitters had caught up to me. In '78, I won 13 games and had a great curveball. I had only two pitches, a curve and fastball, and last season I tired a little and the hitters were just sitting and waiting for the curve."

Waits began experimenting with a screwball taught him by teammate Wayne Garland late last season. The third pitch is now an effective weapon and Waits is confident it will bring him into the 20-victory circle.

"I had to come up with a third pitch," he insists. "And I'd like to add a fourth, maybe a slider. I figure if I can cut down on my walks and be consistent, I can reach 20."

After wildness marred his first outing in Texas, Waits settled down. He ran off a string of 23 consecutive innings in which he permitted just two bases on balls, one intentional. He also improved on holding runners on base.

"If I can improve on the little things, stay healthy and physically strong, get in over 250 innings and 35 to 40 starts I have a chance," said Waits. No Tribe pitcher has won 20 games since Gaylord Perry was 21-13 in 1974.

Waits was obtained from Texas with Jim Bibby and Jackie Brown for Perry in June of 1975. His record improved every season even though the Indians didn't. He was 6-2 that first season, then won seven, nine, 13 and 16 games.

"Winning 20 is luck, too," he said. "It isn't how well you pitch but when you pitch. You need runs to win."

Waits is not concerned about tipping his pitches. He had the warts removed surgically and he and wife Annie are expecting their first child in August.

"This can be a very big year for me. I'd love nothing more than to win 20 games the year our first child is born. It would be a nice present, something to remember," he said.

Rick's singing career continues. Two years ago he sang on the NBC-TV "Today" Show and has sung the National Anthem before Indians home games. He has just completed a TV commercial for the Arthritis Society that will be shown nationally.

Smoke Signals: Exciting rookie Joe Charboneau was on a 10-game hitting streak and batting .354. Joltin' Joe topped the Tribe in homers (3) and was second to Ron Hassey in RBIs (9). He won the club's Star of the Week award two straight weeks. His slugging percentage was .563.

In the first 14 games, the Indians were 5-9 last season with a .206 batting average. This year, the record was 5-9 with a .264 batting average. . . . Andy Thornton, recovering from knee surgery, is expected to be ready the first week in June. . . . Mike Stanton, a rookie refugee from the Inter-American League, has been very impressive in relief and may be shifted to a starting role.

Rookie Jerry Dybzinski, a Cleveland product, socked a home run against Texas for his first major league hit. Dybbie, 24, is a utility player and backup shortstop to Tom Veryzer.

"I don't start fights"

says Billy Martin, "but I don't avoid them either."

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Billy Martin
by Gene Schoor



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