

ALLEN & COLES MOVING SYSTEMS

- ★ STATE-OF-THE-ART, CLIMATE-CONTROLLED STORAGE
- ★ WE SPECIALIZE IN MOVING FAMILIES TO MAINE
- ★ LOCAL & LONG-DISTANCE MOVING
- ★ OFFICE RELOCATION & STORAGE

1-800-537-7989

207-775-MOVE

www.acmoving.com

**MAINE'S ONLY
CUSTOMER CHOICE QUALITY AWARD WINNER!**



"Packing, loading, transport, storage, and unpacking were well done with professionalism, care, and attention to detail—no exceptions." —J. Bale



"Our office move was crisp, timely, and according to plan. We would not hesitate to consider using Allen and Coles for our moving needs in the future!" —Rob Driscoll, HNTB



"The move was fantastic. I was very happy with the service. Thanks again. If I ever need to move, I will call you guys!" —Peter Levine, Citrix Systems

SERVING YOU IN MAINE, NEW HAMPSHIRE, AND MASSACHUSETTS • US DOT 070851

ISN'T THAT...

The Air Up Here

Boston Celtics Hall of Famer **Dave Cowens** keeps fit on Sebago Lake with room to spare.



INTERVIEW BY ROBERT WITKOWSKI

When was the first time you discovered Maine?

I was dating a girl in the early 1970s whose parents had a place on Long Lake in Naples. Later, I came with Don Nelson to do exhibition games at Eddie Griffin's place in South Portland.

Is that how you came to live on Sebago Lake?

Ray Foley lived on the other side of the lake by Windham. He was a photographer for the Celtics. We got to know each other, so I came up to visit in the '70s to go boating. I liked it and always kept it in mind.

CLOCKWISE FROM TOP LEFT: MANNY MILLAN /SPORTS ILLUSTRATED/GETTY IMAGES; PATRICK DALY; ASSESSORS ONLINE DATABASE FOR RAYMOND, ME



Pedro's

Lunch • Dinner • Drinks

Open Year Round

Daily Happy Hour

207-967-5544



PedrosMaine.com

181 PORT ROAD, KENNEBUNK

**PROUD PURVEYORS
OF PAIN AND PLEASURE**

PORTLAND PIRATES HOCKEY

FOR TICKETS 828.4665 x350 / PORTLANDPIRATES.COM
BILL DODGE AUTO GROUP SEASON SPONSOR

FOLLOW US ON  

We bought our place on Sebago Lake in Raymond from an electrician named Milliken. Two years ago we built a new house on the lot next door and sold the first house. We've been here since 1983.

Give us the *Architectural Digest* tour of your house.

Well, I'm 6'8", so if I'm going to build a house, I'm not going to bump my head. The house has eight-foot ceilings and seven-foot doorways. It's a two-story frame structure on a concrete slab with a shingle roof and mahogany siding. We have radiant heat—no fireplace, no chimney.

It's an open plan with three bedrooms and three full baths. Lots of windows. I didn't want really large, oversized windows that could get busted up in a bad storm, but everything is set up to take advantage of looking at the lake. There's a fireplace on the beach and a 19' Bayliner, but I don't fish a lot. I go out with a buddy of mine cause he likes to fish. We'll catch salmon or bass.

Do you feel 'far away' when you're there?

We're on Jordan Bay. It's an inlet looking out across a horseshoe with lots of trees. Looking out past the end of the finger of land, you see White's Bridge. We get the sunrise, but sunset's behind us so you have to take the boat out and look back. We love the property. It's quiet—we don't get a lot of boat traffic.

How does an NBA star stay active in rural Maine?

I swim in the lake. I didn't discover golf until 10 years ago, and I love it. I'm a member at Val Halla in Cumberland, but I play at Riverside in Portland, Spring Meadows in Gray, and in Sebago. I haven't been to Sable Oaks or the ski resort courses...yet.

Are you a Maine foodie?

We don't go too far, sometimes to Applebee's in Windham or DiMillo's in Portland. And Becky's is a nice place, on the waterfront next to Maine Marine Supply, but it's a long drive back to Raymond from Portland. If you have a few drinks, it's not worth it.

Do any Celtics visit you?

No. After seeing each other every day for a full season, everyone goes their own way.

Did the '77 season cause burnout?

I retired. After seven or eight years, I lost enthusiasm. I don't want to do something if I'm

going to be average, so I thought I'd try something else. I was still playing when I drove a cab for one night during the playoffs with the San Antonio Spurs to break the boredom. A friend had a cab and I drove around all night just to say I did it.

How does a Boston Celtic end up sleeping on a Boston park bench?

We played [the deciding game for the 1974 championship] on Mother's Day in Milwaukee. I made it home around eight o'clock, as it was getting dark, but I just couldn't stay in. I said to my brother, "I've got to get out there!" So we took a few bottles of champagne from the locker room and went into Boston: bars,



Cowens relaxing at his home on Sebago Lake.

restaurants, friends' houses. Some people wouldn't let us in: "I'm in bed. Sorry."

It was late, and I knew I shouldn't be driving, so I went over to a bench in the Public Gardens and thought I'd lie down for a minute. I woke up four hours later and said, "Damn, I gotta get up. I've got a parade to get to!"

Someone must have recognized me because it was in the paper the next day. It would've been a different story with cell phones today.

Was it intimidating to walk onto the parquet with Red Auerbach's Celtics and to follow in Bill Russell's size 16 shoes?

I didn't think it was fair to compare me to anyone. I wasn't built like Bill Russell, I wasn't the same size. It didn't matter. I played like me. I came in with the attitude, "How good are you guys?" I wasn't cocky or disrespectful, but I was there to have them challenge me and the way I play.

What NBA memory comes to mind?

The '74 championship against the [Milwaukee] Bucks with a seven-game series against

Kareem Abdul Jabbar was the highlight of my career. You separate yourself from a lot of people when you win a championship. It's teamwork and a [collective victory], but it's nice to put your finger up in the air.

Before the NBA, was your life on a different track?

I probably would've gone into the service right out of high school or into construction. I like being outside, but I wouldn't have gone to college. I might have stayed in Kentucky.

Actually, I sold life insurance for a fellow in Cape Elizabeth and South Portland during the late 1980s. It was Alexander Hamilton Insurance. I sold to hospitals all over, including Mercy and Maine Medical.

Should high school athletes be encouraged to play multiple sports?

You should challenge yourself. When I played, I was left alone to find myself. I took a break from basketball and did gymnastics, baseball, football, swimming, and track because it helped me from a coordination standpoint. When I became an NBA player, it helped.

We've gotten more into guiding kids. I remember

East Germany had a system of fitting certain physiques to certain sports. People were trained as gymnasts, others as swimmers.

Should scholarships restrict a player from leaving college after one or two years to join the NBA?

No! If someone is 13 years old and can play a sport, nobody should tell them not to. It's done in other sports—teenagers playing golf, the Olympics, tennis—let 'em go!

If you had to change something in your career, what would that be?

Larry Bird ushered in the new era, and I would've liked to play with him more.

Bobby Knight said the three-point shot made the biggest impact on NBA.

I've been saying that since they put it in. It takes away the incentive of getting to the basket and creates a lot of hurried shots.

I understand why they do it—a team can come back quickly, and it's more exciting for fans. I recommend allowing it only in the fourth quarter, giving teams 12 minutes to get

back [in the game].

We're at a point where none of the players today ever played without the three-point shot—they don't know basketball never used to look like this.

Should the NBA expand overseas?

They will, eventually. China is a big, growing market. But they've been playing in eastern Europe for a long time, even during the Cold War days. In the 1950s and '60s, coaches took teams to Soviet countries to do clinics and build goodwill.

Is the 2011 lockout NBA's black eye?

They should put the sports pages in the business section. It got more people involved in the game.

When I played, attendance at the Garden wasn't great. I look at photos of me making baskets, and the end zone seats are empty. We got six or seven thousand a game. As we won, it grew to 13,000, and then Bird and his group took it to the max. Now, with cable and more international fans, it's blown up.

Will off-season drug testing affect the game?

I'm a free-capitalist kind of guy. I don't think you can legislate anyone's behavior. There shouldn't be any rules if they aren't going to enforce them. But if so, evenly is the only way.

I don't like the scare tactics. I don't advocate for steroids and human growth hormones, but I don't know a lot about them. I know a lot of young people are using them. People want an advantage; it's their livelihood. If they don't believe it's hurting them, that's a decision they need to make for themselves. An athlete is different than the guy who works sitting down at a bank for 40 years.

You still travel a great deal, so when you come back to Maine, what do you need to do to know you're back?

I open up the house. There's always something to do. Then, kick back with a beer and look at the lake.

The Celtics are partnering with Dave Cowens Basketball School for 11 weeks of camps. It's really exciting after 40 years of running the camp, but it's a lot of travelling for me. If it keeps expanding, I'd like to have some of the weeks in Maine. ■

➤ For an interview with former Sebago neighbor Jeff Foley, visit portlandmonthly.com/portmag/2012/02/the-air-up-here-extras.