



The power of saying yes

“It’s amazing, the power of one word.” Shonda Rhimes recently said that in her TED talk called “My year of saying yes to everything.” In the talk, she shares how saying yes to everything that scared her for a year — something she also recently recounted in her memoir, “Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person” — changed her life. Who is Shonda Rhimes? She’s the driving force responsible for television standouts that include “Grey’s Anatomy,” “Scandal” and “The Catch.” She writes. She produces. She is responsible for 70 hours of television each week. She does so much — and she loves it. She also is a mom of three.



SARAH WALKER CARON
MAINE COURSE

Before she started saying yes to everything, she was burned out. “My hum was broken. I was doing all the things I always did ... but there was no hum. Inside me was silence,” she said, referring to her special, individual hum that drives her love of work, creativity and everything else she does. “A crazy thing happened: The very act of doing the thing that scared me undid the fear,” Rhimes said. “Yes changed my life. Yes changed me.”

I can relate. It’s so easy to get wrapped up in moving forward and lose that hum — or, as I call it, that spark. Have you ever felt that? That moment when the things you love, adore, work for and have a passion for just stops? Some might call it being over-worked. Some might call it burnout. Some might call it writer’s block. Whatever label you place on it, when that spark is lost it’s scary. So, what do you do? If you’re Shonda Rhimes, you say yes. Yes to your kids. Yes to the things that scare you. Yes to living. Heck, you can do it even if you aren’t Shonda Rhimes. I’ve done it — and it works.

As a writer, the greatest detriment to my writing is falling into a rhythm that deprives me of experience. And that experience is necessary to feed the creativity and keep the passion, the spark alive. So, like Shonda Rhimes, I try to say yes often.

Saying yes is such a powerful thing — it’s reinvigorating and enlivening, and it’s worth it. Yes to trying new things. Yes to exploring new places. Yes to new experiences. Yes to doing the things my kids want most.

How often do you say yes? Is it time to say it a little bit more? See Yes, Page C2



Dream project

Chef Shannon Bard plans facility with restaurant, cooking school, bistro and event space

BY KATHLEEN PIERCE
BDN STAFF

KENNEBUNK — Under a gabled roof on Port Road, a dining destination is taking shape. On Monday restaurateurs Shannon and Tom Bard closed on a 6,000-square-foot building that will become a southern Maine culinary attraction when it opens this summer.

The new concept for the owners of Portland’s Mexican restaurant Zapoteca is multi-tiered and ambitious. Their project will house a Spanish restaurant, bistro, cooking school, market and catering company on several floors. Out back there will be an event barn.

“This is my dream project,” said the chef, on a tour of the space Tuesday. It was last occupied by Kennebooks.

Her Spanish tapas flagship Toroso will open first.

Flames will rise high in an open kitchen, where Shannon Bard and her chefs will whip up Spanish signatures such as paella and steak (small and large plates) before guests’ eyes.

“You’ll get to talk to chefs. Cooking is a show these days,” said Shannon Bard, who is no stranger to stagecraft.

She’s competed against Bobby Flay and has appeared regularly on the Food Network.

Around the corner, the former chil-



Chef and entrepreneur Shannon Bard (top) shows off the space that will become a kitchen at her new restaurant, bistro, event space and cooking school in Kennebunk. Shannon and Tom Bard (above) talk about plans on Tuesday.



TROY R. BENNETT | BDN

The for sale sign will be coming down soon at chef and entrepreneur Shannon Bard’s new project in Kennebunk. The facility is slated to be up and running in June.

dren’s books section takes an adult turn. A cuvee system, which keeps wine at ideal temperatures, will dispense Spanish and Portuguese vino by the glass. There will be up to 40 single pours available. The Bards are looking for a mixolo-

gist to create the next wave in artisan cocktails.

A pile of old barn board sits on the counter and a patchwork of decorative tiles hint at things to come.

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Discovering a taste of Europe in Bangor

Roses, mini carnations, succulents. Geraniums lined one side of the greenhouse, and giant pots of pure white calla lilies lined the other. Old-fashioned lamps and lights hung from the ceiling, and tantalizing aromas wafted from the tables set up for the many vendors who filled the space with homemade goods. It was a chilly day in March, but the greenhouse was warm and inviting.



SHELBY MARTIN

I arrived at Bangor’s European Market at 117 Buck St. around 10:30 a.m., and it already was in full swing. Customers milled about, taking bites of samples put out for them to try. Soft, salty pretzels and homemade rye sourdough from Jenny Johnson of Pebble Stone Farm in Newburgh; homemade beet hummus and tabbouleh from Steve Sleeper’s Mediterranean food stand; sweet, sticky baklava from Panteli’s Greek Cuisine; chilaquiles from Las Dos Hermanas Catering.

This adventure was one suggested to me by reader Ann Holland Faulkner Sherman. Bangor is relatively new to me. I moved here about 10 months ago from a small town in Aroostook County, and I’m trying to make this place



BDN FILE

Rick Gilbert reaches for a pastry at his farmers market in March 2003.

feel a bit more like home. I’ve challenged myself to try something new once every week to discover all that Bangor has to offer a 20-something like me. This week? The market.

Ingrid Perkins and Rick Gilbert founded the market 20 years ago. As Gilbert said, he’s not sure “where the time has gone.” The market is nestled between Perkins’ German gift shop,

which offers German cookies and coffees and anything else one could dream of, and Gilbert’s Sunnyside Greenhouse, both of which are open for business during the market’s hours.

Perkins came to the United States from Germany in the 1960s and wanted to bring a taste of her home country here.

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Something new to stuff hard-cooked eggs with

A couple of hard-cooked eggs in the fridge never hurt anyone. Like leftover chicken or boiled pasta, cooked eggs are so darn versatile. After Easter, we regale ourselves with egg salad sandwiches; deviled eggs; curried creamed eggs on toast for breakfast or lunch, sometimes with shredded spinach or chard mixed in; eggs mixed into potato salad or pasta salad; eggs sprinkled on green salad — and so on.



SANDY OLIVER
TASTE BUDS

In the search for variations on deviled eggs comes chicken liver mousse-stuffed eggs. I first ate these at a restaurant in Kittery, Maine, and thought of the fine chicken livers I had at home, carefully saved when

Chicken Liver Mousse

2 tablespoons butter or chicken fat
1 large onion, chopped
½ pound chicken livers
2 tablespoons brandy
1 cup all-purpose cream
Salt and pepper

Melt the butter or fat in a saute pan or any relatively heavy frying pan. Add the onion and cook at a medium low heat until the onions are very soft but not browned. Add the livers and cook until done, just a little bit pink inside, about 10 minutes. Put the onions and liver in a food processor and puree with brandy and cream added. Add salt and pepper to taste. Use as desired.

we butchered our meat birds, and determined I would try to replicate the recipe.

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