

## Ringside seats at Sullivan's

Fedora-donned divas fit right in at the speak-easy-style restaurant Sullivan's. Black and white photographs of former boxing greats and baseball giants nod to yesteryear, but the upscale accoutrement is all 21st century sophistication. In addition to the spacious dining area, small groups can mingle in an intimate library. Guests enjoy jazz groups nightly, either in the Main Bar or in the Ringside Bar. But leave those cigars at home; this is a smoke-free environment.

What a sleek, elegant backdrop for our visit with guest diva Susan Fletcher, Ph.D., a true powerhouse presence in our community. Susan is a well-known psychologist (she worked with Dr. Phil for several years), an author who humorously claims, "I was

have the right amount of crunch. But it's the Lobster Bisque that knocks us out! Barbara offers, "Besides the depth of flavor, I love the consistency of this soup. It's thin yet creamy. I hate it when you can practically stand a spoon straight up in bisque because they've made it so thick." Agreeing, Cindy adds, "And the pieces of lobster are very tender. To me, these little morsels of meat are similar to the texture of flaky crab meat, they are so tender and fresh-tasting. What a nice surprise!"

Being old hats at this game, the divas wait to see what Susan orders before we throw in our two cents. She selects the Business Lunch petite filet, which is served with horseradish mashed potatoes and sautéed vegetables. Lisa orders the Cajun Crab Cake, and Cindy opts for the Black Cod with Miso Glaze.

Barbara, being a fan of Salad Niçoise, is intrigued by Sullivan's version of the traditional mix of baby greens, French green beans, olives, potatoes, roasted peppers, onions, and hard-boiled eggs tossed with a Dijon Vinaigrette. "This one is served with seared ahi tuna, instead of the usual good-quality canned tuna I'm used to having. This is what I'm ordering!"

Susan's entree is a winner, too. She says, "My steak is very tender and the sautéed vegetables are a nice variety of crisp-tender carrots, zucchini, yellow squash, and red peppers." Cindy asks, "What do you guys think about the black cod? I like that it has a light, Asian-style sauce that has a little sweet and salty going on at the same time." Lisa agrees, "I think it's wonderful. And, I didn't think I would like the horseradish mashed potatoes, but they are yummy. The horseradish is not as overpowering as some of

the garlic mashed potatoes I've had at other restaurants."

At this point, lightweight diners might throw in the towel, but not us. We order Espresso Mocha Mousse Cake with espresso crème anglaise, Peanut Butter Black Bottom Pie with roasted peanuts and caramel, and Bananas Foster Bread Pudding with caramel sauce and vanilla bean ice cream.

The chocolate cake is as we expected – rich and dense (like we like our men). Ba-da-bing. Seriously, it is delicious. Sampling the peanut butter pie, Lisa cannot manage a poker face – her delight is obvious. "Mmm. Compared to other peanut butter pies I've had, the flavor in this isn't as strong." The Bananas Foster Bread Pudding is likewise very tasty.

During our lingering conversation, we ask Susan, "What do you tell students about leadership?" "I tell students it is what *you* do to contribute – not what you get others to do for you – that makes you a leader." She further explains that being a leader is not the



Susan Fletcher, Ph.D.

the best parent ... until I had kids!", the mother of three young boys, and the incoming chair of Plano Youth Leadership.

Her professional, civic and personal interaction with youth seems to keep her young ... or is it her grueling sunrise workout schedule? Regardless, being in such great shape, Susan should feel free to order anything she wants on the menu; what she doesn't order, the rest of us divas will ante up!

A sure bet for our group is seafood, so we begin with the Chilled Seafood Platter. Fresh oysters on the half shell, iced jumbo shrimp, steamed mussels, large crab claws, and jumbo lump crab meat served with avocado make a good first impression. Although Sullivan's is known for its steaks, seafood is a new contender.

Round two, we sample the Lobster Bisque, an Iceberg Lettuce Wedge with Blue Cheese Dressing, and Mixed Greens with Raspberry Vinaigrette. The salads, which are not overdressed,

same thing as being "a boss," a concept often misunderstood by children. Only tenth-grade students participate in Plano Youth Leadership. They learn about every facet of community life, from volunteering to city government. (Note: The application process is conducted during spring semester of their ninth-grade year; applications must be postmarked before April 7, 2006.) For details, talk to your school counselor or visit [PlanoYouthLeadership.org](http://PlanoYouthLeadership.org).

And parents, look for Susan's book *Parenting in the Smart Zone* at area bookstores or online at [FletcherPhD.com](http://FletcherPhD.com), because parenting can be risky business ... unlike dining at Sullivan's, which is always a sure bet.

#### Sullivan's Steakhouse

17795 N. Dallas Pkwy., Dallas  
972-267-9393

Hours: Mon. - Fri., 11:30 a.m. - 2 p.m.

Mon. - Sat., 5:30 - 11 p.m.

Sundays, 5 - 10 p.m.

[www.sullivansteakhouse.com](http://www.sullivansteakhouse.com)



#### About the Divas

The Divas are three dames looking for a good time, but they never go alone. The Divas are a.k.a. Boss Diva Barbara Walch, food editor; Underboss Diva Lisa Sams, community relations director; and Consigliere Diva Cindy Boykin, managing editor. Each month they invite a guest to dine with them.

#### Guest Diva

Hats off this month to Susan Fletcher, Ph.D., a licensed psychologist, speaker, and frequently quoted expert on the topics of productivity, relationships, change, and parenting. In addition to being the CEO of Fletcher and Associates Psychological Services, P.A., and Smart Zone Productions, she is also a wife and mother of three sons.

*A word from the Divas. Our restaurant visits are unannounced and all expenses are paid by Plano Profile. Restaurant selection is at our whim and not in any way related to advertising.*

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