

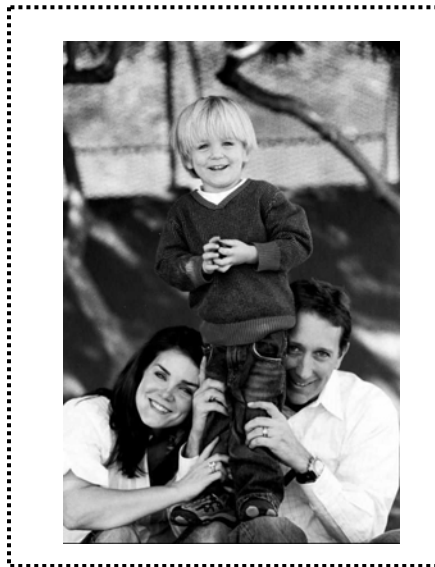


LSU Alumni, Phoenix Chapter "Meet Your Alums" Profiles

For more information about these profiles or our e-newsletter, please contact Tandy Vincent at t2vincent@hotmail.com.

Meet Tandy Vincent!

Meet your President -- Tandy Richardson Vincent. Tandy has been an active member in our chapter on and off since moving to Arizona over ten years ago. Her husband, Troy Vincent, was actually President himself some time ago.



Tandy grew up in Pineville, Louisiana, and moved to Arizona in 1995 after marrying Troy - her college sweetheart and a native of Baton Rouge. Both graduated from LSU; Tandy in 1994 and Troy in 1993. After spending thirteen years in marketing, she quit her corporate job to work for Troy's architecture firm, Vincent | Goldstein Architects, doing "just about everything they need me to do."

Troy and Tandy live in central Phoenix and have a 3-year-old son, Jack Henry, who keeps them quite busy on the weekends. But when she can escape, it's usually to the gym, spa or mall -- or anywhere she can be alone.

The Tigers are a big part of their household too and hopefully Jack's future - Tandy won a commemorative national championship football twenty-four hours before he was born and it sits proudly in his room today.

Besides volunteering as President of the LSU Alumni, Tandy is also the event chair for the Great Cajun Cook-Off and is on the planning committee for Visions of Hope, a fundraising organization

that raises hundreds of thousands of dollars for Whispering Hope Ranch and the Arizona Humane Society each year. She is also a Board Member at her son's pre-school.

Q & A:

How do you spend your free time? I am really enjoying getting to hang out with my son and husband this summer, and of course, my girlfriends (we just got back from a girls trip to LA!). I try to go to the gym whenever I can and am trying to get back into running right now.

Do you have any recipes worth sharing? Unfortunately I make up most of my recipes and never write them down. Good dishes just get forgotten about. But my gumbo is amazing, and I do have that recipe!

What Cajun restaurant do you recommend? After reading Missy Gaspard's profile, I'm with her: bring back *Justin's Rajun Cajun!* Nothing else really hits it for me.

What do you miss the most about Louisiana? Friends, family and the pace of life. Of course, the food too.

When is the next time you'll get back? Thankfully in November for my husband's twenty year reunion at Tara High School.