



The Trojan Lifestyle

The magazine
about all things
Troy University

Opportunities

Education

Activites

What to do

Free activities on campus?

By: Ava Jackson

Sometimes finding something to do on a small campus can be difficult. Good thing for Troy University students, there are events that are held every week on campus to entertain students. The best part of it all is- they're mostly free. No matter how small you think Troy University

is, you can always rely on annual events. Sometimes the events can get old, but if you look on the positives of the small things they offer on campus, you can keep yourself pretty busy.

Being a "broke college student" is hard, but going to a school where resources are readily available is always nice. Almost every event at the university is free. This includes

sporting events, eating establishments and even concerts. The University Activity Council strives to hold monthly and sometimes weekly events for students. This can vary from a carnival on the quad to free popcorn, hotdogs and Troy gear for students. The biggest advice for students is to always attend free events.

Recreational Center

Some may think, what's so great about a gym on campus? Well, our campus not only has a gym with two different levels, it also has an indoor basketball court which can also be used as a pickle ball court, or even an indoor soccer court.

Aside from the extra curriculums they offer, they have personal trainers for students and special classes like Zumba for five dollars a class.

While you're enjoying your workout you can look out the window and look over not only the entrance of the University but also Veterans Memorial Stadium.

Not only is it a great place with a view, when it becomes warmer outside you have the opportunity to lay out by the luxury pool with plenty of room to be with your friend group or relax and do homework.

Sporting Events



Along with receiving emails about the Chinese culture club, students also receive sporting events weekly. Every week, there is a sporting event that students can go to along with free promotions.

Some weeks they will hand out free t-shirts while other weeks students can get the famous "donut hamburger" during basketball games. While some students go just for the free merchandise and food or go to enjoy cheering on the trojans, it's a great way to bring the student body together.

Participating in sport events is a great way to make new friends and you may even end up on the jumbotorn for your "five seconds of fame." _



as a Student?

Fried Chicken Wednesday

At the dining hall on campus, they normally have a specific day for specific food groups. Probably the most popular day of the week is “Friend Chicken Wednesday”.

Students are presented with all the fried chicken they can eat with an assortment of sides. Friend groups will get together specifically on this day to eat lunch and spend time with each other in-between classes.

This is one of the most famous traditions at Troy.

Senior, Alyssa Gallion says that she gathers up her entire friend group every Wednesday just to grab a plate.

“It’s always been a tradition for us since freshman year,” Gallion said. “I have no idea how to describe it other than to encourage people to grab their friends and go.”

It may seem like a weird and small tradition but to the Trojan community every Wednesday could be considered a national holiday.



Janice Hawkins Park



A way to get outside in-between your classes is to walk over to Janice Hawkins Park which is right behind the International Arts Center.

The arts center is open all day for students to walk in and out of to enjoy art pieces, some of which could be your own peers.

When you walk out through the back door you can see sculptures of pigeons and the famous terracotta warriors.

You can also see a pond and an amphitheater that students like to have picnics at or even do their homework in peace in quiet.

The pond has various wildlife to look at as well. When walking around you may see various fish and even some small turtles swimming around the fountain in the middle.

Not only is there the pond, but the famous Terricotta Warriors as well. You may see some Warrior statues around campus but at Hawkins Park

you may notice that there is over twenty Warriors that face the pond. These were a gift to Chancellor Jack Hawkins from international students.

The amphitheatre at the park also serves to showcase many talents of the students at Troy University.

The “Divine Nine” frequently hold step teas that are open to the public. Also, during homecoming week, you can watch various skits performed by greek life.

You may also see a proposal or two during your time at the amphitheatre. You might think this is random and that you will never see one but you will be surprised how often it happens due to the beautiful scenery at the park.

Overall, you may think a park may not hold a lot of value on a college campus, but in all reality there are various special things you can experience here.

Troy 2023

By: Ava Jackson

Last Wednesday, girls walked six miles around campus to raise money and got to be apart of “Walk Hard”. This week I interviewed Miss Walk Hard nominee, Allie Gallion as we walked six miles.

“I decided to run for Miss Walk Hard because I think it is an amazing organization. I’m so proud of these guys for taking on this challenge and giving back to our veteran community because I know there are a lot in Troy and in the state of Alabama.”

Overall Gallion raised around \$2,794. She raised the second highest amount. After the six miles were walked, the girls ran into the downtown square in Troy where the winner was announced. I interviewed Gallion again after she came in second place and this is what

she had to say.

While walking with Gallion I asked her how she was feeling around mile three.

“Right now I’m feeling pretty good, I do have some blisters on my feet and we’re only three miles in. I can’t even imagine walking 128.3 miles, These boys are something else to have the heart and drive to walk all the way to Panama City.”

Gallion has developed a very strong relationship with the brothers of Alpha Tau Omega over her time at Troy.

“I am currently their 2022 pledge class sweetheart. I have had the opportunity to create such meaningful relationships with these boys and I can certainly say that they all have a heart of gold. They’re the type of friends that if you ever need anything they will drop everything in a heartbeat to go and help you.”

Six Miles with Allie Gallion: Girls Walk Harder



By the end of the day it came down to the point of who would win Miss Walk Hard. Sadly, Gallion did not win.

When I asked how she was feeling about her loss this is what she said:

“No, I never could have imagined that I raised over two thousand dollars. It would have been great to win but this cause is so special to others around Troy and I hope they create a new record this year with the money I raised.”

The brothers of Alpha Tau Omega was sent off today on the quad and started walking to Panama City Beach. They will arrive next Wednesday where they will be escorted through the Pier Park shopping center and reveal how much they raised for Jeep Sullivans Wounded Warrior Foundation.

After walking into Peir Park in Panama City Beach Florida, the brothers jumped into the ocean and the had the reveal.

Overall, they raised over \$25,000.



Student Events

FRESHMAN RUN

The first game of the season is always a big deal at Troy University.

The coolest part about the beginning of the first football game is how the freshman are celebrated.

After the national anthem every year the freshman get to run onto the field and into the student section.

The whole crowd in Veterans Memorial Stadium is cheering the freshman on as they run onto the field.

The students are lead by T-Roy and the Student Government Association.

This is something special to do as a freshman to celebrate your chose to come to Troy.

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On April 15, 2023 the sorority women of Phi Mu Kappa Gamma held their annual Philanthropy Week for Childrens Miracle Network Hospitals.

For the first time ever, they held a sildent disco event open to the public.

Tickets were three dollars and participants had the opportunity to listen to three diffferent music stations with three different music genres.

During this event, the ladies of Kappa Gamma announced their Mr. Mircle Man winner.

Miracle Man is a member from a fraternity who raised the most money in honor of their philanthropy.

This year, it was Jackson Ward, a brother of Alpha Tau Omega.

Kappa Gamma also held other various events to raise money. They had share nights at local establishments around Troy.

Everytime someone would purachse something from the establishment five percent of the proceeds would go straight to their philanthropy.

Overall, Kappa Gamma raised over \$20,000 for Childrens Hospital in Brimingham.

PHI MU SILENT DISCO



TROY



2023
CHAM

SUPERSTAR ON THE FIELD : CARILTON MARSHALL



BY: ESPN

Legends grow. Just ask your uncle about the fish he caught once upon a time. It gets bigger with every retelling.

This legend, about the would-be tackling king of college football, is different. Because Carlton Martial has been shrinking ever since he got to Troy. He first showed up on the roster in 2017 as a modestly undersized linebacker at 5-foot-11. But a year later, he lost an inch. And two years after that, he lost another.

When Martial walked into a conference room last month, he was even smaller. Truth be told, coaches admit, he's closer to 5-foot-8 -- or about 7 inches shorter than the average height of Mel Kiper Jr.'s top five inside linebackers.

There's been no investigation into this worrisome decline because everyone here is in on the white lie. It turns out, the public relations staff was simply being kind in the beginning.

ATHLETICS

SUNBELT
PIONS



SCHOOL SPIRIT:
BASKETBALL
PEP RALLY

FRESHMAN ESSENTIALS

DORM NECESSITIES

By: Someone

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Dorm Checklist

BEDROOM

BEDSPREAD
PILLOWS
SHEET SET
THROW PILLOWS
THROW BLANKET
MATTRESS PAD
MATTRESS PROTECTOR
BEDSIDE LAMP
UNDER BED STORAGE
CLOSET STORAGE BINS
DOOR COAT HANGER
FULL LENGTH MIRROR

OTHERS

LAUNDRY BIN
LAUNDRY DETERGENT
CLOROX WIPES
KLEENEX BOX
TRASH BAGS
EXTENSION CORDS
RUG
STORAGE CUBE (TO GO)
HANGERS
SCISSORS
SHOE RACK

Workshops

By: Someone

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Scholarships

By: Someone

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