Neutron stars are remnants of dead giant stars with unimaginable density and very strong gravity. Despite their small sizes, neutron stars are also one of the most studied exotic objects in the universe, which make them good laboratories for strong gravity environment. In this talk I will give an elementary introduction to neutron stars: how they were discovered, what they look like, and what their structure are like. Then I will briefly describe two on-going projects on neutron stars currently carried at Saint Mary's. Because neutron stars are extremely dense objects measurements of neutron star properties like their radii and masses give us clues about state of matter at high density. Also, with their strong gravity, neutron stars are good sources of gravitational wave.