

THE PAUW WOW

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Photographer Michael DeMoya captures the Emergency Service Unit using planned maneuvers to enter Pope Hall

If I were president...

Diamond Reid

Co Editor-in-Chief/Co Opinion Editor

With the presidential election just ten months away, the world of politics can seem quite hectic. There are currently 12 Republicans and 3 Democrats, that are still in the running for their party's 2016 presidential nomination.

With so many candidates, one must begin- if they have not already started- looking at which candidates share the same views as them.

When examining each candidate, people may begin to wonder "What would I do if I were president?" "Which of the presidential candidates share some of my views?" Within this article, lies the thoughts and ideas of college graduates and students voicing what they would do if they were president of the The United

States. They are voices that may not

always be heard, but are now going to be read loud and clear.

"If I were president I would put more effort into urban reform. Providing more employment opportunities to prevent a rise in violence. Also increasing police strength while placing a system that provides all officers with the proper ethical training," Mustafa Johnson, Saint Peter's University, CO' 2015.

"If I were president I would create a program where all citizens first two years of college would be free, that would be awesome!" Aliquan Smither, Saint Peter's University CO' 2017.

"Each family should get like one dream vacation paid for, just because everybody deserves to not just pay bills in life but actually enjoy and take a break. It would

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Get Started Getting Fit: What Do You Really Need?

Gabriella Robles

Sports and Social Media Editor

It's the start of 2016, which means many people are already weeks into their New Year's resolutions. But while each year brings its own challenges and aspirations, there is one resolution that seems to top the list every year: getting in shape.

The most common excuse people have for not exercising is lack of time and money. Although, how much do you really need to reach your maximum physical potential?

Dan Steen, owner and founder of GBOSS, offered some insight for those who find it troubling to make time for fitness:

"When it comes to your physical well being, there should be no time constraints. We are talking about your health and the one body that you are given... When it comes to that,

Elijah O'Neill, a customer service representative at Retro

you should want to do as much as you can to promote yourself."

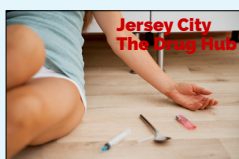
GBOSS, whose slogan is "Get big or stay small," has inspired many to dedicate their lives to enhancing their physical well being. The company offers fitness gear and merchandise to those following their motivational social media accounts.

But with classes, jobs, and other extracurriculars, it may be difficult for some to set time aside for fitness. Steen suggests that the problem is not in constraints, but in one's mindset.

"Instead of looking at it as a chore or something that you have to do for X amount of hours, it needs to be looked at as a change in lifestyle. You need to be conscious of the decisions you make throughout the day and how they will either aid your progress or hinder it."

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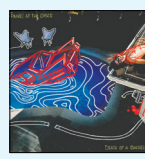
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News

Campus Safety Runs Active Shooter Drill

Claudia Loh
Advertising and
Marketing Manager

On Thursday, January 7th, 2016, Campus Safety performed an active shooter drill with the assistance of the Jersey City Police Department and the Jersey City Emergency Service Unit (ESU is a tactical unit).

In 2015 alone, there have been a total of 52 mass shootings that have occurred on college campuses, therefore, it was questioned if our own Campus Safety was prepared if a mass shooting incident were to unfold. After speaking to Scott Torre, Director of Campus Safety, in October of last year, he said that the Saint Peter's community would have to wait a few more months for his Active Shooter Plan to be finalized and presented.

Over winter break Torre was able to organize an extremely realistic drill with the Jersey City Police Department and ESU.

During this drill students were asked to participate and act as if it were a normal day in class. From that point, a shooter or multiple shooters entered Pope Hall and began "shooting".

The first line of defense that Saint Peter's has is Campus Security. Though there are only four members of Campus Safety that have weapons, Campus Safety guards are still an active piece of the puzzle in situations like this.

Torre said, "We have 70 security guards but they're all unarmed, their responsibility would be a side post, don't let anybody pass, observe and report, and direct the police to the right areas".

Though Jersey City has the ESU trained for situations

like this they have just begun training their patrol officers for mass shooting incidents. The training that happened on campus was the third drill that JCPD and ESU had run, an earlier drill was held at the JP Morgan building in downtown Jersey City.

Though the step-by-step procedures cannot be disclosed participant Kalifa Johnson said, "I feel like this is very new to campus safety, they tried to go with it but they were still in shock or just again just a little unprepared".

In regards to the JCPD Kalifa Johnson said that watching the way the officers and SWAT responded the way they did made her feel safe and protected because of how well trained they are but they were still making mistakes as well.

Torre plans on educating the Saint Peter's community on his Active Shooter Plan, in hopes that we can all feel safe on campus.



"Photographer Michael DeMoya captures Scott Torre and Joe Coyle debriefing participants"

Clinton & Sanders Attack as Race Tightens

Christopher Flores
News Editor

It was just a few months ago when Bernie Sanders defended Hillary Clinton over her email controversy and the two seemed to maintain a friendly relationship. But the candidates attacks towards each other got sharper at the last debate (1/17), as Election Day in the early voting states of Iowa and New Hampshire quickly approaches.

Hillary Clinton took center stage at the last debate held in Charleston, South Carolina, and was flanked by Martin O'Malley and Bernie Sanders on either side of her. While O'Malley struggled to get speaking time, both

Clinton and Sanders spared no time sparring each other.

"Yes, they definitely turned on each other during [the] debate," Amanda Colombo, a junior at St. Peter's University said. "I think the debate was great as far as how engaged they were both in their own policies and with showing why they disagree/agree with their opponents."

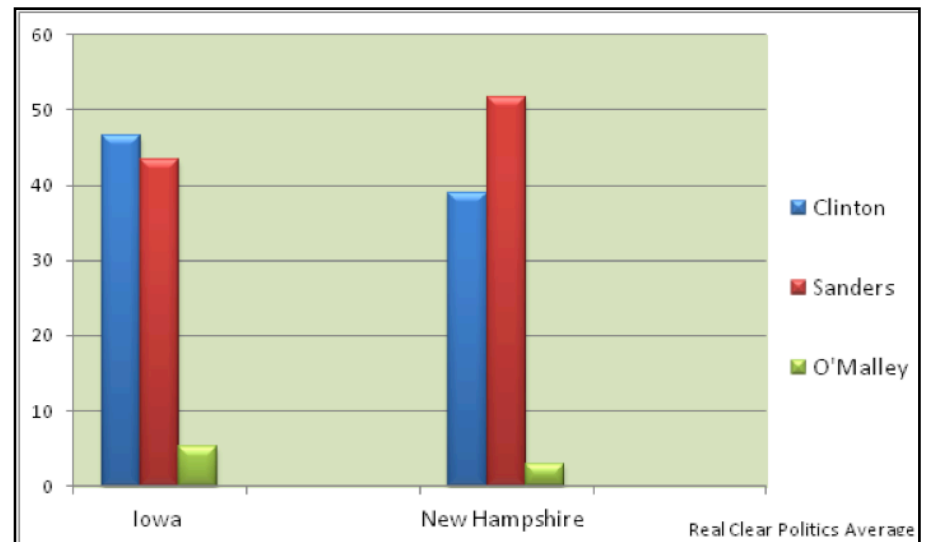
Clinton attacked Sanders on his gun control voting record and his disloyalty to President Obama while Sanders criticized Clinton for receiving large campaign contributions from leading Wall St. firms, such as Goldman Sachs.

The reason behind their sometimes vicious attacks during the last few weeks may

be because Clinton is starting to "feel the Bern". According to the latest Real Clear Politics average, Clinton only leads Sanders by three points in Iowa - which is a stark difference from only a few months ago. And in New Hampshire, Sanders is beating Clinton by 12 points, also according to the Real Clear Politics average.

However, many political commentators Race

Poll Chart



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News/ Lifestyle

Race Tightens

warn Sanders supporters that the states following Iowa and New Hampshire are drastically different, in terms of demographics, and that the electorate favors Clinton. In South Carolina, the state to vote after New Hampshire, Clinton leads Sanders by 40 points.

Nonetheless, Sanders is doing quite well at wooing young voters, a group that Clinton has had trouble courting since she first ran back in 2008.

Colombo, a Sanders supporter, admires his strong stance on climate change.

"As a millennial, the most pressing issue in my eyes is climate change," she said. "As far as Bernie Sanders goes, he understands climate change and what we need to do in order to combat it."

Climate change, criminal justice reform, and health care - all major issues important to millennials, according to a USA Today/Rock the Vote poll - were discussed at the debate. However, at the Republican debate which took place only a few days earlier, none of these issues were mentioned.

"For me I think it shows how Republicans have drifted away to become a party of reactionaries," Joe DeLorenzo, a junior said. "Opposed to talking real policy issues, many groups in the Republican base have come to simply insulting the president or anything that appears to be mainstream politics. For a student of political science, it's an absolute disappointment to see policy thrown to the side and entertainment and fear-mongering take center stage," he went on to say.

Nicholas Chciuk, a junior and registered Republican, believes those issues weren't discussed at the GOP debate because Senator Rand Paul wasn't present. Paul was dropped from the primetime debate because he failed to meet the polling criteria and he refused to join the undercard debate. Paul has generally done well in gaining support from millennials, compared to his GOP rivals.

The Iowa Caucus will be held on February 1st and New Hampshire voters hit the polls on February 9th. With poll numbers constantly changing, it's hard to guess which candidate will win in the two states. What is clear, however, is that this election season may drag on longer than the Clinton campaign had initially planned.

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will not be published.

Lifestyle

Jersey City: The Drug Hub

Bridget Whitfield
Staff Writer

The PATH train slows as it makes its final stop in Journal Square in Jersey City. The doors open, and you step out into the herds of people bustling towards the exit. The sound of stiletto heels click as women with Michael Kors handbags, silk blouses, and long fitted skirts make their way to work. Men in their two pieced suits brush by smelling of musky cologne and a leather briefcase. To an outsider, the city looks like it's moving up and improving. But a deeper look into the city shows one of the fastest growing and improving areas in New Jersey is facing an epidemic.

Olivia Walker's nails touch her lips as she thinks

The question was, if you had to guess, what percentage of people in Jersey City have admitted into rehab last year for heroin.

"I honestly have no idea."

She scratches her head and plays with one of her braids.

"Fifteen percent, maybe 20%."

According to New Jersey substance abuse admissions, 63% have been admitted for heroin addiction, 53% for cocaine, and 41% for alcohol abuse.

"Oh my God! I never even hear about heroin in Jersey. That's like half the city, Jesus."

"We aren't seeing any trends (in drug use) going smaller," said Kim O'Connor, the managing director of the Mendham Residential Facility in New Jersey. "There's a

heroin epidemic in state of New Jersey. The DEA says that the most pure form of heroin resides in New Jersey."

According to drugabusesolution.com, heroin is the most prevalent drug abused in the New Jersey area and the State of New Jersey Department of Human Services - Division on Addiction Services stated that heroin is used by 18-25 year olds in New Jersey at more than twice the national average.

They also report that the United States Drug Enforcement Administration found that cocaine is also one of the most popular drugs in New Jersey and crack remains readily attainable and the drug of choice in many lower income communities.




Jersey City The Drug Hub

"People from communities with significant poverty and drug use are likely to use drugs and alcohol until we start dealing with the issues causing them to do so," O'Connor said.

The median household income in Jersey City is \$46,000, according to City of New Jersey's website, so low income isn't the only reason for the high drug use in this area.

"There plenty of people who have a lower or higher income having issues with drugs and alcohol," O'Connor said. "Often around traumatic childhood experiences, exposure to adverse childhood experiences makes it more likely to use drugs and alcohol, so any race, religion, or class can suffer from drug addiction."

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Lifestyle

What Do You Really Need?

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Dan Steen promoting his company GBOSS. (Photo cred to Dan Steen)

Fitness Gym and fitness correspondent, gave similar advice: "It's hard to stay motivated if you don't have a set schedule. I'm not saying you need to be at the gym everyday, but you definitely need consistency."

The average college student's schedule and budget does not

offer much leeway when it comes to joining and attending the gym. But whether or not a gym membership is necessary is still debatable in the fitness community.

Dietitian and American Council of Exercise expert, Gina Crome does not view the

gym as a requirement to get fit. "Thankfully, physical activity doesn't have to be complicated or elaborate, or even require a gym membership, for that matter. The key is planning activities that can be easily integrated into your existing lifestyle."

Although, Steen and O'Neill both agree that having a membership would be more ideal to reach maximum potential.

"I personally found that when I would attempt to perform at-home workouts I was much more easily distracted and likely to cut my workout short. At home you have the couch, kitchen, television, family, friends etc., all helping you to lose focus on the task at hand," said Steen.

O'Neill also mentioned how a membership provides you with a variety of machinery that most would not otherwise have access to.

"While you can get a lot done from working out at home, you aren't going to have the same amount of equipment as you can get at gym. The gym allows you to do a lot more," said O'Neill.

With the type of technology available nowadays, many gadgets have been created that

say to provide a more efficient exercise experience-- for example, the Nike Fuelband, Fitbit, and Adidas MiCoach.

The American Council on Exercise (ACE) hired a team of researchers from the Clinical Exercise Physiology program at the University of Wisconsin to test five popular exercise trackers to determine if they are efficient and accurate.

According to the study, when it comes to tracking steps, the activity trackers were pretty reliable. All five devices predicted within 10 percent accuracy the number of steps taken during walking and running.

Although, when it came to calorie counting, the accuracy of the devices dropped to between 10 and 15 percent because of the biological variability that arise from person to person.

Although these products may not be as accurate as they advertise to be, Steen explained they might still be useful tools for another reason.

"While these products obviously can't do the work for you, they can be a great tool to remind you of what you should

be doing."

The ACE study did show that people are 30 to 40 percent more active when using one of these trackers. Maybe the accuracy of the device is less important than the fact that it gets people up and exercising.

"All you need to do is make a decision...and then do what you have to do to get there. This means watching what you're eating, making sure you are exercising and avoiding the unhealthy decisions that you were previously making," said Steen.

Steen and O'Neill agree that a correct exercise and dietary schedule depends on the individual person.

"Don't try to lift heavy or keep up with others, but do workouts that challenge you. If you want to change the way you look, you need to constantly change your workouts to challenge yourself," said O'Neill.

The biggest obstacle to having the body you want is having the motivation to continue.

If I Were President...

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also be great to get provision for child care in all jobs. I know some jobs do but they're usually high paying jobs that do this and most of those people can actually afford extra child care. Meanwhile some parents are working their butts off and have no place for their children to stay because they can't afford it," Michelle Santiago, Montclair State University CO' 2017.

"If I were president, I would definitely change the world. I'd try to end homelessness and reduce American poverty. I would also improve urban living quality. I know this is already in effect by President Obama but I would continue with his plan and also enhance it," Brandon Morris, Johnson and Wales University CO' 2016.

"If I were president, I wouldn't be messing in anyone else's business. We [The United States] need to get out of any other countries and their business and let them deal with things themselves; we can supply them with training but we need to stop sending our men over to other

countries sacrificing their lives if it isn't even to help our cause. We need to work on our economy, we need to work on us and get selfish for once and stop going to other countries," Megan Parker, Saint Peter's University CO' 2017

"If I were president I would make sure that everyone has equal and fair treatment in our society. Although there are declarations and rules that were put in place to do so, it is still a fact of life that discrimination continues to occur in every aspect today in America. Rather than it being a controversy between black and white, it now has to do with age, gender, religion, national origin, and financial standings, to name a few. Companies and institutions of learning need to be regulated better, and stricter rules need to be enforced and fined if necessary. Everyone that is a citizen of this country deserves the right to be treated with fairly and equally whether they are male or female, old or young, or non-white," Jacqueline Kalinich, Saint Peter's University CO' 2016



What would you do if you were president? Send in your replies to @The PauwWow on Twitter to voice your desires for the future!

Lifestyle

Top 5 Things To Keep You Cozy While it's Cold Out

Jenna Carbin

Co Editor-in-Chief/Co Opinion Editor

1. Fuzzy Socks.

When the weather is freezing and snow is all around the number one thing you have to think about is your feet. According to research done in 2005 by professors Ron Eccles and Clare Johnson at the Cardiff University's Common Cold Center in Wales, cold feet really can lead to a immune system drop. Thus, it will be easier to catch a cold when it's cold out. A quote taken from an article done by a reporter from CNN ("Wrap Up" Advice to Stop Colds), Professor Eccles said "If they [people] become chilled this causes a pronounced constriction of the blood vessels in the nose and shuts off the warm blood that supplies the white cells that fight infection." To avoid cold weather infections as well as being cold in general, warm wool or Fuzzy socks are the key. There are many fun and funky styles out there for purchase. Comfy, fun, and warm: the only things that matter when it's cold.

2. Warming Foods.

Everybody knows that chilly weather brings out the hot drinks: coffee, tea, and the most famous of all winter drinks, hot chocolate. Hot soups and warm broth filled stews are great to warm up a body as well. Although all of these drinks and foods are important and fun to consume while it's cold, there are some other foods and additives to consider. For instance, whole grains can keep the body energized and warm. Things such as warm brown rice, quinoa, and oats are great to help keep a person warm and on the go. Another spice to add into the mix is cinnamon. This spice allows your metabolism to speed up generating more body heat. Lastly, ginger root is great to add into a salad or soup. Ginger helps boost a body's immune system helping to fight off any winter illnesses.

3. Warm Blankets.

Just like keeping your feet warm is important for a body's immune system, keeping the body warm while



A variety of different colored beanies, photo by Jenna Carbin

sleeping is just as important. Research done in 2009 explains that "thermoregulation", which is your body's heat distribution system, is strongly linked to sleep cycles. The human body has to be at a certain temperature (60-68 degrees Fahrenheit) to be able to sleep, and when winter hits it can throw off a person's sleeping habits. Warm blankets in a cooled off room will be the perfect way to stay cozy and warm at just the right temperature for the body to sleep soundly.

4. Beanies, Beanies, and More Beanies.

A person's head releases the most heat out of the body, so while trying to keep cozy in cold weather, hats are a MUST. Beanies are everywhere and are tight enough to a person's head that it can retain the heat that is leaving. The only thing to keep in mind is that the beanie needs to be thick and warm, anything other than that isn't effective in cold weather.

5. Insulated jackets are the Best.

Although pea-coats are great for fashion, they aren't the best in snow. An insulated jacket that reflects body heat back to the body's torso can help keep you cozy while you're moving from one class to the next. According to Outdoor Gear Lab an online shopping advice website, "... those thinner insulated layers are often part of an integrated system of layers, to give the user ultimate discretion in warmth and precipitation management when used during winter activities." These jackets allow the body to breathe but remain comfortable and have an ease with motion, and aren't bulky. This is a way to protect the body from becoming open to sickness and keeps a person happy all winter long.

Tell us if you used any of these or other things during this past blizzard to keep cozy on Twitter @ThePauwWow

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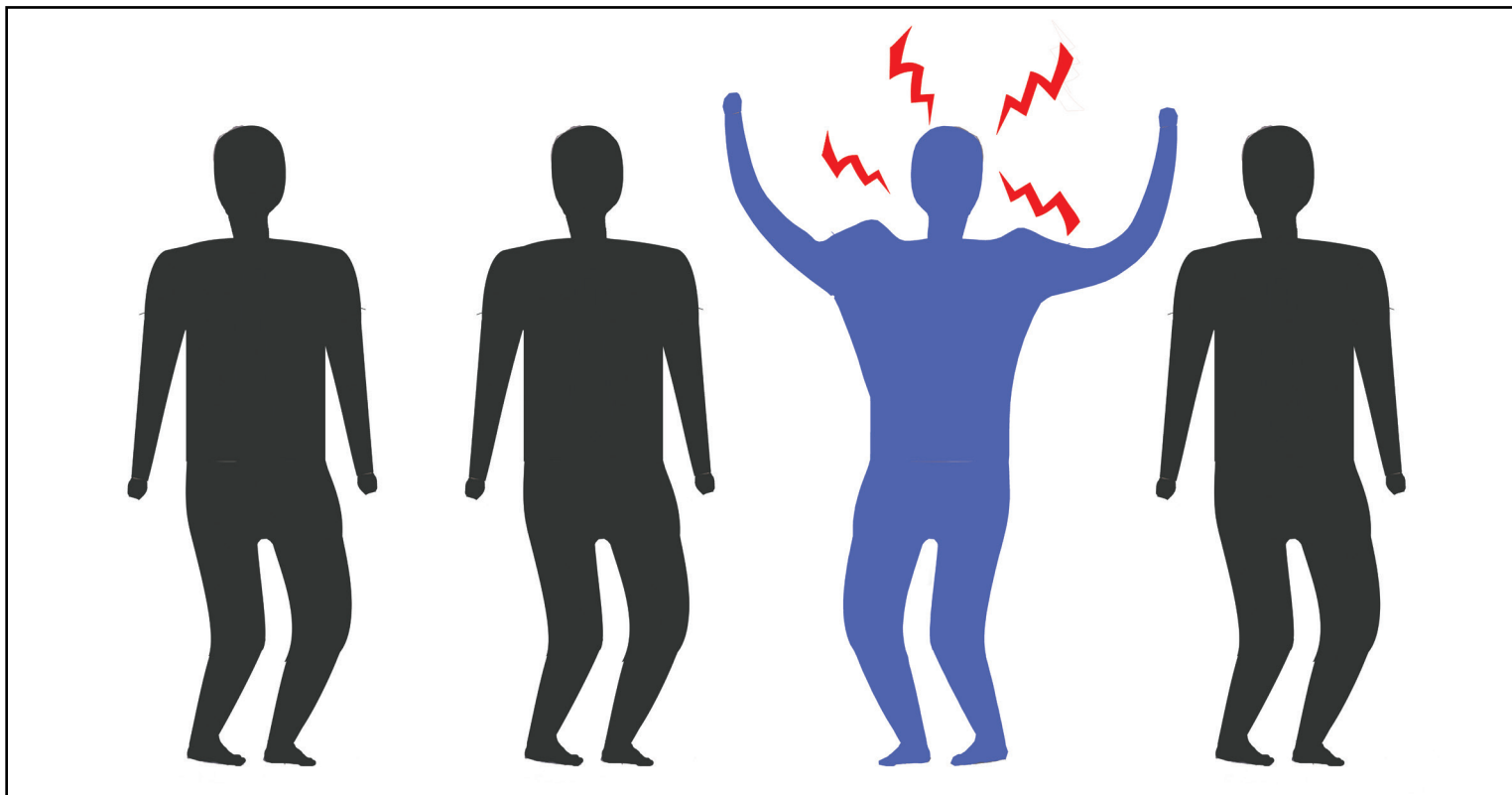
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Lifestyle

Rise of Student Involvement



Xavier Pearson

Assistant Layout Editor

Once a week in the middle of a school day at Saint Peter's University, in Jersey City, an average of 30 students gather to watch anime in a lecture hall tucked away at the bottom floor of Gannon Hall, the chemistry and biology building.

The 30 voices fill the lecture hall as some of the members trickle in and out the room. "There have been years where we could not book this room (the Gannon lecture hall)...We tried sneaking into McDermott, but we got into trouble because we were too loud," vice president of the group Shina Shibly said.

Some students only have enough time to catch up with their friends, others are sharing memes and watch videos on their phones or computers. Shibly is in the front of the room setting up the anime on the projector.

The club is based on anime and fandom, but is built upon student

interest.

"I really joined this club to be accepted as an anime lover, learn something new about Japanese culture and have fun with my friends who are also in the club," freshman Tristan Johnson said.

Johnson has been attending every meeting for the past two months.

According to Jan Reimer, the director of student activities, JAMz, Japanese Anime and Manga club, is a general student group.

General Student groups naturally exist and only exist as long as students are interested and the club meets their needs.

"They (JAMz) actually have had a pretty long history in college terms, so I would say for at least the last six years they have been a strong group on campus," said Reimer.

Reimer added: "If student interest in anime and manga wanes and we don't have that core group who are interested in that, I'm not making phone calls,

I'm not saying hey how come we're not doing this because we need to then adjust."

According to the school website there is approximately 70 student organizations catered to student interest and career development within Saint Peter's University from Special Interest clubs like JAMz or PRIDE, Performing Arts clubs like the dance team and Argus Eyes to Student Government and Pre-Professional and Academic clubs.

Plus, this year 16 new groups have applied at student activities to become recognized as clubs at Saint Peter's University. According to Reimer, they have never seen so many groups at once.

"The last two class years have been a lot more enthusiastic about getting involved, I think that's probably one of the reasons why we are seeing an upsurge," Reimer said.

The 16 clubs include a club for students interested in the video game, League of Legends,

Hispanic Americans in Law Enforcement Association, college democrats, students for Rand Paul and academic clubs.

Before these groups can be recognized as clubs they have to be approved by the student government and student activities has the final say.

According to Reimer the system really applies to the funding and allocation process. Generally, general student groups need less funding in order to function. Administrative groups like the Pavan literary magazine and Argus Eyes have much more fixed costs.

Funding comes from the student fees that every student is charged every semester. Check your tuition bill to see what the charges were for Fall 2015.

Administrative clubs are groups that Student Activities deems beneficial to the student body and are expected to maintain active.

The rest is up to the students.

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Opinion

Parking at SPU: Love it or Hate it

Briana Benitez
Staff Writer

Picture this: it's Monday morning and you arrive at Saint Peter's University to park your car before class. It's 8:30am and your class is starting in a half hour at nine o'clock; this is plenty of time to find a parking spot and arrive to class punctually right? Wrong. All the lots are full.

On the Monday, Wednesday, Thursday schedule Lot #3 is already full by 8:30. What do you do now? Try another lot since the university has seven! Really there are seven lots in existence that are open to students. Lot #1 (Armory), Lot#3(RLC), Lot#4 (West Side Ave.), Lot#5 (across Murray), Lot#6 (adjacent to Durant), Lot#7 (adjacent to library), and Lot #8 (St. Aedan's Lot). Unfortunately of these seven lots, the only one available to resident students is the Armory Lot.

"I feel like the Saint Peter's parking lot situation is unfair. As a resident I'm already paying more in tuition to live on campus. I'm charged more for my parking pass and yet only one lot is available to resident students," said Daniela Franco, a junior at SPU.

Resident students are charged \$225 for a parking pass, while commuter students are charged \$200.

According to Director of Campus Safety, Scott Torre, the mean of NJCU, Rutgers, Stevens Institute and Seton Hall parking fees is \$387 for resident students. In comparison to our price of \$225, we are the cheapest.

As a commuter student, I know first hand the struggle of trying to find a spot in the morning. I have to leave my house 30min. earlier just to arrive at SPU when the lots are not full. This becomes a hassle when you're running late or dealing rush hour.

While the University does have seven lots available to its commuter students there is no guarantee that you will find a parking spot. If I arrive at let's say 9:45, there is no shot that I'll find a spot close to the university. By this time, Lot#3 and #4 are both filled. The lot across from the library is usually full of employee cars and this lot is filled by 8:00am. Lot #5 is filled the night before with both commuter students and resident students who feel rebellious. At this point, the best option would be the Armory lot.

"If I have to end up parking at the Armory lot, I usually end up late to class because the shuttles are never there," said Marcella DeVenuta, a junior at Saint Peter's University.

Is paying the \$200 worth it?

"I park on Glenwood. I do not have a parking pass because I'm not trying to pay 200 more dollars on top of what I'm already paying for tuition. I'm not saying that they should make the parking free, but they should at least lower the price to something more affordable to students," said Rolando Sanchez, junior at Saint Peter's University.

The Armory Lot is often used as a safety, or last resort lot. The lot will no longer be in use once the McGinley Square project begins. That's a loss of about 200 parking spots.

According to Torre, as an agreement with the developer, those spots will be replaced with different ones as well as a new shuttle route. There is no loss.



Art

Death of a Bachelor Review

Danielle Pimentel
Online Editor

The latest version of Panic! at the Disco has come out with a brand new album, that showcases their latest sound. This album uses many elements of their new sound as well as their former one. "Death of a Bachelor" is P!ATD's fifth studio album. It is also the first to only feature lead singer Brendon Urie. This album mixes genres from the past and present, having a huge jazz influence.

"Death of a Bachelor" sounds like Frank Sinatra recorded a song in 2016. The song is what can only be described as electronic swing. It also incorporates big band music. The song is about the changes that happen in life. Urie was influenced to write this song because he is now married. He revealed the news to fans on a twitter post. He is leaving his old life behind and coming into a new one.

"Emperor's New Clothes" is one of the few songs that has an old Panic! at the Disco vibe. It is the follow up to "This is Gospel" from "Too Weird to Live, Too Rare to Die!" and has an accompanying

music video. The premise of the music video is about the soul of a man who ended up in hell. Throughout the video the man is slowly turning into a demon. This song is about the big changes in life and how power shifts. The song is about how Brendon Urie is now the only member of the band.

"Don't Threaten Me with a Good Time" is the second song on the album lineup. It samples The B-52's "Rock Lobster". The song's theme is about the bad influences in life and how sometimes you have to just walk away. In the song mentions the influences and how they now feel surreal, almost unnatural. In it Urie, mentions that while certain things were fun to do, he just doesn't feel like doing them, anymore.

Long gone are the days of the steampunk outfits Panic! at the Disco was known for in 2005. However, you can still hear 2005's Panic! in every couple of songs on this album. P!ATD is not the same band you listened to in middle school, but let the nostalgia take over. This album is worth the listen. You can buy Death of a Bachelor on iTunes or Google Play. Don't feel like buying, stream it on Spotify.



Sports

The English Boys: Soccer Players Turned Entrepreneurs



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England borders Scotland and Wales in the British Isles of the United Kingdom, made up of about 53.9 million people. Home of the British Monarch, England is 74 times smaller than the United States, and consume more tea per capita than anybody else in the world, according to the website Europedia. England is home of the Beatles, Ozzy Osbourne, Daniel Radcliffe, better known as Harry Potter and also home to two Saint Peter's men's soccer players.

Jack Pounce and Louis Mobbs, traveled to the United States to attend Saint Peter's University for the opportunity to play soccer at the Division 1 level.

While googling England, pictures of the flag pop up with scenic photos of the country and small blurbs about the it with a map, describing where it's located. Before a link is clicked, the first headline in the news reads, "As Neville becomes the latest England Euro 96...where are the rest?"

Gary Neville is an English soccer player, or football player, that is joining a list of 96 Euro players to become managers. Soccer is a huge aspect of the English culture, England was soccer's birthplace and is one of

the most popular sports in the country.

"American universities offer a better student athlete program than back home in England," Pounce said.

"If you are at a university in England then you only play soccer recreationally, whereas over here they offer soccer on a competitive level while earning a degree."

Their journey to the U.S. began four years ago.

"We both went through the same company for soccer back in England when we were 17," Pounce said. "We found them through London School Boys-- another team we played on together-- from there Saint Peter's found us."

"I came a year later, I worked in England for a year and then I decided to come here with the help of Jack," Mobbs said.

They grew up together playing soccer and ended up playing for the same university where they have built a strong friendship.

"We have become very close over the last 3 years, both on and off the soccer field," Pounce said. "Coming from the same country, we have a lot of similarities and like a lot of the same things."

Mobbs was grateful to have someone like Pounce to help him adjust to such a big change.

"Well, he probably had it a

little worse than me because I had Jack here already," Mobbs said. "When he came home we met up in London and he told me about it. So I had a bit more of a clear idea, even though it was still unclear, I at least had a bit of a mentor."

Being one of the biggest metropolitan areas in the states with a wide range of different cultures, Jersey City was the welcoming change Mobbs was looking for.

"Where I'm from, it's all the same kinds of people. There's no change," Mobbs said. "It's not a big city, and not like here and how New York Cities right there, so it's different for me, but that's the

life that I wanted. So I like it here."

When asked what they expected when choosing Saint Peter's, they both look at each other and take a minute to respond.

"Expectations?" Pounce asked with a grin.

Well, we haven't had the best performances or results, as far as the team," Pounce said. "We have a good team, things just didn't go our way."

The Peacocks had a 7-9-2 record this year--a great improvement from years past records--but the camaraderie they have with their teammates is worth it all.

"And were not the highest funded school either," Mobbs said. "But we probably got one of the closest bonds to our teammates in the league. I feel these higher and more profitable schools don't have teams that click and get together as well as we do. At the end of the day, it is what it is. We can work at it and get better."

Coach Julian Richens, the head coach of the men's soccer team, speaks fondly of both Pounce and Mobbs.

"They've been a real pleasure," Richens said. "Jack is the epitome of what you would want as a player. He works hard on and off

the field team and has great team spirit. Louis is a three year starter. He's had 7 goals this year and is a good character on and off the field. He wants to win."

Soccer has been a part of their entire lives with the low and high moments.

As Mobbs said, "Ball is life, right?"

"It all revolves around soccer really," Pounce said. "I've been playing since 3 or 4. Training, but I had 3 teams. So I played twice on a Wednesday, once on a Sunday. When I got older, I played Wednesday, Saturday, and Sunday. So, there's a lot of football going on, and it's a lot bigger culture, football wise, over there than over here."

Their soccer career may come to an end after Saint Peter's; but if there's an opportunity to continue, they wouldn't hesitate.

"I've got a couple of open doors, but I'm pursuing that slowly right now. I'm not trying to get my hopes too high. But I'd like to," Pounce said. "I'm going to try and play summer somewhere, but we'll see what happens. Whether it's in Europe, or somewhere else, I just don't know. We'll see."

"If the opportunity came and there's chances out there, than don't get me wrong, I'd like to take it," Mobbs said. "But I feel like I've got to that point now where I'm more focused on building a stable career for myself, staying in America, and getting that started for myself, more than soccer."

Coach Richens says their departure will have a big effect on the team.

"It will be a big hole to fill," Richens said. "They make new players feel comfortable, motivate existing players, they're the heartbeat of the team and will be missed."

Knowing eventually the two may have to move on, and wanting to stay in the United States, Pounce and Mobbs had an idea to start their own clothing company.

"We thought about it last year, but on a very small scale, just putting a few pictures on a t-shirt and saying if anyone else wants one I'll do it and print it myself," Pounce said. "But I never really pursued it. Then I mentioned it to Louis this year and we kind of

put it on a more structured scale. We actually thought about it and put together a business plan."

They've taken tips from other business owners, and learning as they go.

"So far we've got the main logo t-shirts, and we have a symbol, that's also our logo. It's menswear, the Freight Clothing is our logo, keeping that as the focus while it's fresh so we can get our name out there," Pounce said. "It's t-shirts, jumpers, crew necks, hoodies. That's what we're starting with. If it picks up big, we can move into bags, hats, trousers, and other stuff like that."

They also are using this startup to use this as an experience that relates to their majors.

"I am majoring in Graphic Design and Marketing so Freight Clothing is a great way to test my skills in those areas," Pounce said. "Louis is majoring in Economics so the fact he handles all the finances is an awesome way for him to learn first hand what it's like in the business world."

However, being student-athletes, the NCAA rules state that amateurs can't own or operate any business until their contract is up.

"We're not really allowed to start it, so David our friend is the owner and sole investor. So we're taking it as more of an experience for later on in life," Mobbs said. "I'd like it to do well, if it was a steady nice good flowing business that would be the best thing for me."

They are both excited about their ideas for Freight Clothing and they feel now is the best time to pursue it.

"I feel like we kind of hit the nail on the head. The ideas of the naming and the logo it's all been something that we've thought about but never really tried," Mobbs said. "At the time were still fresh to America, I had other things to worry about, but now, it sort of feels like the perfect time."

There using this small startup as a stepping stone to learn for something bigger in the future.

"I doubt it will get big enough to do anything spectacular, but you never know. Just as long as I'm not getting my hopes up too high. We're just teaching ourselves along the way, it's all about learning."