## Sports

## leamstress stitches for celebrities

By Lori Griffin Staff Reporter

What started out as a part-time job doing something that she had loved to do since she was five, Miriam Howard has turned her passion for sewing into a thriving busi-

Howard started her sewing business 17 years ago because a friend knew she was looking for part-time

"My friend suggested that I do something with my sewing and I just thought that I would give it a try," she said.

Howard now runs her business out of her home and has a variety of customers of all ages. Included in the list of customers are former Nebraska football standouts Toby and Jimmy Williams and Turner Gill. Howard also sews for Doris Felici, wife of former Husker defensive end Tony Felici.

"Toby came to me after hearing about me through one of my customers who knew us both," Howard said. "He just couldn't find the clothes that we wanted. That's how I get a lot of my customers."

Howard's business has expanded considerably since she first picked

up a needle and thread. She now has 150 "regulars" who have her do a number of sewing tasks. Some of the growth has come through her customers convincing others to take their sewing tasks to her instead of worrying about them themselves.

That's how John Cougar became one of Howard's customers.

"(Cougar) used a limousing service run by one of my customers," Howard said. "He bought some pants at a downtown store and needed them altered immediately and my customer knew that I would be available so I just did it. I never got to meet (Cougar)."

Howard concentrates mainly on alterations but also occasionally does some constructions, where she sews her own creations by sewing patterns.

"Sewing takes up most of my time," Howard said. "It is a full-time job for me with both its advantages and disadvantages.

"Working at home has both it's advantages and disadvantages," she said. "It is a full-time job which I can do at my house. The biggest advantages are that you are there when the kids come home from school and your customers can call you at just about anytime. You don't

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Mark Davis/The Nebraskan

have regular set hours because you work on your own time."

Howard has an associate: degree from Southeast Community College, where she specialized in fashion merchandising.

Howard

"I've learned a lot about lines and how different lines work on different people," Howard said. "I have also learned the history of fashion. Both of these have applied to my business."

Besides sewing for her individual customers, which include Ron

Lahners, U.S. attorney for Nebraska, and his wife, Howard does all of the uniforms for Chelsea's Pub.

## POSITION AVAILABLE

POSITION: Graduate Assistant

Office of Pre-Admissions Activities

JOB DESCRIPTION: Meeting public and helping to coordinate individual and group campus visits. Organizing academic appointments, campus tours, and presenting information. Additional responsibilities may also include project

development and research.

CONTACT: Lisa L. Schmidt, Coordinator Office of Pre-Admissions Activities

207 Administration 472-2023

DEADLINE: July 15, 1985

MARY BEECHAM

OWNER



Staff Reporter

Join a health club. Trust me, it's the and that's a big part of the attraction to years - socializing in health clubs, I est in fitness. However, wouldn't a simmovie "Perfect."

tis and John Travolta suggests not only that people go to health clubs to socialaren't so conspicuous.

Perhaps health clubs are becoming popular.

If your social life is the pits and the majority of the people who go to Life Center said. you've never been "lucky" at the Lucky health clubs are more concerned with problems by doing the thing of the '80s. Mr. Right. Sure, you make friends there social life separate from workouts. Californians have been doing it for meeting people with a common intermean. I know because I just saw the ilar kind of socialization take place at a chess tournament or a horse show? This latest flick with Jamie Lee Cur- Besides, it's not a lot of fun to work out

The Prairie Life Center, located at ize, find dates and mates, but that 1305 S. 70th has an atmosphere similar exercising and getting in shape is to that of the club portrayed in "Persecondary to this all-important goal. fect." It's new, it's very open, with win-The movie suggests that it's nice to dows overlooking the pool and the bashave an exercise bike to ride while you ketball courts. The atmosphere and check out which pair of biceps you design of the club encourages you to would like to go out with. That way you see and talk to people. It makes working out fun, which is why clubs are so belong to a club.

movie points out. Some health clubs to work out by themselves," Anthony actually have bars in them. But I think Springman, fitness director at the Prairie

Springman, who also works out at Lady, then you should solve your social their health than with meeting Ms. or the club with friends, said he keeps his

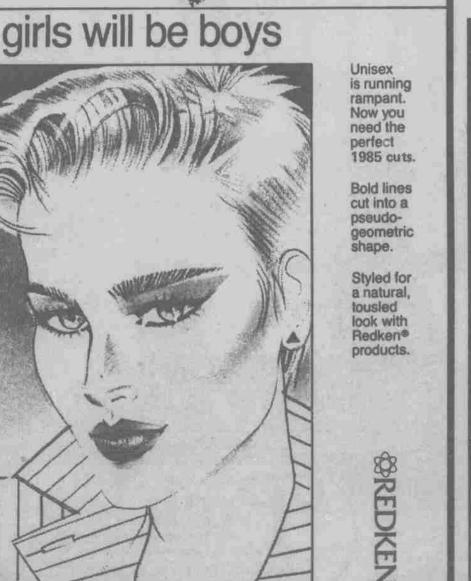
"If we just wanted to socialize we'd "in" thing to do, even in Nebraska. health clubs. But that's because you're go across the street and have a beer," he said. "But we want to work out.

"There are two types of people here," Springman said. "There are the people that are here to work out, and the ones that are here to socialize. Most people do a little of both."

There must be something to this club thing. After all, university students have racquetball, basketball, tennis courts, swimming pools, weight rooms, running tracks and aerobics classes. All are available at little or no cost yet many of us are willing to pay initiation fees and monthly dues to

There's no doubt that health clubs are beneficial both physically and socially. They cater to the serious athlete, as well as the socially starved, and

everyone else in between. I'd like to continue this, but I haven't even decided what I'm wearing to work out in tonight. Not that I'm worried about impressing anyone or anything. It's just that, well, I met this guy at the club yesterday and he had the most developed...of course, I'm not going to the club just so he'll ask me out. I'm going to work out. Really, I am.







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