

Sports

Seamstress 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 business.

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

"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 limousine 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 its 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



Mark Davis/The Nebraskan

Howard

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.

"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

Health clubs not 'Perfect'; developing into singles bars

Opinion by Cheryl Petersen
Staff Reporter

If your social life is the pits and you've never been "lucky" at the Lucky Lady, then you should solve your social problems by doing the thing of the '80s. Join a health club. Trust me, it's the "in" thing to do, even in Nebraska. Californians have been doing it for years — socializing in health clubs, I mean. I know because I just saw the movie "Perfect."

This latest flick with Jamie Lee Curtis and John Travolta suggests not only that people go to health clubs to socialize, find dates and mates, but that exercising and getting in shape is secondary to this all-important goal. The movie suggests that it's nice to have an exercise bike to ride while you check out which pair of biceps you would like to go out with. That way you aren't so conspicuous.

Perhaps health clubs are becoming

"the singles bars of the '80s" as the movie points out. Some health clubs actually have bars in them. But I think the majority of the people who go to health clubs are more concerned with their health than with meeting Ms. or Mr. Right. Sure, you make friends there and that's a big part of the attraction to health clubs. But that's because you're meeting people with a common interest in fitness. However, wouldn't a similar kind of socialization take place at a chess tournament or a horse show? Besides, it's not a lot of fun to work out alone.

The Prairie Life Center, located at 1305 S. 70th has an atmosphere similar to that of the club portrayed in "Perfect." It's new, it's very open, with windows overlooking the pool and the basketball courts. The atmosphere and design of the club encourages you to see and talk to people. It makes working out fun, which is why clubs are so popular.

"It's rare to find someone that likes to work out by themselves," Anthony Springman, fitness director at the Prairie Life Center said.

Springman, who also works out at the club with friends, said he keeps his social life separate from workouts.

"If we just wanted to socialize we'd 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 belong to a club.

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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