

Is definition of Yuppie changing?

The Yuppies, it would appear, have had a change of values. It is no longer the one with the most toys at the end who wins, but the one who can prove he or she had the busiest schedule.

For today's self-respecting professional, it is an admission of failure to tell someone you just stayed home and puttered around the condo last night.

Typical of this shift in priorities is the wording of so many commercials and print media ads aimed at such types.

Maybe I've lived in Stouffville too long, but I burst into laughter the other day when I read one such ad in a prestigious Toronto magazine (I was only reading it because it was the best of a bad lot in the doctor's office.)

This outrageously high brow come-on was entitled, "The Spoiled Couple," and was selling some posh mall or other.

It read: "I just can't believe how busy our lives are. The renovation. Cooking classes. The crazy work hours. And all those parties! I suppose you could say we spoil ourselves. But we've thought about it, and we just don't know of anyone we'd rather spoil than each other."

But it's not just the Yuppies who have adopted this "keep moving at all costs" philosophy. There are a lot of people out



FROM WHERE I LIVE
Bruce Stapley

there who just plain wouldn't know what to do with time on their hands if they didn't allocate it all in advance.

I know people who are almost afraid to take a holiday that doesn't come complete with whirlwind tours, daily bus or walking excursions, and plenty of built-in night life to tide them through.

Then there are those who bury themselves in their work because they've never been able to figure out how to relax in an easy, non-pressurized environment.

When questioned, these folks just get uppity and spout something about the work ethic being a high ideal.

But the sad truth of the matter is we've forgotten how to just sit back, pull out a good book, or simply vegetate for a few hours, or days, in the case of vacations.

We've gotten so used to operating under permanent stress that we can't even see the

value in relaxation anymore. It's opportunity to wind everything down, let the mind idle for a bit and the battery recharge.

No, we have reached the point where we actually brag about how frantic our lives are. Many homes today resemble train stations with people constantly coming and going, checking their watches and loading themselves up with "stuff" as they head out the door.

Now I've never been one for transcendental meditation or yoga, but I have to believe there are valid principles being advanced by such disciplines.

I can sit at the side of the road and watch a sunset for 15 or 20 minutes without feeling I've lost that time to inactivity or unproductiveness.

But I'm beginning to suspect I'm the only person who does that kind of thing anymore.

And it's not because I've got nothing better to do. I'm always behind in everything just like everybody else.

So don't hand me any more of that guff about your "full" life, and how you are so busy you can't find the time to walk down to get your mail. I've had it with people whose first real pit stop in life will be the old folk's home.

There. Now I'm going out to study a cone full of frozen yogurt.

MARKHAM

8911 Woodbine Avenue (North of #7 Highway), Markham, Ontario L3R 1A1
Telephone 477-7000

IMPORTANT NOTICE

The Regional Municipality of York are responsible for the supply of water and sewage flow treatment for the area Municipalities under the terms of the existing agreements with the Ministry of the Environment (Ontario) and Metropolitan Toronto. Due to increased costs, we find it necessary to increase our service rates to our consumers and this will constitute notice that, effective September 1, 1988, your new rates will be as follows:

WATER CONSUMPTION	New Rates Effective Sept. 1, 1988		Unit	SEWAGE FLOW TREATMENT	1986 & 1987 New Rates Effective Jan. 1, 1988		Unit
	Previous Rates	Sept. 1, 1988			Previous Rates	Jan. 1, 1988	
Residential	\$1.85	\$1.95	Per 1000 gallons	Residential	\$102.00	\$107.00	Per Residential Unit (Annual charge shown on final tax billing)
Commercial	\$1.85	\$1.95	Per 1000 gallons	Commercial (Basis: 65% of water consumption)	\$1.20/c	\$1.26/c	Charges on water bill at billing period. Per 1000 gallons



Trade Show '88

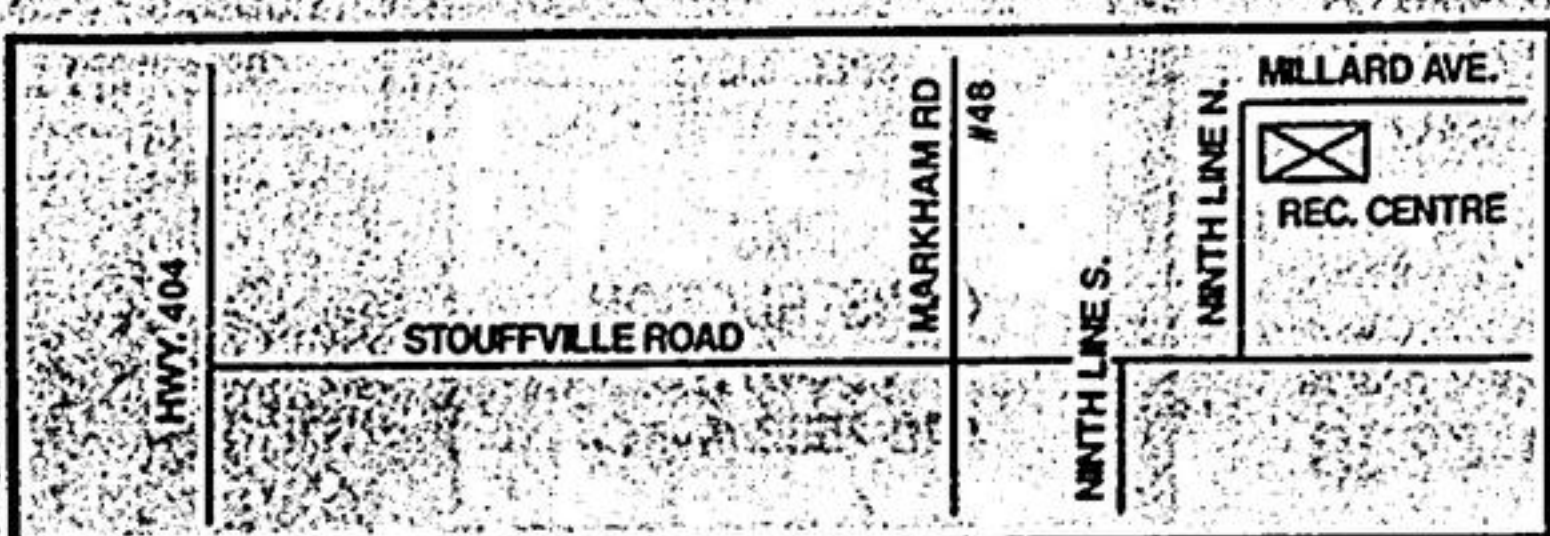
- Free Admission
- Refreshments
- Entertainment
- Prizes
- Everyone Welcome

"CHILDFIND" will be attending the Trade Show Sept. 10th from 12:00 to 3:00 p.m.

- Finger Printing
- Photographs

Come and Support your Local Business Exhibitors
Chamber of Commerce 640-5993

Dates: Sept. 8th
Sept. 9th
Sept. 10th
Location: The Recreation Centre



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MIRACLE ULTRAMART

Miracle foodmart

Prices effective in all departments until Saturday September 3, 1988 only. Savings indicated are off our own regular prices. We reserve the right to limit quantities.

Coke Classic, Regular or Diet

COKE or SPRITE

1.5 litre glass bottle 24 x 280 ml tins

.79 5.99

Plus .60 each bottle deposit
Unit cost 5.3¢ per 100 ml

Unit cost 8.9¢ per 100 ml
Limit 4 cases per family purchase

Assorted Varieties

HOSTESS POTATO CHIPS

200 g bag

.99

Frozen Concentrated
Miracle Food Mart

ORANGE JUICE

355 ml tin

.99

Product of California
SUNKIST VALENCIA ORANGES
Size 113

12/199

Product of California
Canada No. 1 Grade
THOMPSON SEEDLESS GRAPES

1.96 .89

per kg

lb.

Condensed
CAMPBELL'S TOMATO SOUP
284 ml tin

3/99

Assorted Flavours
SEALTEST PARLOUR ICE CREAM
2 litre tub

299

Cut From Canada Grade A Beef
CHEF STYLE PRIME RIB STEAKS
Cap Removed

9.90 449

per kg

lb.

BAMBY
WHITE BREAD 450 g loaf or
HOT DOG or HAMBURGER
BUNS pkg. of 8

.79

MIRACLE COUPON .30
This coupon is worth .30 off our special retail price of one pkg. of 24/500 g of Process Cheese Food

Kraft Singles **269**
WITH THIS COUPON

Limit one pkg. per coupon
Valid Aug. 29/88 until Sept. 2/88
Without coupon you pay 2.99

MIRACLE COUPON 2.00/T216
With this coupon and the purchase of 1 lb (454 g) or more of Oktoberfest Sausage you get a

Corner Deli Nylon Lunch Bag **.99**
PLUS TAX WITH THIS COUPON

Limit one coupon per purchase
Valid Aug. 29/88 until Sept. 2/88
Without coupon you pay 2.99 plus tax

You buy the Pizza We Supply the Coke or Sprite **FREE**

When you purchase one Fresh DaVinci 15" Pizza or one 6 Pack Mini Pizza at our special retail price of \$4.89 you receive a 1.5 litre glass bottle of Coke Classic, Regular or Diet COKE or SPRITE FREE WITH COUPON ATTACHED
You pay only 60¢ each bottle deposit
Without coupon Coke Sprite 79 plus 60¢ ea. btl deposit
Unit Cost 5.3¢ per 100 ml

MIRACLE COUPON .79/T85
Buy one DaVinci 15" Pizza or one 6 Pack Mini Pizza at our special retail price of 4.89 and receive one 1.5 litre glass bottle of Coke Classic, Regular or Diet

Coke or Sprite **FREE**
WITH THIS COUPON
Limit one coupon per purchase
Valid Aug. 29/88 until Sept. 2/88
Without coupon you pay 79 plus .60¢ ea. btl. deposit for the Coke/Sprite

Pharmacy Open Sunday 10-6 pm
Markham Corners, 5085 Sheppard Ave. • Steeles & Bathurst • Bamburgh & Warden
250 Alton Towers Circle, South of Steeles on McCowan • Upper Oakville Shopping Centre