

**In Business**

# Digital, multi-color duplicating is E-Print's specialty

Cy Lalonde has seen the future and the future is high speed digital multi-color duplicating. The Goodwood resident is the owner of E-Print Inc., which opened in early April in the Tim Horton Donuts mini-plaza in Stouffville's west entrance.

Lalonde said the business goes a step above photocopying, offering high quality reproductions in color without negatives or plates. The service centres around a Risograph machine, a digital duplicator which combines the efficiency of a printing press with the practicality of a photocopier.

"Digital printing is the way of the future," said Lalonde, whose brother Andy is programmer for the business. "The Risograph machine can print from a computer or from an original. You can print a color poster while a customer waits and it can print 130 copies a minute."

Services offered include flyers, business cards, letterheads, envelopes and carbonless forms, along with Cerlox binding, laminating and collating.

The system is also environmentally friendly, according to E-Print manager Mark MacEwan. "There are no chemicals and everything is recyclable," said MacEwan.

Lalonde said the long search for the right high traffic location to set up the shop finally came to an end

when space became available in the Tim Horton's building.

"We'd been looking all through Stouffville and just couldn't find the right location. But being beside Tim Horton's and near the Swiss Chalet and Harvey's outlets which are opening soon means there will be lots of people around."

He said the fact that business has been brisk since opening means there was a need for the service.

"We've only been here a little over a month and we're doing very well. We're doing a lot of work for Stouffville businesses. And we just expect it will keep getting better once everyone knows we're here."

Lalonde, who has a background in printing sales, operated a bar coding business out of his house for 10 years. He will continue to offer bar coding services from E-Print as part of an overall package available to individuals and corporate clients.

"We can cover a whole gamut of needs that the customer may have. We're really a complete copy centre."

## Meet Your Local Business People

**CAROLYN DAVEY**  
FINANCIAL ADVISOR,  
THE INVESTMENT CENTRE  
1-800-887-1606



"I'm so thankful I discovered a career in financial planning. Carolyn Davey glows as she talks about her profession.

"To make a meaningful difference in someone's life in an area as sensitive and as necessary as personal finances is so fulfilling."

Whether it be the senior, the university student, an entrepreneur, or a family they all have the same needs: cash flow, cash reserve, and security for the future.

Knowing where to put your money, managing all your assets and your debt to your best advantage is the key to financial planning. Carolyn enjoys being an independent consultant with the freedom to recommend many companies' products. Although Markham-based, she often travels to surrounding areas to accommodate her clients.

Carolyn can be reached at 1-800-887-1606.

**STOUFFVILLE FURNITURE**  
642-6828



Stouffville Furniture and Accessories specializes in customizing kitchens to customers' specifications. They offer a wide selection of cabinets, counters, shelving, faucets and sinks. In addition, bathroom renovations are also an area of expertise.

Owners, Ville and George Papas, make kitchen renovations easy while they offer design ideas to help realize every client's dream.

The couple pride themselves on offering friendly service and encourage their clients to take their time making decisions.

Visit Stouffville Furniture and Accessories at 5402 Main St. Call them at 905-642-6828.

## Caregivers offered support

Women in Canada are the primary caregivers for the elderly, both at home and in long-term care facilities.

The York Region Public Health Department provides information, education and counselling to support caregivers in this demanding role by telephone, in your home or in group education sessions.

The signs of caregiver burnout are many. Physical signs may include headaches, always feeling tired or frequently getting sick. Emotional signs are feeling irritable, depressed or desperate. Behavioral signs may be drinking or eating too much, rarely going out with friends and not asking for help.

Burnout can be caused by excessive demands from ourselves, friends, family or life in general. Here are some suggestions for caring for yourself and

avoiding or lessening burnout.

- Get to know your own strengths, limitations and needs and act on them.
- Reconsider all the demands by asking yourself if they are appropriate in your present situation.
- Accept others for who they are. You can only change yourself.
- Remember other ways of managing stress - rest, exercise, nourishment and getting out of the house.
- Talk with others about how you're feeling. Knowing that you're not alone helps.

For further information about caregiver issues or to register for a Care to the Caregiver education and support group, call the Health Info Line, York Region Public Health Department, 895-4511, 773-3230, 882-2081, 437-2391.

## MILL RUN GOLF & COUNTRY CLUB

1-800-465-8633



Mill Run Golf & Country Club has opened a new restaurant, **MR. DUFFERS**, open weekdays from 11 a.m. to 3 p.m. and Tuesday evening from 5 p.m. to 9 p.m.

Primarily a lunch-hour restaurant, it provides an ideal setting for golfers entertaining business clients or simply for drop-ins who are looking for a nice spot to get a

bite to eat, says catering manager, Laura Holliwel.

Located in the main clubhouse, the atmosphere is casual and diners can call ahead and place orders by phone if on a tighter schedule.

Mill Run Golf & Country Club is located on Durham Road 8, just west of Uxbridge.

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## Premiere Art Show 1995

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**SATURDAY, MAY 20th, 1995**  
11:00 AM to 5:00 PM



His Poems are Magical... His Art Deeply Spiritual