Cyclist Todd
McCall makes
his way down
the Ninth
Line toward
Stouffville
Sunday, a
canopy of fall
colours all
around him.



## Ups & downs of autumn

PHOTOGRAPHY BY NICK IWANYSHYN

Are you 100% sure that you prepare food safely at home...



or are you just pretty sure?



clean. separate. cook. chill. Take the food safety quiz. Be 100% sure.

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Quiz participants are eligible to win one of three \$50 grocery store gift cards.





Gerald Moran blows fallen leaves off his lawn along the Ninth Line.

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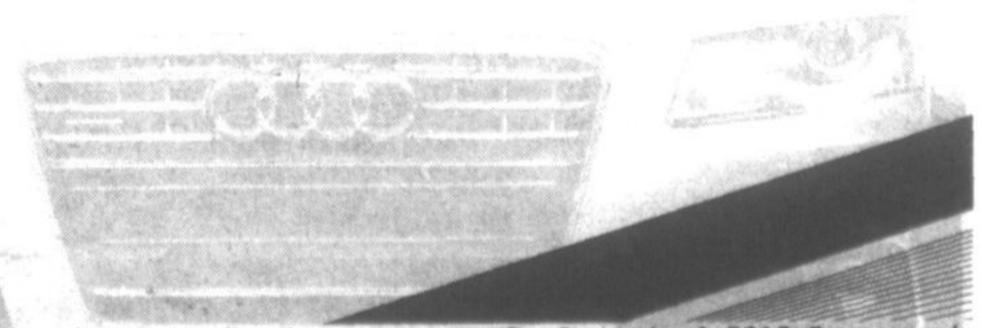
Hear squeals of delight, not tires.

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