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Longtime Farmtown Park volunteer, Lin Clarke, is making certain the panes of glass in the front door of the General Store will be glistening for the official opening of Farmtown Park Saturday, July 11. The General Store is one of 19, authentic, life-size reproductions of small town storefronts of the early 1900s featured in the spectacular streetscape that is Heritage Village – one of nine magnificent buildings to visit and explore at Farmtown Park in Stirling. *TERRY VOLLUM*

A VISIT TO FARMTOWN PARK OFFERS AN ENJOYABLE, WELCOME BREAK



TERRY VOLLUM

STIRLING-RAWDON It's difficult these days to come up with an entertaining, yet safe, distraction from the Cabin Fever society has been experiencing over these past few months. And perhaps this feeling of confinement has been especially top-of-mind as residents live through what used to be a family's carefree summer vacation time.

Kids have been out of school and underfoot since March Break even as many have been

forced to work from home. For most families this is the new normal. And even as we do our best to adjust there are certain inevitable pressures; kids want to see more of their friends for all sorts of group activities while adults miss dinner parties, summer barbecues, movie nights, 'live' theatre events and, of course, family vacations.

Recreation and leisure are essential parts of well-being and quality of life, regardless of age, and especially now as residents deal with the restrictions imposed by COVID-19.

And as the province gradually reopens businesses and public spaces residents are encouraged as progress is being made in the fight against the pandemic. As always, public health and safety