

# DIVERSIONS

## Parks provide tranquility

By Mick Dyer  
Senior Reporter

Parks are an expression of mankind's innate desire to feel as though he exerts some control over things beyond himself. They are a manifestation of the unconscious urge to conquer and dominate things in the external world, in this case nature.

Paced, modern, urban world we live in, parks are also a necessity.

They remind us that there is a whole world of trees and grass and flowers and squirrels and bunnies and birds and fish and insects that doesn't care about such trivial matters as mankind and its technology. That's an important thing for us city

dwellers to keep in mind. They help us keep things in perspective.

Parks also serve an important purpose, psychologically speaking. In this day and age, emotional well-being is a rare and sought after commodity. Parks tend to be a stress neutral environment. A place where you can escape from the pressures of daily living and give your sanity a chance to rest and heal. They give you the chance to just be yourself for a while. Then you can re-enter whatever part of this neurotic society we occupy with confidence and kick some...

Lincoln has a variety of fine parks where you can momentarily elude the tension producing elements in your life.

Hazel Abel Park, located at 18th and E Streets, is a quaint neighborhood park reminiscent of a by-gone era. The park is surrounded by a wrought-iron fence and high well-groomed shrubs. Within is a small fountain, a gazebo and the best swing-set in town. Most notable, the park has a peaceful atmosphere. Nothing hurries around here. Even the rabbits linger over the clover. Almost everyone I know is amazed and excited when they "discover" the park.

Pioneers Park, located on South Coddington and West Calvert streets, is a large park with open spaces, taking its name from the expansiveness of the prairie settled by the pioneers. The park offers

golf, picnicking, horseback riding, a nature center, and lots of animals to feed. It's a great place to lose yourself. It seems ironic to me that the park has a statue of a buffalo and a statue dedicated to the Indians — two important parts of the prairie that were destroyed by the pioneers.

Wilderness Park, located a 1st and Van Dorn streets, truly is a wilderness. The park features 17 miles of hiker/horse trails through forests and meadows along Salt Creek. Great place to spend a Sunday afternoon, especially during autumn when the leaves are changing color and falling and birds are migrating south for the winter.

Sunken Gardens/Teachers'

Memorial Fountain, located at 27th and Capital Parkway, features a contrast between traditional and modern fountains and gardens. The sunken gardens is a romantic place where young lovers often spend time. There is a wedding there practically every weekend from April to September. At any rate, it's a beautiful place. The Teachers' Memorial Fountain across the street features water cascading off of tall odd-shaped stone boxes stacked up on each other. Intriguing. It also has a huge shallow pool. Signs say to stay out, but people wade in it anyway...

Lincoln has many other outstanding parks. They're all great adventures ... and diversions.



Feeding pond at Pioneers Park

Connie Sheehan/Diversions