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Railroad museum exhibit dedicated to former South Land Park resident Herbert Yee, family

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Freeport Bar & Grill offers inviting dining experience in the Delta

By Patrick Powers

Among the well-known gathering spots for friends and family in the Sacramento-San Joaquin Delta is the Freeport Bar & Grill.

This dining spot and watering hole is located at 8259 Freeport Blvd. in the historic town of Freeport, which was established in 1862 by the Freeport Railroad Company.

The town was set up to bypass the port taxes that were being charged for goods and supplies at the Sacramento embarcadero – hence the name, Freeport. The town became a hub of commerce for the mining industry in Northern California.

Fast forward to modern times, Freeport has been designated as the "gateway to the Delta." Boating, fishing, cycling, wine tasting and golf are the entertainment focuses of Freeport. And right there to quench your thirst or placate your rumbling stomach is the Freeport Bar & Grill.

A stop at this restaurant and bar can be one's first stop in the Delta or their last stop before reentering urban life in Sacramento and Elk Grove. Freeport Bar & Grill is a convenient, 10-minute drive from downtown Sacramento and is a 12-minute drive from Elk Grove.

This classic bar and grill offers indoor dining, outdoor patio dining, a full bar, and a happy hour.

The business, which was established in 1996, emphasizes hospitality and fantastic food, and its menu is very compelling with its wide selection, making it hard to decide what to order.

Its menu does have a need for a couple more vegetarian choices, but it provides choices for everyone.

During this paper's recent visit to this establishment, this article's author chose the soup of the day – chicken tortilla – for lunch.



Photos by Patrick Powers

Freeport Bar & Grill server Nicole (Landeros) Finley shows off examples of the types of large portions of food that are served at this dining and drinking establishment.

It was steaming, delicious and thick with lots of tender chicken, and it was paired with garlic fries, which were packed with garlic.

The author's guest ordered the clubhouse salad, which was so large that she took half of it home for dinner.

Regular customers are already aware of this dining place's large portions, and many of them arrive with to-go bags.

The Landeros family has operated this business for more than a quarter century. The affable Jeff Landeros, the son, can be found behind the bar pouring your favorite wine, drawing a cold draft from their many taps, or mixing your favorite drink with experience.

When sitting at the bar, you can meet Jeff and embrace his barkeep banter. And when dining, your waitress could be Nicole

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The Freeport Bar & Grill is located at 8259 Freeport Blvd. in the town of Freeport.



The Freeport Bar & Grill is a family-run business, operated by the Landeros family. Shown from left are Jeff Landeros, James Landeros and Nicole (Landeros) Finley.

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Railroad museum exhibit dedicated to former South Land Park resident Herbert Yee, family



Photos by Lance Armstrong

Sen. Roger Niello, R-Fair Oaks, presents a joint California Senate/Assembly resolution to the Yee family. Accepting the resolution at the June 21 event are Wesley Yee, left, and David Yee.

Exhibit highlights the Chinese railroad workers' experience

By Lance Armstrong
vcneditor@gmail.com

Former South Land Park resident Herbert Yee, who died in 2021, was posthumously celebrated at the California State Railroad Museum in Old Sacramento on June 21, with the dedication of an exhibit in his honor and in recognition of his family.

That exhibit, the "Chinese Railroad Workers' Experience" exhibit, pays tribute to the more than 10,000 Chinese men who worked to construct the western portion of America's first trans-continental railroad, which was built from 1863 to 1869.

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East Sacramento cellist comes from musical family

By Patrick Powers

East Sacramento resident Steve Millington has built his life around music, which is something that came naturally for him, given that he comes from a musical family.

Millington's two older sisters, June and Jean, formed the musical group, The Fannys, which performed throughout Northern California.

Taking after his grandfather, who was a cellist, Millington also plays cello. He began playing this instrument when he was 6 years old.

During the early 1960s, Millington began attending Sierra School, which was an elementary school at 2791 24th St. He joined the school's orchestra while he was in the 6th grade.

Continuing to progress as a cellist, Millington later played in the orchestras of California Middle School and C.K. McClatchy High School.

His experience as a cellist also includes performing in the Davis High School orchestra during his senior year, the Sacramento All Star Orchestra, and the Sacramento Junior Symphony.

Millington's passion for this instrument led him to extend his orchestra experience as a member of the University of California, Davis orchestra, as well as the Sacramento City College orchestra.

He would eventually earn two degrees in music at California State University, Sacramento.

In 1981, Millington formed the Millington Strings Trio with Steve Warren and Bruce Silva.

That musical endeavor was followed by the creation of the Millington Strings Quartet about nine years later.

Today, Millington, his wife and other musicians officially perform as Millington Strings Music, although they advertise under such names as the Millington Strings Quartet and the Millington Strings Quintet.

Millington Strings Music has performed at more than 1,000 functions, including fundraisers, weddings, conventions, private parties, engagements and memorial services.



Photo courtesy of Steve and Anne Millington
East Sacramento resident Steve Millington has been playing the cello since he was 6 years old.

Millington has performed for then-Gov. Arnold Schwarzenegger, Willie Brown, who served as speaker of the state Assembly and mayor of

See CELLIST on page 5



Photo by Rebecca Ronelo Le
The Millington Strings Quintet performs at Soil Born Farms in Rancho Cordova last May. Pictured are Mark Tammes (violin), Jessie Nibley (violin), Anne Millington (bass), Steve Millington (cello) and David Thorp (viola).



Photo courtesy of Steve and Anne Millington
This vintage Millington family photograph shows Steve Millington, center, as a young boy with his cello.

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Photo courtesy of Steve and Anne Millington

The Millington Strings Quintet performs at a C.K. McClatchy High School reunion in June 2021. Pictured are Mariana Cota (violin), Mark Tammes (violin), Anne Millington (bass) and Steve Millington (cello).



Photo by Steve Millington

Pictured above is a c. 1850 European cello owned by Anne Millington.



Photo courtesy of Steve and Anne Millington

June and Jean Millington perform in the musical group, The Fannys, in this vintage photograph.

Cellist

Continued from page 4

San Francisco, and several Sacramento mayors.

Just a few weeks ago, the Millington Strings Quartet played at Donner Lake for a surprise engagement party.

The quartet was on the beach under a rose petal-covered dock, and when the engagement couple walked to the dock, they had the music of the Millington Strings Quartet to help facilitate this monumental setting.

While attending a music convention in about 1990, Millington met a cellist named Anne, who would later become his wife, a member of Millington Strings Music, and the group's webmaster. She also runs the bookings and contracts.

Anne recently spoke about meeting Millington, her work with him as a performing musician, and her transition to playing bass.

"When Steve and I met, it was at a chamber music workshop, at which we both played cello," she wrote in an email message to this paper. "Several years later, after we married, I started playing bass, so that we could do gigs together. (A) quartet only has one cello, usually.

"Steve started arranging for (a) quintet – quartet, plus bass – as well as for (a) cello duo, and we offer those combos for people's events. Basically, I still consider cello my primary instrument."

Millington made a major investment in 1985, purchasing a new cello for $8,500. He took out two loans to buy it. He still has that cello, which he mentioned is currently worth about $25,000.

"(It was) a good investment," he said.

Through his education in music and his longtime experience as a performing musician, Millington would eventually become a music professor at Sacramento City College. He worked at that institution for about 10 years, teaching cello and orchestra, before moving on to teach private lessons.

Millington has taught cello lessons to more than 100 stu-

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Expanded college enrollment policy mired in controversy

By Juliana Castro
C.K. McClatchy
High School student

Editor's note: This article was made available through the Sacramento Student Reporter Program.

The Sacramento City Unified School District's expanded college enrollment policy has created a controversy for students who wish to take college classes during their senior year.

Officials sent out a message to families sharing the news that beginning in the fall 2023 semester, the district will allow students who are eligible and who enroll in college courses to shorten their high school day to five periods in the fall semester and four periods in spring semester.

This proposal is getting some backlash from students, who say they have been able to take as few as four classes in both semesters as long as they were enrolled in two college courses.

District officials, however, say that since 2016, the policy has been to require seniors to attend a minimum of six periods in the fall and four periods in the spring. They say they established the policy to ensure compliance with state law.

The policy has not always been robustly enforced, district officials acknowledge, and school site leaders have been encouraged to make sure their students remain in compliance moving forward.

District communications manager Alexander Goldberg addressed this policy.

"First, the district has actually expanded this opportunity for our eligible high school students," he said. "Following our return to schools last year, it was discovered that scheduling practices at some schools were not adhering to our policy.

"So, in addition to creating a fall college course enrollment option for seniors, we are encouraging school site leaders to make sure all students remain in compliance with (the) state education code."

Goldberg added, "The second thing I would like to emphasize is that the district fully supports students enrolling in community college courses as one of (the) many ways in which students can prepare themselves for the next chapter of life and learn beyond the walls of our school."

Under the new policy, students would have to take five high school courses their first semester and they have the option to shorten it to four courses in the second semester, as long as they are enrolled in two college courses during that second semester.

Some of the student backlash can be attributed to a feeling among juniors that, when they were choosing their classes for senior year, counselors were not as encouraging about enrolling in college courses.

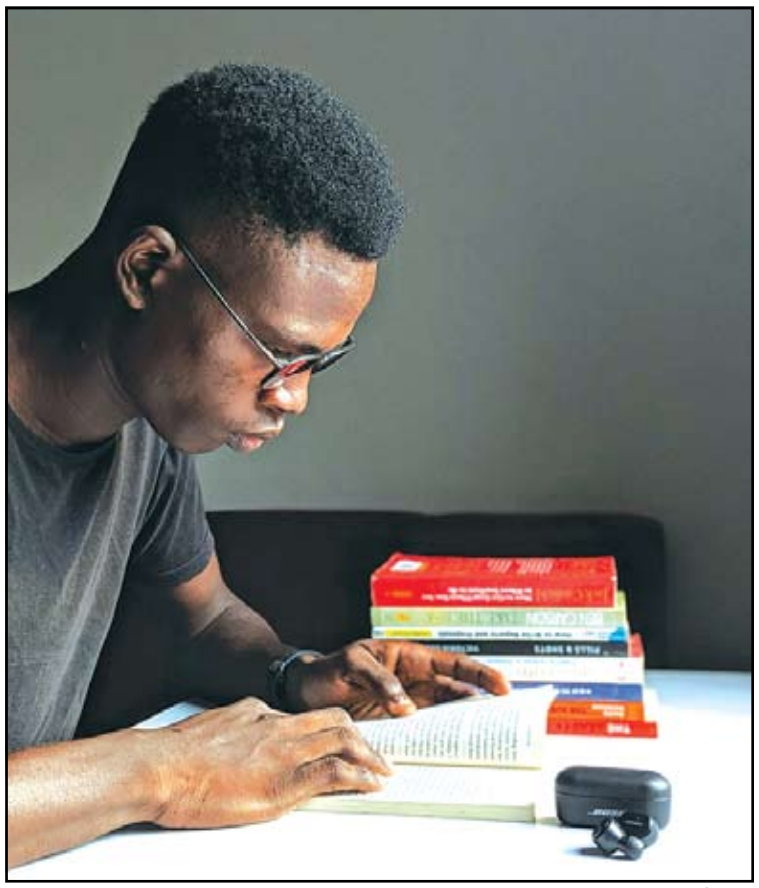


Photo courtesy of Pexels

McClatchy junior Jaida Cohen shared her personal experience.

"I wanted to take Sac City College classes, because I have all the credits I need and it's more interesting to do college-level classes," she said. "When I went to the counselor's office, I had to bring it up myself and they weren't advertising taking college classes. I had to be demanding, and they were helpful, but not giving me enough information due to the point I had to ask for everything."

Counselors, in line with district policy, shifted from prioritiz-

See ENROLLMENT on page 7





Sacramento Shakespeare Festival presents Macbeth

The Sacramento Shakespeare Festival is presenting a production of Macbeth in the Art Court Theatre in the Performing Arts Center on the campus of Sacramento City College at 3835 Freeport Blvd.

A series of performances began earlier this month, and the public still has several opportunities to attend a performance of this Shakespearean classic.

The remaining performances will be held on July 13, 14, 15, 20, 21 and 22 at 7:30 p.m., and July 16 and 23 at 2 p.m.

In this play, three witches tell the Scottish general, Macbeth, that he will be king of Scotland. Encouraged by his wife, Macbeth kills the king, becomes the new king, and kills more people out of paranoia. Civil war erupts to overthrow Macbeth, resulting in more death.

This production of Macbeth is directed by Lori Ann DeLappe-Grondin and Christine Nicholson. The festival's artistic team includes Shawn Weinsheink (scenic design), Nicole Sivell and Johnna Wood (costume design), and Isaiah Leeper (lighting design).

The Sacramento Shakespeare Festival, which is produced by City Theatre at Sacramento City College, strives to provide top-quality Shakespeare performances and training to the Sacramento community, utilizing the resources, teachers, and students of the college's theater department, and using the most experienced and professional artists in the Sacramento area.

Ticket prices are $18/general admission, $15/seniors, veterans/military personnel, and persons with disabilities, and $10/students. Tickets may be purchased online, or in person one hour before the performance begins.

Additional information and tickets are available online at www.SacramentoShakespeare.net.

Elks lodge to feature cornhole tournaments

Beginning this month, cornhole tournaments will be held at Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., on the first and third Wednesdays of each month.

The tournaments are open to players of all skill levels for all Elks members and their guests.

The cost to participate in each tournament is $10, and prizes will be awarded.

Preregistration and warmups begin at 5:30 p.m., and bags will fly at 6 p.m.

For additional information about these tournaments or volunteer opportunities for this ongoing event, contact Bill Palmer at (916) 202-6389.

Enrollment

Continued from page 6

ing college classes to encouraging students to complete general education requirements on campus.

McClatchy counselor Andrea Montgomery shared her own thoughts on the matter.

"I think a lot of students are upset about it," she said. "I do feel for students. It is their senior year, so I think it would be nice if they were here. But I see both sides of that, of being either detrimental or good for students.

"On the plus side of being here, there is more involvement, experience, really getting a high school experience before you leave, which some students will really miss out on if they are only here for four periods."

Montgomery added that it was important for counselors to be fully transparent with students and provide them (with) correct information about the policy change.

School funding from the state is based on how many students attend a school daily. So, encouraging students to attend class on campus, as opposed to a college, could be seen as a way to maximize state funding.

Montgomery mentioned that money was not the motivation behind the change, noting schools get full state funding even when kids attend classes at a college.

"The school isn't losing any money by (students taking college courses)," she said. "But if I start speculating why the district did it, I wouldn't know. But it had nothing to do with attendance money."

Montgomery expressed confidence that the McClatchy community will adjust to the new policy in a positive way.

"I have faith in (McClatchy High) as a community that we are going to make this a positive thing," she said. "Students can still take college classes at the college. They are encouraged to do so and to explore their options. We, as counselors, are going to be as supportive as possible helping kids to do what is right for them. I know that even though it does seem like a lot is being taken away, we'll find something new that we can all appreciate out of all of it, hopefully."





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Freeport Bar & Grill diners enjoy a moment at this Delta town institution. They are, from left to right, Tim Garry, Walter Murray, Frank Bosworth, John King and Dennis Reschke.



Bruschetta is one of the many items on the menu at the Freeport Bar & Grill.



Motorcyclists stand near motorcycles in the parking lot of the Freeport Bar & Grill.



Chicken tortilla soup was the soup of the day when this article's author dined at the Freeport Bar & Grill.

Freeport

Continued from page 2

(Landeros) Finley, the daughter. James and Cathy Landeros are the business's owners.

This is not a foo-foo replica bar and restaurant, but it is instead the real deal when it comes to the menu, which draws in the serious meat eaters.

On the menu are sizzling entrées such as rib-eye steak, brandy-peppercorn steak, prime rib, and St. Louis ribs. One can also find a selection of huge, juicy hamburgers, salmon, butterfly prawns, and linguini and clams.

The place is a favorite for car and motorcycles club members, and it is considered the 19th hole for the nearby golf course. It is also popular for birthday parties, business meetings, and folks returning from various wineries.

All of these things create an ambience of congenial activity of food and beverage.

Freeport Bar & Grill offers plenty of free parking, even on the weekends. Some guests avoid parking altogether and arrive by

See FREEPORT on page 15



Courtland resident Jan Chaix flashes a contented smile after finishing a plate of fish and chips at the Freeport Bar & Grill.



Isabella Powers, daughter of the author of this article, takes a break from perusing the Freeport Bar & Grill's menu to smile for the camera.



The Freeport Bar & Grill offers a wide variety of menu items in its indoor and outdoor dining areas. The place also includes a full bar.

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Yee

Continued from page 3

By 1868, Chinese workers represented more than 90% of the workforce employed by the Central Pacific Railroad to provide labor for that monumental project, which was officially completed with the driving of the "last spike" during a ceremony held at Promontory Summit in the Utah Territory on May 10, 1869.

Herbert, who immigrated to the United States through San Francisco's Angel Island at the age of 6 in 1931, would become a longtime local dentist, civic leader, and philanthropist in his community.

His many contributions included more than 30 years of service as a board member of the California State Railroad Museum Foundation and his longtime philanthropy to the museum.

The event provided further evidence of the lasting impact that Herbert has in Sacramento, a place he called home for nine decades.

Among the highlights of the June 21 event, which was attended by about 150 people, was the unveiling of a commemorative plaque on a piece of granite.

This plaque, which is inscribed in both English and Chinese, recognizes the "generous support" of the Herbert K. Yee and Inez F. Yee Foundation to the "Chinese Railroad Workers' Experience" exhibit.

The plaque will be permanently located in the museum's Sierra Scene area, which features a mock-up, railroad construction scene in the Sierra Nevada.

Prior to participating in the presentation of this monument, Tim Schroepfer, president and CEO of the California State Railroad Museum Foundation, expressed appreciation for the Yee family's ongoing contributions to the foundation, which supports and markets the museum and Railtown 1897 State Historic Park in Jamestown.



Sen. Roger Niello, R-Fair Oaks, stands with members of the Yee family – from left, Kathy, Sarah, Samantha and Henry – at the June 21 event.

"The museum, as was pointed out, stands on the shoulders of giants – those who understood how important these artifacts are, the stories that they tell and how they connect (to present times)," he said. "And Dr. Yee was certainly one of those giants. We would like to unveil a plaque and stone that will be placed certainly in honor of all that Dr. Yee has done, and the whole Yee family has done for the museum.

"The foundation will forever be grateful to Dr. (Herbert) Yee and the Yee family for their generous support."

Also addressing the crowd was Ty Smith, the museum's director, who recognized the difficult work of the Chinese laborers whose efforts allowed the dream of a transcontinental railroad to become a reality.

"Can you imagine the backbreaking work?" he asked. "The technology that existed wasn't very advanced. Sometimes they were measuring the progress of building the first transcontinental railroad in inches a day, especially if they were toiling to build tunnels through the granite faces of the Sierra."

He added that following the completion of the first transcontinental railroad, many of the Chinese workers moved on to provide labor for another "improbable task" – building the levees and performing reclamation work throughout the Sacramento-San Joaquin Delta.

Other speakers at the event included one of Herbert's grandsons, Dr. David Yee, who accepted the monument, along with his uncle, Dr. Wesley Yee, a local dentist and California State Railroad Museum Foundation board member.



A large crowd attends the June 21 event at the museum.

David, who serves as the commissioner of the California Commission on Asian and Pacific Islander American Affairs, shared various stories about his

See YEE on page 10



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Yee

Continued from page 9

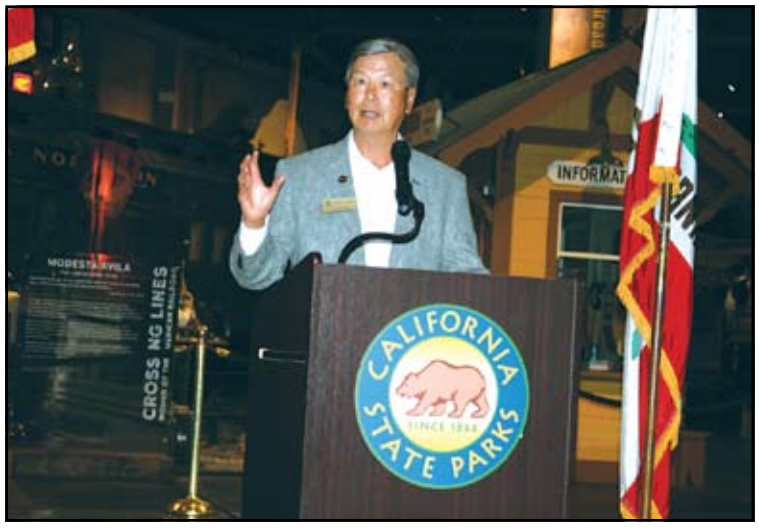
grandfather and other family history.

He told this paper that his grandfather was among the museum's founding fathers and visionaries who believed that a railroad museum would be "perfect for Sacramento," considering that this city was the western terminus of the first transcontinental railroad.

"He was a good friend and confidant of (then-Gov. Ronald) Reagan, and so, he helped persuade Gov. Reagan, along with some other people, to help sign the bill to fund the museum in Sacramento. This was back in 1970."

While addressing those in attendance at the event, Wesley recalled when his father was the chair of a 1969 celebration of the 100th anniversary of the joining of the Central and Union Pacific railroads.

"All went well here in Sacramento, and for the festivities and for the Chinese community," he said. "(The celebration in) Promontory Summit/Promontory Point, Utah was a different story. First, our esteemed Chinese American historian and professor, Philip Choy, was nudged off (as a speaker), even though he was clearly on the program. So, just like if I was not able to speak tonight. That's how bad it was.



Wesley Yee, a California State Railroad Museum Foundation board member and a son of Herbert and Inez Yee, speaks at the June 21 event.



This plaque affixed to a piece of granite was unveiled during the June 21 event at the museum. It will be permanently located in the museum's Sierra Scene area.

"Then Secretary of Transportation John Volpe failed to mention the Chinese workers at all. Volpe stated, 'Who else, but Americans, could lay 10 miles of track in 12 hours? But Chinese railroad workers were not U.S. citizens at that time. That would take a long time before they could become U.S. citizens."

Wesley added that a commemorative bronze plaque recognizing the centennial was lost.

As a member of the original California State Railroad Museum board, Herbert urged the creation of a replica of that plaque, which has been hanging in the museum since its opening in 1981.

Also included in the June 21 program was a joint California state Senate/Assembly resolution to the Yee family from Sen. Roger Niello, R-Fair Oaks.

Although he was not in attendance at the event, Gov. Gavin Newsom acknowledged "the life and legacy of Dr. Herbert Yee" through a letter that he signed for the occasion.

The letter includes the following words: "Dr. Herbert Yee is a vital part of California history. As we look back at his life, we will honor his incredible legacy in this great state."

Following the event's program, several attendees shared their thoughts about Herbert, and their impressions about the event, in general, with this paper.

Among those people was Dr. Richard Pan, a former state senator and assemblyman who was also one of the program's speakers.

"Herbert is a giant here in Sacramento," he said. "He's contributed so much to this museum. But not only this museum. His leadership led to the exhibit's reminding people of the history of the Chinese workers who built the (trans)continental railroad – literally the hardest part, coming from California."

Fremont Mayor Lily Mei called the June 21 event a "momentous occasion."

"So often, people don't recognize those who keep our history and tell our stories," she said. "And this is so critical right now, in this moment, to recognize the contributions that make not just Asian history, but American history.

"And that's what Herbert has done is to preserve and to ensure that people recognize that when the railroads were built, and the foundation of connecting the east to the west, that this was not just connecting the cities. It was connecting our communities and connecting our future."

Doreen Wong, a docent at the California Museum in downtown Sacramento, expressed appreciation for Herbert's life.

"I really appreciate Dr. Herbert Yee, all his contributions to the Chinese community (and

See YEE on page 11





‘Please adopt me’

Wiggles the dog seeks new home



Photo courtesy of Front Street Animal Shelter
Wiggles is a female, tan-colored pit bull mix. Her animal identification number is A587031.

“Hi, my name is Wiggles. I am a 4-year-old, spayed female, tan-colored, pit bull mix. I love human attention and I would love someone who can give me all theirs.

I am very friendly and I get very wiggly when I meet new people. I get along with kids, but I still would appreciate a slow introduction. I will need help learning that being alone at home while you run your errands is OK.

I know a few tricks, such as sit, stay, touch, and look. I will sit and lay down for treats, and I love a game of fetch. I will get a case of the “zoomies” from time to time. I walk well on a leash, and I am not reactive when I’m on a leash. I am an all-around fun and loving pup.

To meet me, make sure I’m still available at www.FrontStreetShelter.org, then ask for me at the shelter from noon to 5 p.m. seven days a week. My animal identification number is A587031.”



Dr. Richard Pan, a former state senator and assemblyman, speaks at the June 21 event at the California State Railroad Museum.

Yee

Continued from page 10

beyond),” she said. “One of the speakers (Niello) was saying (Herbert had) so many communities. You know, all the organizations he belonged to, he contributed so much, and he’s a model for me.”

Niello, who met Herbert about 35 years ago, told this paper that Herbert meant a “tremendous amount” to his “communities.”

“He was so involved,” he said. “He did more things than I even realized he did when we drafted that resolution. And it was too much to read, and so that’s why I summed it up (in his speech that) he was a dedicated member of his communities. (He was) so accomplished. But more importantly, he was just a fundamentally really nice and good man.”

Italian society seeking tax-deductible donations



Any time is a good time to put the Italian Cultural Society of Sacramento on your gift list and make a tax-deductible donation.

This year marks the 42nd anniversary of this organization, which has its meeting place at 6821 Fair Oaks Blvd. in Carmichael.

The society invites people to join with their community of donors with a gift of their own. Donations will directly support the society’s mission to keep Italian heritage alive.

In addition to assisting the work of the society on behalf of the Italian community, donations will be recognized in the society’s newsletter, and can be made in the name or honor of a loved one or other dedication or occasion.

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Cellist

Continued from page 5

dents, and a couple of his former students have gone on to play professionally in orchestras and work as music session players.

Millington, whose musical activities include composing cello music, has compiled a binder of more than 600 arrangements, including classics and his group's originals.

He is currently arranging the music for the October grand opening of Joshua's House, a hospice for the homeless in East Sacramento.

Benefitting Millington is his American Society of Composers, Authors and Publishers membership, which allows him to perform popular music that is not in the public domain.

Millington continues to practice his cello playing daily, something he has done for 60 consecutive years. He also enjoys playing his grandfather's cello, which is nearly 200 years old.

For those interested in attending a Millington Strings Music performance for free, the group plays on the last Saturday of every month at Soil Born Farms, 2140 Chase Drive, in Rancho Cordova from 9:30 a.m. to 12:30 p.m.



Photo by Patrick Powers

Steve Millington is pictured playing cello.

For additional information about Millington Strings Music, visit the website, www.MillingtonStrings.com.

Information about the cello

The cello, aka violoncello, is a bowed, four-string instrument of the violin family.

This instrument is played by drawing a horsehair bow across the strings to create a distinctive sound. It can be plucked or occasionally hit.

The cello's strings are usually tuned in perfect 5ths from low to high, and its strings are each an octave higher. Music for the cello is generally written in the bass clef.

Played by a cellist or violoncellist, the cello is part of the standard orchestra's strings section, and is the bass voice of a strings quartet.

The instrument is typically made from carved wood and traditionally has a spruce top and maple for its back, sides and neck.

The fingerboards and pegs on a cello are generally made from ebony, as it is a strong material that does not wear out easily.

Historically, cello strings had cores made from catgut, which, despite its name, is made from sheep or goat intestines. Most modern cello strings used in the 2000s are wound with metallic materials.

Traditionally, cello bows are made with horsehair and stretched out between the two ends. The taut horsehair is drawn over the strings while being held roughly parallel to the bridge and perpendicular to produce the distinctive sound of the cello.

Some of the most famous composers of cello music are Bach, Vivaldi, Beethoven, Mozart, Debussy, and Mendelssohn, to name a few.

In modern times, cello music can be found in music by The Beatles, The Beach Boys, Nirvana, Smashing Pumpkins, Electric Light Orchestra, David Bowie, Sean Grissom, Rihanna, Billy Joel, and Stevie Wonder. Even the Rolling Stones have used cellos in their music.



Kamau the lion dies at Sacramento Zoo

The Sacramento Zoo staff is mourning the loss of one of their most charismatic and iconic animals, an African lion named Kamau.

At nearly 17 years old, Kamau was considered elderly. His longevity at the zoo was a testament to the care he received from dedicated animal care professionals and veterinary team members, including specialists from the UC Davis School of Veterinary Medicine.

During the past few weeks, Kamau had developed worsening gastrointestinal problems with decreased interest in food, and the difficult decision to proceed with humane euthanasia was made when medical treatment options failed to provide sufficient relief from his condition.

Kamau came to the Sacramento Zoo from the San Diego Zoo in 2008. For the 14 years that he called the Sacramento Zoo home, visitors and many Land Park neighbors enjoyed his impressive roar. He would draw crowds from every corner of the zoo.

In 2014, Kamau sired a litter of cubs, and in 2019, his habitat doubled in size and a glass viewing wall allowed the zoo's guests to get "nose-to-nose" with both Kamau and his mate, Cleo.

Cleo, the zoo's nearly 18-year-old lioness is doing well. The zoo's carnivore care team will be monitoring Cleo closely to ensure her well-being. She enjoys her regular training sessions and one-on-one time with her care team.

‘Black Pioneers’ exhibit presented at California Museum

The California Museum, at 1020 O St., is currently presenting the exhibit, “Black Pioneers: Legacy in the American West,” a timeline of original pictorial quilts exploring the path of Black history in the West.

This exhibit, which will be on display through Oct. 1, dispels the myth that Black people in the Old West were mostly cowboys, showing the rich diversity in African Americans’ occupations and achievements in society, religion, education and the arts from 1528 through the civil rights movement.

Organized by The James Museum of Western & Wildlife Art and curator, historian and artist Dr. Carolyn Mazloomi, Black Pioneers features 50 quilts created for this exhibit by the nonprofit organization, the Women of Color Quilters Network.

“Quilts and quilt making are important to America and Black culture in particular, because the art form was historically one of the few mediums accessible to marginalized groups to tell their own story, to provide warmth for their families and to empower them with a voice through cloth,” Mazloomi said.

Quilts were chosen as the exhibit’s visual medium, because they highlight the intersection of African Americans in the Western frontier with the art form’s important role in African American history. For African American women, quilts have always been at the core of artistic expression, taking form in their social, economic and spiritual lives.

Amanda Meeker, the museum’s executive director, spoke about these quilts.

“The quilts themselves are works of art, with elaborate materials and intricate details,” she said. “The artistic and narrative elements of the quilts come together to create a powerful visual history lesson that we hope will leave visitors with an expanded view of Black history and American history.”

For more information about this exhibit, visit www.California-Museum.org/Black-Pioneers.

Free life jacket rentals offered through fire department

With the arrival of hotter temperatures, the Sacramento Fire Department (SFD) is urging swimmers and boaters to be cautious and wear life jackets in waterways this summer. And to help keep people safe, the department is currently offering free life jacket rentals.

“Our goal is to remind people of the risks of swimming in our local waterways and the best practices for keeping themselves and their loved ones safe,” said Sacramento Fire Capt. Justin Sylvia. “This includes wearing a life jacket, especially for children.”

Fire stations in the Sacramento region offer life jackets to the public on a loan basis. Life jackets are available for children and adults and can be borrowed for the day or weekend simply by completing a form.

Life jackets can be obtained at the following SFD fire stations: Station No. 1, 624 Q St.; Station No. 5, 731 Broadway; Station No. 8, 5990 H St.; Station No. 11, 785 Florin Road; Station No. 15, 1640 West El Camino Ave.; and Station No. 60, 3301 Julliard Drive.

Below are a few more water safety tips from the fire department:

Always wear a life jacket.

Never swim alone and never go in the water after drinking alcohol.

Stay within an arm’s length of inexperienced swimmers.

Always watch children in and around water. Assign a “water watcher.” Don’t assume someone else is watching. Drowning is quick and silent, it can happen in seconds.

Drain inflatable pools and coolers after each use. A toddler can drown in just 1 inch of water.

Call 911 right away if someone is in trouble.

Learn CPR.

Wear sunscreen.



Freeport

Continued from page 8

boat at the marina, which is located across the street. It is also owned by the Landeros family.

Those seeking a fun and satisfying dining experience should find this establishment to be a worthy choice, as well as a place to frequent often, as many people have already discovered.

Freeport Bar & Grill is open Mondays through Fridays from 11 a.m. to 10 p.m. and Saturdays and Sundays from 9 a.m. to 10 p.m. Happy hour specials are served on weekdays from 3 to 6 p.m., and the weekend brunch is offered on Saturdays and Sundays from 9 a.m. to 1 p.m.

For more information about this business, call (916) 665-1169 or visit the website, www.FreeportBarAndGrill.com.



John King, of Danville, sits in the establishment’s outdoor dining area with his order of a bacon, lettuce and tomato sandwich and french fries.



Mike Gary, a Freeport Bar & Grill regular from Sacramento, told this paper that he eats there three times a week. “The happy hour tacos and ribs are the best,” he said.

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