

Leon County Cooks – A Friend Lost

By Sherry Matney

The first time I met Helen Vidaurri was at the Oakwood School Cafeteria and she had prepared a meal for the Board of Trustees. She had cooked chicken fried steak, mashed potatoes with gravy, green beans, chocolate pie, coconut pie and homemade bread. Everything was made from scratch. No instant potatoes, no pre-breaded meat. She even made her own pie crusts. Not only did she cook the food, she served it and she did so with a beautiful smile. Before the Board left she told them that she had cooked a loaf of fresh bread for each one.

That was the night I asked if she would consider being a Leon County Cook. Of course, she didn't really want to do it but she agreed to, probably because she felt sorry for me. We set up a table and I came back to the school to get her picture and information for her story.

She told me how early she came into work and began preparing breakfast for the kids. She said that she preferred to work alone and would not use a food processor. And she told me how much she enjoyed seeing the kids and faculty eat what she had prepared.

That story ran in the

Buffalo Press in February and last week, Helen was laid to rest. She was diagnosed with cancer shortly after the interview and it is hard to believe that she will no longer be at the Oakwood School preparing those wonderful meals for her beloved children.

If this story does nothing else for you, at least let it remind you of the precious gift of life and the ability to make someone else's life a little better. Helen was known for going the extra mile and that is one thing for which she will be remembered. In memory of Helen we will not have recipes this week.



Helen Vidaurri loved cooking for her kids at Oakwood School.

Sherry's Shots



Kay Jarrett, WIC Director; Glaria Salaza, Hearne WIC; Kari Krueger, BVCAA; Kim Collins, Madisonville WIC; Vanessa Enriquez, Asst. Director, Bryan; Alex Massey, Nutritionist, Bryan; Jordan Morchat, Nutritionist, Bryan; Sandra Cerda, Clerk, Centerville.

Leon County WIC office has Open House

By Sherry Matney

On Thursday, April 16 the Leon County WIC office held an open house to show off its new facility in Centerville. The office has previously been located in Jewett on Highway 79. Kay Jarrett, WIC Director in Bryan said "We are excited to be in Centerville and feel that we are more centrally located than when we were in Jewett. We serve the entire Leon County and this puts us in the middle of it."

WIC, an acronym for women, infants and children, is a federally funded program administered by the state of Texas, and is set up to help nourish and educate mothers and children who are age 5 and under. The Leon County office serves 420; pregnant women, women who are breast feeding, babies and young children.

To qualify for WIC assistance you must meet the income limits, live in Leon County and have a nutritional

need. (This could be a child is too heavy or too thin.) If you meet the income and nutrition need; children can stay on WIC until 5 years of age and women can stay on WIC, if breastfeeding, until one year after their baby is born. If not breastfeeding, until six months after their baby is born.

A qualified woman will learn how to breastfeed and how to care for herself during pregnancy and after her baby is born. She will also learn the same skills to care for her child up to 5 years.

The qualified consumer will be given a WIC smart card with a specified amount of money to purchase designated healthy foods. The consumer may purchase a month's supply of groceries at the first of the month or may buy them throughout the month. However, if the funds are not used they do not carry

forward.

To help the consumer make healthy choices, the card is programmed to read only approved items. Milk, cheese, fruit and vegetable juice, cereals, peanut butter, eggs, dried beans are some of the WIC approved objects.

The nutritionists at the Leon County WIC are trained to help you with your nutrition needs and to teach you how to best purchase your food. If you would use their help, stop by and check it out.

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