



## Deb Aries

At least once a week you can walk into the intake office and be greeted by the wonderful smiling face of Deb Aries. Deb has been volunteering with Channel One for the past 16 months and has already given more than 115 hours of her time!

Deb loves volunteering at Channel One because of the relationships she's developed with staff and the satisfaction of knowing she's helping people. She says she "understands what it is like to be on the other side of the counter." Besides her work at Channel One, Deb is also an active volunteer with Community Food Response and Gloria Dei Lutheran Church.

When Deb is not volunteering she enjoys playing English handbells, playing with her rescue dog, gardening, cooking, and spending time with her granddaughter, Maddie. Deb recently wrote a cookbook called "The Aries to Ziemer Family Cookbook" with all proceeds going to Channel One Food Bank and Food Shelf.

Our Client Services Specialist, Ursula Olson, says "Deb, is a very hard worker. She will jump right in and get things done. I love that she is always optimistic and polite to our clients. I admire her. When Deb is unemployed she immediately jumps into volunteering. She is always thinking of others and is an asset to any organization that she is a part of." Ursula is also a huge fan of Deb's cookbook, in fact it is the only one that she will use!