



**Sally Armel**, 68, died on February 18, 2017 at the Ochsner Medical Center in Slidell, Louisiana of pulmonary disease. Sally was a proverbial "water baby," having spent her childhood summers living on a boat (the "Sally Forth"). Late in life, few things amazed her more than a dramatic sunset over a watery horizon. Sally had many interests, but she was especially compassionate about small dogs and disadvantaged children. She railed (perhaps too often for her own good) against complacent, inept or incompetent bureaucracy. Sally was a nutritionist, home economist and Extension Agent for the USDA, initially in Zanesville, Ohio (serving Muskingum County) and then for the Louisiana Cooperative Extension Service serving St. Bernard Parish. In connection with the latter, she was also on the faculty at [Louisiana State University](#). She was particularly recognized for her articles, lectures and radio programs such as "Sally's Sampler of Good Old Fashioned Recipes" and "How to Prepare Nutritious Meals on a Food Stamp Budget." Her fondest memories, and funniest stories, were of the challenges of taking groups of 4-H campers on field trips to Mexico. Sally was born in Columbus, Ohio on June 3, 1948 to parents Daniel Eugene Armel and Julia Warthen Armel. She Graduated from Upper Arlington High School in 1966 and received her Bachelors' and Masters' degrees in Home Economics from The [Ohio State University](#). Shortly after retiring from the Extension Service and LSU, Sally lost her house in Chalmette, La. during Hurricane Katrina. She found refuge with her mother, Julia, who was then living in Oceanside, California. In 2009, Sally returned to the New Orleans area and settled in Slidell where she started over and established many new friends, becoming an avid canasta player in the process. Sally was predeceased by both her parents. She is survived by her brother and sister-in-law, Dan and Jane Armel in Pasadena, California and their daughter (Sally's niece), Cristen, who, together with Sally's furry "children", Holly and Diva, and ultimate friend, Jennifer Bowman were with her till the end. Per her longstanding instructions, Sally's, ashes are to be entrusted to the waters she so cherished.

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- See more at: <http://www.legacy.com/obituaries/dispatch/obituary.aspx?n=sally-armel&pid=184436380#sthash.TkxnVgoT.sspAdniJ.dpuf>