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Jill Rambo loves her rescue dogs: Petunia, Sasha and Izzy (left to right).



Duane Carrell always has fun with his grandchildren, Dominic and Danica, and his wife Gloria.

Having fun with JPA sales reps

Print salesmen can be SO annoying. They're very persistent, and chances are that you've heard from at least a few of them just this week.

But it should also be said that they're just people doing their jobs. So in an effort to make them a little less like a thorn in your side and more like human beings, we're giving you a chance to get to know them. We'll feature two this month and the other three in May. We think you will enjoy meeting them, and we guarantee they're good for a laugh or two. Many of the laughs are at my expense (Editor Tracey Timpanaro), and even though I could've edited those out, I decided to take one for the team. Enjoy!

Jill Rambo, 141/2 years with JPA

What is your philosophy of life? See sidebar.

What is your favorite sport to play? The marble game or cards ... are they considered a sport? Favorite sport to watch? Football — too bad Duane isn't still playing for the Dallas Cowboys!

What is your favorite movie and why? I have several: "Marley & Me,""The Great Outdoors,""Stepmom." It depends on what type of movie I'm in the mood to watch — a tear jerker, a comedy or a love story. I know you are surprised that it's NOT the RAMBO movies.

What is your favorite food that is bad for you? Mother's Original Circus Animal cookies with sprinkles. Sinful!

Name one person you admire and why. My 97-year-old mother. She's 97! She's obviously doing something right.

What are your hobbies? Anything grandchild- or animal-related.

Tell us one cool fact about yourself. I've been a dog lover my whole life. My uncle gave me a Boston Terrier puppy when I was 2 years old. I can't imagine my life without one...

What is your favorite quote? "Always stay humble and kind."

If you had a superpower, what would it be and why? To cure cancer. I have either lost or have too many friends/family suffering because of it.

What are your top five priorities in life? Family, friends, health, faith and dogs...

Rambo's simple formula for living

Live beneath your means • Return everything you borrow • Stop blaming other people • Admit it when you make a mistake • Give clothes not worn to charity • Do something nice and try not to get caught • Listen more; talk less • Every day take a 30 minute walk • Strive for excellence, not perfection • Be on time • Don't make excuses • Don't argue • Get organized • Be kind to unkind people • Let someone cut ahead of you in line • Take time to be alone • Cultivate good manners • Be humble • Realize and accept that life isn't fair • Know when to keep your mouth shut • Go an entire day without criticizing anyone • Learn from the past • Plan for the future • Live in the present • Don't sweat the small stuff • It's all small stuff.

Duane Carrell, 19 years with JPA

What is your philosophy of life? We are made in the image of God and are here to do His will and glorify Him.

What is your favorite sport to play? Favorite sport to watch? A little too old to play, but football for both.

What is your favorite movie and why? "The Searchers." John Wayne, need I say more? Arguably his best performance and it is the only movie my dad ever took me to, when I was 6.

What is your favorite food that is bad for you? Bacon, can never get enough.



Duane Carrell was a punter in the National Football League for four years. He played for legendary coach Tom Landry of the Dallas Cowboys in the Roger Staubach era. He says both were class acts.

Name one person you admire

and why. My wife, Gloria, for putting up with me for nearly 45 years.

What are your hobbies? Civil War re-enacting and model trains.

Tell us one cool fact about yourself. My grandfather, Owen G. Carrell, was deaf and operated three newspapers in North Carolina from 1923-46. He was also the quarterback of the Gallaudet University football team in 1899. My dad ran a linotype machine up to the day he died, when I was 16.

What is your favorite quote? "Time to like and share the weekly LinkedIn post." (*Editor's note*: A dig at me lol.)

If you had a superpower, what would it be and why? To turn back time about 60 years, before computers, cell phones and all the current division in the country.

What are your top five priorities in life?

- To be a much better Christian.
- To be a better husband and father.
- To watch my grandchildren grow up and to help them to be happy and productive.
- To help JPA become more successful.
- To continue to aggravate the editor of the JPA newsletter.