

ON GUARD FOR 182 YEARS

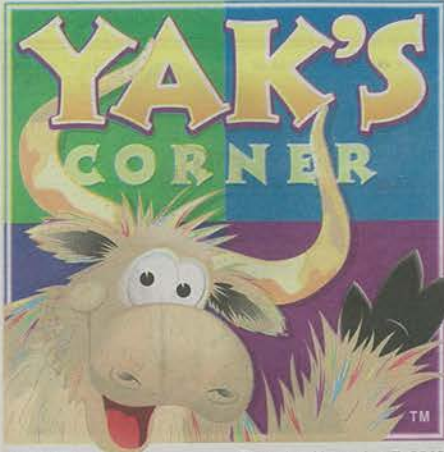
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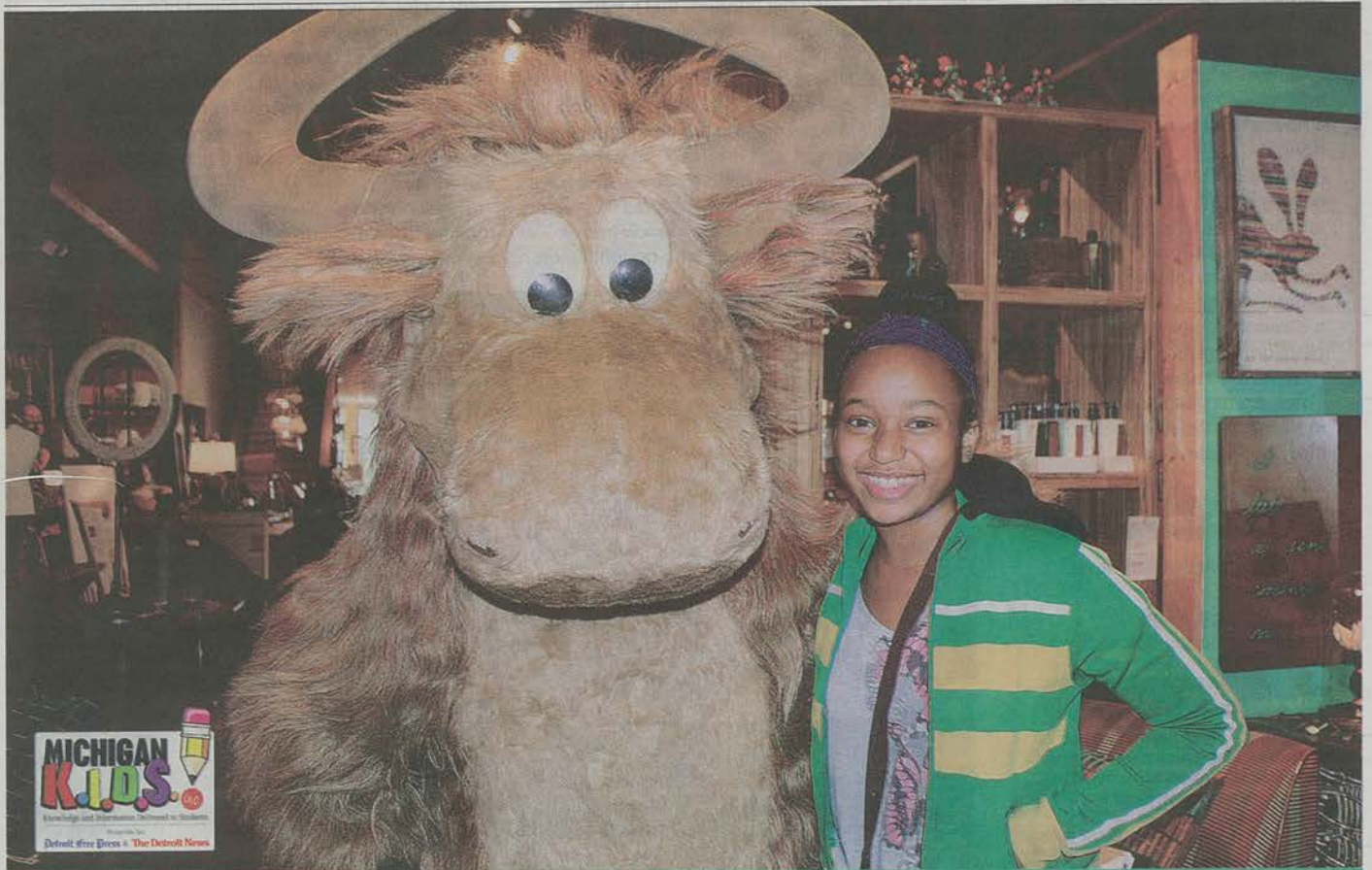


Issue 845

Thursday, November 7, 2013

READ ON!

A CAREER JUMP, PAGES 2 AND 3.
WHAT'S UP WITH WOLVES,
PAGES 4 AND 5.



Supported by readers of the Detroit Free Press and The Detroit News

CAREER CORNER



YAK CHAT

Are you ready for November? Earlier this week, we all switched the clocks an hour back as Daylight Saving Time ended. It takes about a week, say the experts, to adjust to a time change. Need something to do inside? Read Yak's Corner and write to the Yak! Check out a new writing opportunity at right!

Some Michigan kids will be getting jazzed up about fitness and healthy eating when the Jump With Jill Tour visits their schools. Meet Jill Jayne, the program creator, who has made a career combining music and nutrition, Page 3.

We're wild about wolves. There are big issues about them in Michigan. Learn more in our story on Pages 4 and 5.

ALSO INSIDE:

- Yakking About the News, Page 6.
- Your Page, Page 7.
- My Kid Scoop, Page 8.

ON THE COVER:

Anna Gracia, 11, of Taylor, stopped to tell the Yak that "I love to read!" when she visited the recent book event at Leon & Lulu's that benefited the Gift of Reading program.

Photo by Cathy Collison

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Nutrition Really Rocks **FOR JILL JAYNE**



Jill Jayne has created a unique career for herself combining everything she loves: singing, dancing, acting, teaching, and nutrition. Yes, nutrition. Jill, a self-described nutrition nerd, is the creator of the Jump With Jill Tour, a super assembly program that's visiting schools across the United States and Europe, including 55 Michigan elementary schools this fall.

So who is Jill and how did she become a nutrition rock star? Jill, who is from Pittsburgh, Pennsylvania, began making the connection between eating right and feeling good when she started playing sports in middle school. She says one memory that stands out happened in seventh grade. Jill always brought a sack lunch from home and thought her friends who bought lunch

at school, especially from the junk food side offerings,

were lucky. "One very good friend of mine ate ice cream and gummy bears every day, that's all she ate, and I remember thinking how cool that was." So one day, Jill tried it and says, "for the whole rest of the day I felt so sick. I went to basketball practice and I just felt awful." She never tried eating sweets for lunch again after that experiment.

By high school, Jill was on the swim team and running track and cross-country. She viewed food as a way to fuel her body and give her the energy



Photos Courtesy of Jump With Jill

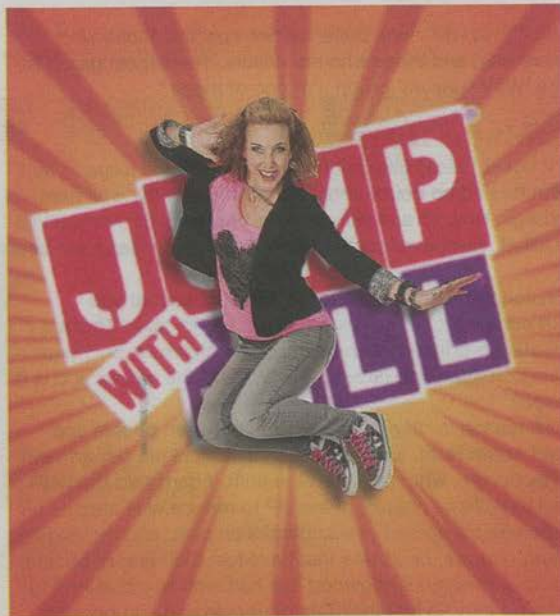
In a previous visit, Jill Jayne dances to "The Bone Rap" with Detroit Lions receiver Nate Burleson, mascot Roary, and Fuel Up to Play 60 student ambassadors on the 50-yard line at Ford Field.

she needed to compete. But sports weren't Jill's only passion. She was also a musician and actress. "I was in every play and every musical that my school ever put on," says Jill, "whether it was as an extra or the lead." Jill says by taking every opportunity that was offered, she learned and grew as an artist, and ultimately was preparing for her future career.

After high school, Jill earned degrees in nutrition and theater at Pennsylvania State University, and then moved to New York City where she earned a master's degree in nutrition education at Columbia University. While she was taking classes, she was also performing in a rock band with her younger brother, Mark, and taking acting jobs. (Today, Mark is her business partner and musical collaborator.)

The seeds for the Jump With Jill program first began to grow when Jill created a nutrition street show as a project while she was earning her master's degree, to combine her nutritional education and performing skills. The show, first performed in NYC's Central Park, was so successful that Jill began thinking about how she could make her own unique career using all of her talents and passions.

Jill says, "Registered dietitians help people understand



Photos Courtesy of Jump With Jill
Jill Jayne, a registered dietician and musician, is the creator of the Jump With Jill rock and roll nutrition show. The show is touring Michigan through December 20, with plans to visit 55 schools.

the connections between food and health. They work in many settings like hospitals, grocery stores, and restaurants. Some dietitians, like me, work in nutrition communication. I take it even one step further by combining my music background to be the world's only rock star nutritionist."

Jill says when she was growing up, it felt like career choices were more narrow: You could be a veterinarian, a doctor, a lawyer, or a teacher. "But in reality, you can be a combination of something that most utilizes what you like and what you're good at and passionate about," says Jill. "To me, the most important thing that I get to show kids is that you can combine your many interests and skills" to create your own career path. "I get to make media and music to teach kids about healthy habits. I have the coolest job in the world and I made it up!"

By Janis Campbell

FAST FACTS

Home Life: Jill lives in Pennsylvania with her husband and two cats. She has a "raging" garden, which makes her very popular with her neighbors. She harvested about 1,000 tomatoes this year!

Cool Fact: Jill was invited to the White House for her work on getting students excited about new, healthy lunch menus in Illinois.

Visit Jill online: Go to www.jumpwithjill.com to learn more and try out "The Bone Rap" danceable music video under the website's video section.

ABOUT THE TOUR

Although Jill created the Jump With Jill program, she now has talented teams of musicians and teachers to help her spread the word. The Michigan tour, which kicked off in Detroit last week, features Detroit native Hailey McDonell, an actress and teacher, as "Jill" and beat boxer Devon Watson, from Holland, as "DJ."

The Drink Milk for Life! Jump with Jill Live Tour is available at no cost to 55 schools this fall thanks to United Dairy Industry of Michigan (UDIM) as part of the UDIM and NFL Fuel Up to Play 60 program.



Jump With Jill program presenters identify their hometowns on their right hands. Actress Hailey McDonell, who stars as "Jill," is from Detroit and beat boxer Devon Watson, who stars as "DJ," is from Holland.