

# NORTHWEST HERALD

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FRIDAY, APRIL 11, 2014

75 CENTS



## ▶ NORTHWEST OUTTAKES



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Kristina Psitos (center) dances and sings a song about nutrition while hosting the "Jump with Jill" presentation April 1 at Ringwood School. The rock 'n' roll nutrition show has performed over 1,000 shows and encourages students to eat healthy and stay active.



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