Capo's painting has progressed in stages over the past 20 years, from pure abstraction to classical drawing, but a continuous theme contemplating science and the human body forms a common thread. Most of her work is in acrylic and oils and utilizes a bold color palette. In addition to paintings sold to the collections listed below, Capo has sold over 3,500 "very small works" through the Artomat organization at artomat.org.

Selected Exhibitions

- August, 2023, "Underground," group exhibition, Hamilton Street Gallery, Bound Brook, NJ
- March, 2023, "Hope Emerges," painting exhibited by Windows of Understanding, Metuchen, NJ
- January, 2018, "Landscape/Human," Group Exhibition, Artworks, Trenton, NJ
- October, 2017, "Water is Life," Group Exhibition, Highland Park, NJ
- August, 2016, "Momento," group exhibition, Emerge Gallery, Saugerties, NY
- May, 2015, "Negatively Positive," group exhibition, 1978 Gallery, Maplewood, NJ
- February, 2015, "Postcards From the Edge," group exhibition, Luhring Augustine Gallery, New York, NY
- June 3, 2013, "Vasara," group exhibition, Gallery U, Red Bank, NJ
- May, 2013, Contemporary Arts Group Spring Show, Watchung, NJ
- October, 2012, "Something Wicked This Way Comes: Artwork Celebrating the Gothic and the Beautifully Macabre," Gallery U, Red Bank, NJ
- August, 2012, "Tavolozza," group exhibition, Gallery U, Red Bank, NJ
- June, 2012, "Community," group exhibition, NJ Arts Guild, Rahway
- June, 2012, "Showpiece Friday," group exhibition, Gallery U, Red Bank, NJ
- May, 2012, "Art Takes Times Square," Work by thousands of artists, including Jill's, was selected by voting and judging to be displayed on LED screens (9 ft x 12 ft) located on Broadway and 43rd Street
- May, 2012, "Promenade Friday," group exhibition, Gallery U, Red Bank, NJ
- March, 2012, "Awakenings," group exhibition, Gallery U, Red Bank, NJ
- February, 2012, Contemporary Arts Group, group exhibition, Somerset Cultural Heritage Gallery, Somerville, NJ.
- November, 2011, "HPAC," group exhibition, Piscataway Municipal Gallery, Piscataway, NJ.
- October, 2010, "Archive II," group exhibition, Alfa Art Gallery, New Brunswick, NJ
- October, 2010, Crossroads Theatre, solo exhibition, New Brunswick, N1
- July, 2010, "Independence Day," group exhibition, Alfa Art Gallery, New Brunswick, NJ
- September, 2009, "Archive," group exhibition, Alfa Art Gallery, New Brunswick, NJ
- August, 2009, Billboard Exhibition, painting "Traffic" was one of winning entries in statewide "Drive Wth A Smile" competition. "Traffic" was displayed on Route 9 and Ticetown Road billboard in Old Bridge, NJ
- May, 2009, "HPAC Goes To The Meadowlands," group exhibition, Flyaway Gallery at the Meadowlands in East Rutherford, NJ

- February, 2009, "Lines," Alfa Art Gallery, group exhibition, New Brunswick, NJ
- November, 2008, "Art Insights," group exhibition at the Highland Park Public Library, curated by Jill and featuring her latest large-scale oil painting.
- June, 2008, "Healing Art," group exhibition, The Children's Hospital of Philadelphia
- May, 2008, "High Impact," group exhibition, IM Gallery in Highland Park, NJ
- Jan 2007, Johnson & Johnson Corporate Galleries, solo exhibition, Bridgewater, NJ
- January, 2006, "Art Murmur," by the Albus Cavus Group, group exhibition, New Brunswick, NJ
- May 2004, The Gallery at Robert Wood Johnson University of Medicine and Dentistry, solo exhibition, Piscataway, NJ
- December, 2002, The Somerset Art Association at the Johnson Gallery, group exhibition, Bedminster, NJ
- April, 2001, Zabbazu Art Gallery, solo exhibition, Bound Brook, NJ
- February, 2000, The Gallery at Busch Campus, solo exhibition, Rutgers University, Piscataway, NJ

Publications And Reviews

- Painting "Yellow Amoeba" was chosen by artist Ben Walker for the cover of his CD, "Astroturf," 2016
- Painting "Plastic East" was chosen by artist Ben Walker for the cover of his CD, "Gorgeous," 2014
- Article and interview on "Manufactured Descent Blog," May, 2013
- Painting "Big Mouth" was commissioned for the cover of the CD, "Big Mouth" by artist Happy Joe, 2010
- Artist profile featured in both The Home News Tribune and The Courier News, August 23, 2009
- Artist profile published in The Mirror, December 2008
- Featured article and photos on IM Gallery Opening, Home News Tribune, May 2008
- Painting "Blue Nude" was chosen for the cover of the audio yoga CD,
 "Yoga For Cancer Survivors," June 2008
- Featured Artist, Cover Article for Entertainment Supplement of The Asbury Park Press, January 28, 2000
- Arts & Entertainment Guide, Home News Tribune, July 1999

Collections

- Carol Church, Highland Park, NJ
- Laura Petrovich-Cheney and Peter Cheney, Asbury Park, NJ
- Lisa Cameron, New Brunswick, NJ
- Mary Kay Soloman, Clifton, NJ
- Kelly O'Connor, North Bergen, NJ
- Jennifer Hawley-Curatola, Ridgewood, NJ
- Julie Hong and Eric Sakowski, Hoboken, NJ
- Jean DiCarlo, San Diego, CA
- Robert DiFerdinando, Burlington, VT
- The Children's Hospital Of Philadelphia, Philadelphia, PA
- Rodney Azagra, Atlantic City, NJ
- Jennifer Almodovar, Staten Island, NY
- Susan Winkler, Highland Park, NJ
- Rose McTiernan, Sayreville, NJ
- Theresa Canto, Philadelphia, PA
- Janet Aronowitz, Highland Park, NJ

- Ann Baron, Highland Park, NJ Dr. Nina Williams, Princeton, NJ
- Juliette Saltz, Princeton Junction, NJ
 Dr. David Rogoff, Somerset, NJ
 Bobbie King Ellis, Highland Park, NJ