

Portland Observer Auto Review

News and reviews on new motor vehicles

2008 Jaguar XJ Super V8

BY KATHLEEN CARR

Jaguar's XJ line is the essence of tradition. The basic shape, with its classic long hood and deck, hasn't changed much in the last few decades. The four circular headlights, the double-kidney grille, and the leaping cat are as recognizable as any set of automotive features on the road.

The Super V8 is equipped with Jaguar's infamous supercharged 4.2-liter V8, which makes 400 horsepower at 6,100 rpm and 413 lb-ft of torque at just 3,500 rpm. Standard equipment with the Super V8 Portfolio, the supercharger adds big speed for lead-foot, and a more relaxed drive for normal drivers. It's slightly noisier than the

naturally-aspirated engine, but the supercharger whine doesn't intrude on the interior atmosphere much. The six-speed automatic transmission is up to the tasks of hard launches or freeway travel, although only the Jaguar-faithful will appreciate the weird "J-gate" shifter. The suspension uses lightweight forged aluminum components, with race-inspired double wishbones at all four corners. At freeway speeds the XJ is magnificent, well-poised and almost light on its feet.

The Jag's interior is by far the most distinctive of the bunch, and it has the traditional British elegance. The rear seat is a triumph of luxury, despite the Super V8's sporting nature. Both out-



Specifications: 400HP 4.2L V8 Engine; 6 speed automatic Transmission; 15 city, 22 highway; \$95,200 MSRP

board seats have reclining functions with memory capability, and the person riding in the right rear

seat can also adjust the front passenger's seat with an independent set of buttons. There

are manual sunshades for the rear windows, and an automatic one for the rear windshield. The

rear passengers also get individual audio controls inside the folding center armrest, and, as the Super V8's crowning achievement, their own LCD screen embedded in the rear of the front seat's headrests.

The flagship sedan receives a thorough exterior refresh, bringing the styling more in line with Jaguar's new design direction. New, larger wheels are standard on all models, as are redesigned front seats. New climate-controlled seats are included on the higher end.

The Jaguar XJ is a luxurious cruiser with plenty of power and amenities. Jaguar's flagship sedan The interior, much like the rest of the car, is a peculiar mix of current technology and heritage design. It's an outstanding vehicle to drive but I think I rather be chauffeured.

Heart Check-Ups for Athletes, Risks Studied

Risks to heart ailments studied

(AP) -- Some obese people are in good health and are not predisposed to heart ailments, according to a recent study published in the Archives of Internal Medicine.

Another study showed that being slim doesn't automatically protect you from heart-related illnesses such as high blood pressure and cholesterol, and diabetes.

In the first study, obese individuals

were divided into two groups: those who were resistant to insulin and those who were not. Insulin resistance is a pre-diabetic condition, meaning some symptoms of diabetes are present and progression to full-blown diabetes is likely.

Those who were obese and resistant to insulin had more muscle fat, fat in their livers and thicker carotid-artery walls



-- an early sign of artery narrowing, which is a heart-disease risk factor -- than obese individuals without insulin resistance. Obese individuals who were not insulin-resistant had no differences in artery-wall thickness from the normal-weight group.

The second study examined body weight and cardiometabolic abnormalities -- including high blood pressure, elevated triglycerides and low levels of so-called good cho-

lesterol.

The study found that some obese people are metabolically healthy.

"Obese individuals with no metabolic abnormalities were more likely to be younger, black, more physically active and have smaller waists than those with metabolic risk factors," the authors wrote.

Those of normal weight with health risks were older, less active and had a larger waist than the average population.

HEALTH WATCH

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Mammography Screening -- Early detection is a key factor in the prevention of breast cancer. Call 503-251-6137 to schedule your high-tech, soft-touch mammogram.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

HeartTalk Support Group meets -- on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.


Cardiac-Rehab Exercise Classes -- A medically supervised exercise program for people dealing with heart conditions. For more information, call 503-251-6260.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m., the informative session led by a registered nurse to help manage side effects of medications and dosage preparations and administration; doctors referral required. To register, call 503-251-6313.



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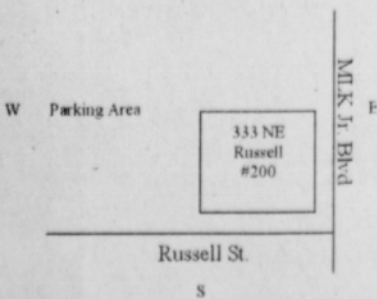
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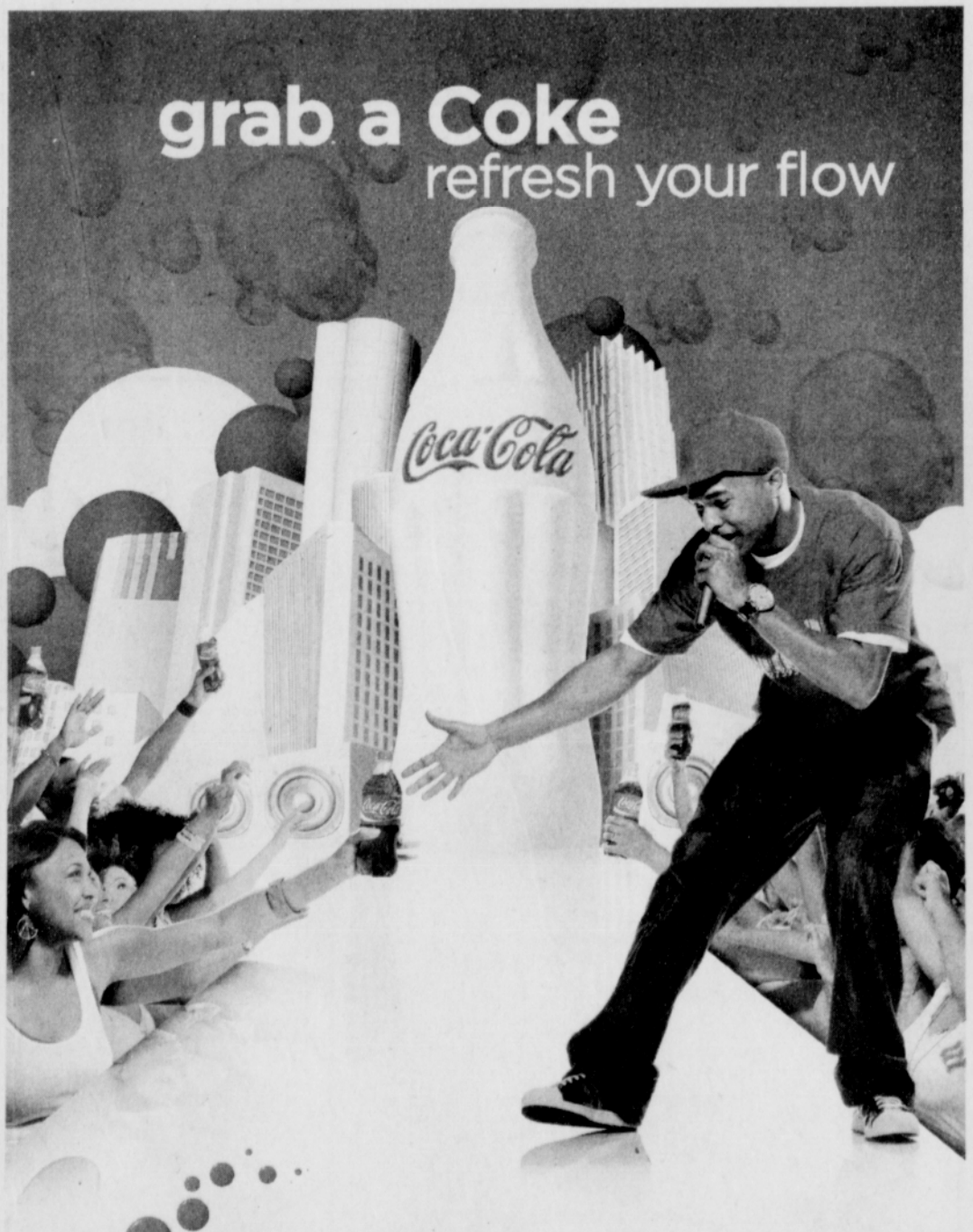
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