

**BLUEPRINT**

# THE BEST THING IN LIFE IS LIFE

Least Influence — (what motivates me) — Most Influence



LOVE  
GOD  
DREAMS

## Family

Family is one of nature's masterpieces. They were God's gift to you. In the time of test, family is the best.

## God

God is good; God is great. God understands your prayers even when you can't find the words to say them.

## Education

Education is the key to unlock the golden door of freedom.

## Career

The worst days of those who enjoy what they do, are better than the best days of those who don't.

## Friendship

Sometimes you put walls up not to keep people out, but to see who cares enough to break them down.

## Independence

He who conquers himself, is the mightiest warrior.

## Spirituality

Faith is the force of life.

## Ambition

Ambition is the path to success. Persistence is the vehicle you arrive in.

## ART

I am enough of an artist to draw freely upon imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

## Optimism

Paradise is where you find it; make your own paradise wherever you go.

## Balance

To acquire balance means to achieve that happy medium between the minimum and the maximum that represents your optimum.

## Money

The real measure of your wealth is how much you'd be worth if you lost all of your money.

## Materials

Treasure your relationships, not your possessions

## Criticism

If you have critics, you'll likely have no success.

## Envy

Each of us has something to give that no one else has.



# 1950 Jaguar XK-120 OTS

VIN:670288  
Engine#:W1557-8



## Details

- 288th car produced!
- Multiple 1st place award winner
- Matching numbers, original color
- Comprehensive restoration
- 3.4 Litre, twin SU carburation
- 4 Speed Manual
- 6.00-16 Cocker Classic tires
- Lockheed 2LS hydraulic brakes
- Independent Front/Rear Semielliptical suspension
- Driven less than 100 test miles since restoration





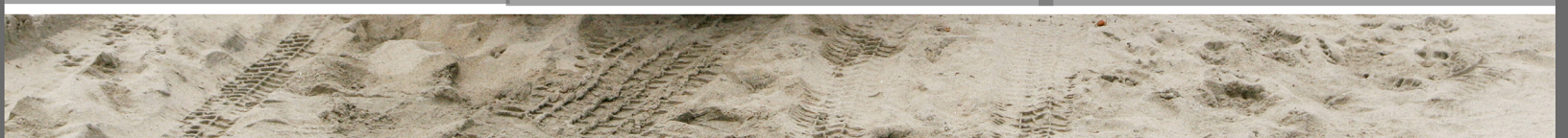
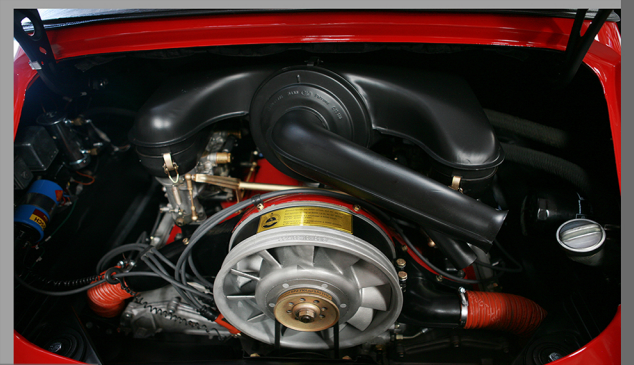
# 1967 Porsche 911 S

-soft window targa

Vin# 500190  
Engine# 962149

## Details

- 2 Liter engine, Weber Carburetors
- Bosch H4 Headlights, Sports Seats, original Blaupunkt AM/FM radio converted to digital, Fog Lights, Wooden Steering Wheel
- 5 Speed Manual
- "S" Trim Package
- 5 Fluch Wheels

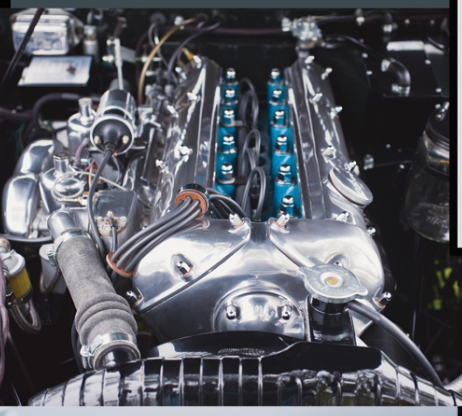




# 1961 Jaguar XK-150 3.8 DHC

## Details

- One of few 3.8 Litres produced, 6 cylinder
- 4 speed manual with overdrive
- 5 Chrome Wire Wheels with Dunlop Road Speed 6.00 H.16 tires
- Professional documentation of the entire restoration process.
- Disc Brakes front and rear





# 1968 Jaguar XKE Series I 1/2 4.2 OTS

VIN: 1E16228

Engine#: 7E14859-9

## Details

- 4.2 litre overhead cam
- 265 hp
- 3SU carburetors
- Comprehensive restoration
- 4-speed manual
- Original color
- 100 miles after restoration
- DVD of documented restoration

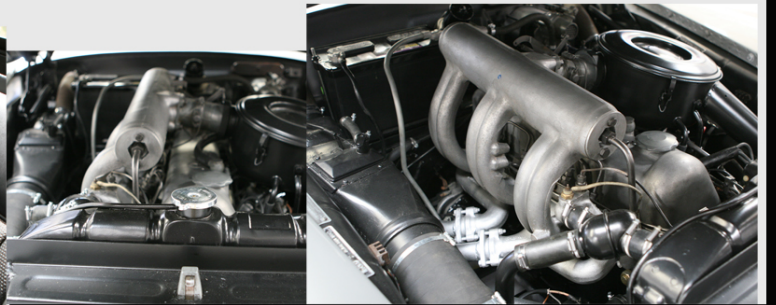




# 1960 Mercedes-Benz 220 SE Convertible

Vin: 9502076

Engine#: 12A61



## Details

- One family owned since new
- Original Invoice
- Books and Records
- Spectacular Example
- Elegant and Stylish
- 6 Cylinder, fuel injected
- Michelin P180/ 80R 13 XH white wall tires
- Original Becker Mexico AM/FM Radio





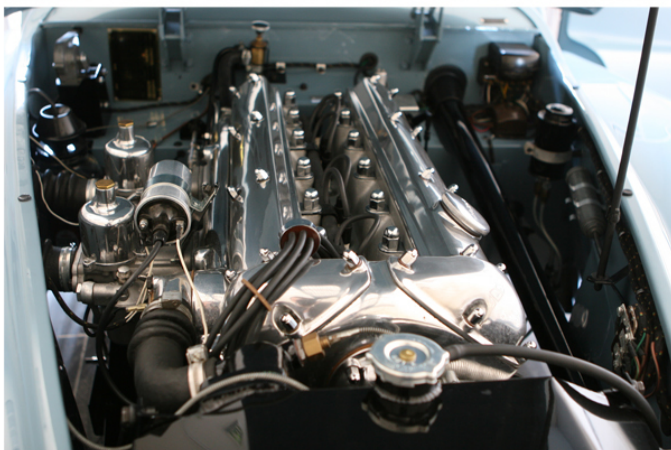
# 1953 Jaguar XK-120 FHC

VIN: J2782

Engine# J6418

## Details

- 3,442 cc double overhead camshaft
- Inline 3.4 engine
- 2 SU carbs
- 4-speed manual
- Four-wheel drum brakes
- Painted Wire wheels 5x16



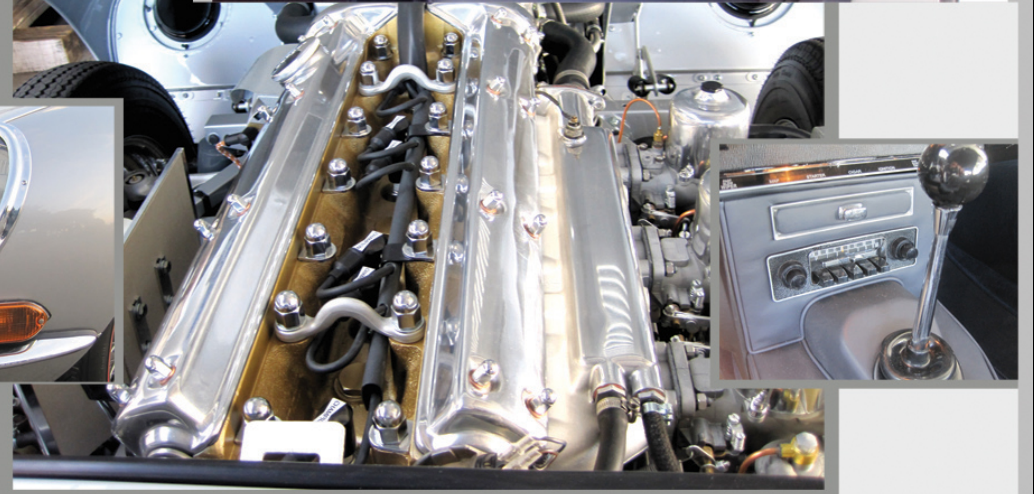




# 1966 Jaguar XKE Series I 4.2 FHC

## Details

- 6 cylinder, 265 hp, 4.2 Litre engine
- SU carburetors
- 4 speed fully synchronized transmission
- Chrome wire wheels
- 100 miles after restoration



# Classic Showcase



# INC.

[classicshowcase.com](http://classicshowcase.com)



**[1967 Porsche 911S  
Soft window Targa]**



CLASSIC SHOWCASE PRESENTS:

# THE RACE TO THE FINISH LINE

AT THE AUTO CLUB SPEEDWAY  
FONTANA, CA APRIL 30TH, 2011

## AUSTIN HEALEY AND JAGUAR SPECIAL INVITATION AUTO CLUB SPEEDWAY

This year, in honor of the 50th anniversary of the E-type, the Austin Healey Club and VARA joined together to set up a special invitational Austin Healey and E-type race. This race was hosted by the Auto Club Speedway in Fontana, California and was open exclusively to all Jaguar XKE and Austin Healey owners. There was a great turnout of E-type owners coming from both the San Diego and Los Angeles Jaguar clubs



The Auto Club Speedway is a beautiful facility conveniently located. This facility, normally hosts the Nascar races and if you have ever been to this speedway, you should mark your calendar for an event of your interest in the future.

At this event, participants raced around the track in single file with a professional race car leading the way. There were also professional drivers scattered throughout the caravan, eliminating the need for participants to hold a special racing license. In each session, there were about 25 minutes of track time and drivers were given the opportunity to drive their XKE's at 130 miles per hour and 35-45 miles per hour around corners.



Despite the extraordinarily high winds and cool weather, once the races began none of the participants minded the conditions.

Tom Krefetz, of Classic Showcase brought his 1963 Jaguar XKE FHC with performance upgrades to attend the special opportunity. He boasted that, "The event was a lot of fun and had a great turnout of about 34 cars."



A BBQ lunch was included in the event and all attendees had the privilege of watching the various private, professional races throughout the day in between their special invitation races at any of the observation areas for the track.

VARA is a great club to join if you are interested in Hot Rodding your converted Jaguars or other sports cars and join professional racers. They have a special program called University of VARA, once a year in January to help you obtain a racing license for those who wish to vintage race. Usually they offer this January program at a special rate. This is an excellent option as many racing programs to obtain your license, will cost you thousands of dollars to prepare you. If you wish to look into this club, please visit VARA's website at [www.vararacing.com](http://www.vararacing.com) or call Jeanette Bourke at 1-800-280-VARA.



# CLASSIC SHOWCASE CELEBRATES 50 YEARS OF THE E-TYPE

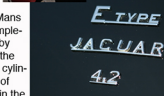


The Jaguar E-type has been celebrated by the classic car world as one of the most beautiful cars ever produced, harnessing the concepts of both power and progression that are implemented in its timeless design that has been, and will be, admired for generations to come. Initially, the E-type was presented to the world at the restaurant du Parc Des Eaux Vives in Geneva, Switzerland on March 15, 1961, both in coupe version (Fixed Head Coupe) and as convertible (Open Two Seater). The Jaguar E-Type is known for its exotic beauty that exudes excellence and commands loyalty by all who encounter it. Jaguar owners all over the world are holding special events to commemorate the Jaguar E-type's 50th anniversary.

Sir William Lyons, who was known as "Mr. Jaguar" and co-founded Jaguar Cars Limited, was also known as an innovator who envisioned a future of progression for his brand. Lyons was very adventurous with his endeavors and always sought to "break the rules" of automobile production and wanted the Jaguar E-type to represent his way of thinking. The E-type did just that, carrying a powerful engine that won Jaguar five Le Mans Victories in the 1950s and was eventually implemented in a street legal production version by 1961. As a result of incredible engineering, the E-type was equipped with a straight 6 or 12 cylinder engine producing 265 bhp and 260 lbs. of torque, making it the fastest production car in the world at that time allowing its driver to feel speeds of up to 150 miles per hour. The E-type easily reached iconic status as many famous drivers such as Graham Hill and Roy Salvadori raced against an international field of sports and GT cars from the world's leading automobile manufacturers and dominated all of them with Jaguar's famous car.

## DETAILS OF THE E-TYPE

- EQUIPPED WITH A STRAIGHT 6 OR 12 CYLINDER ENGINE
- 265 BHP, 260 LBS OF TORQUE
- CAPABLE OF SPEEDS UP TO 150 MILES PER HOUR
- VOTED AS NUMBER 1 OUT OF 100 IN THE DAILY TELEGRAPH'S TOP 100 MOST BEAUTIFUL CARS.



"THE MOST BEAUTIFUL CAR EVER MADE."

-ENZO FERRARI



Along with incredible performance, the E-type was also aesthetically pleasing, carrying a well thought out design branding the E-type with a reputation of sophistication and elegance. It's distinctive hood and headlights make it a timeless beauty, making the E-type as one of the most sought-after classic sports cars of this generation. Designed by Malcolm Sayer, who was also the designer of the D-type Jaguar, the E-type was produced by Jaguar over the next 14 years after its birth in 1961 into 3 series and even as a 2+2 version made in 1966. The design of the E-type is so successful that a 1963 opalescent blue Open Two-Seater holds an exhibit at the New York Museum of Art.

The United States had a special relationship with the E-type. The debut of the E-type on American soil was at the New York International Auto Show and since then, more than two thirds of all models were shipped to America. Not only did the American public fall in love with this iconic beauty, but many famous actors and actresses such as Steve McQueen, Tony Curtis, Britt Ekland, Brigitte Bardot and Frank Sinatra owned their own E-Types. In fact, as soon as Sinatra saw the car, he quickly stated: "I want that car and I want it now." The great Enzo Ferrari called the Jaguar E-type as "The most beautiful car ever made".



## CLASSIC SHOWCASE LOVES E-TYPES

The Jaguar E-type is a true classic car. It dominated the racing scene as well as symbolized the spirit of an era and will continue to live on for many generations to come. We here at Classic Showcase specialize in building these classic supercars. We have a passion for producing the best E-Types in the world and have a full understanding of its iconic stature. Our love for the E-type is implemented in our entire restoration process and the final outcome is a one-of-a-kind automobile that will be treasured as a work of art for all of our clients for many generations to come.



## DID YOU KNOW?

- TWO THIRDS OF E-TYPES SHIPPED TO UNITED STATES MARKET
- CAN REACH 0-60 MPH IN 7 SECONDS
- RANKED FIRST IN SPORTS CAR INTERNATIONAL MAGAZINE'S "TOP SPORTS CARS OF THE 1960S"
- EXHIBITED AT THE NEW YORK MUSEUM OF MODERN ART

## E-TYPES BY CLASSIC SHOWCASE



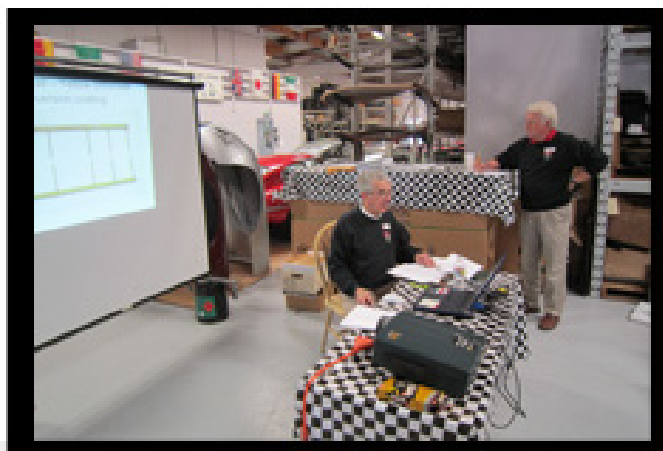
# An Education On Restoration

## 2011 Judge's Training at Classic Showcase Facility

Jaguar Judge's Training Session  
Classic Showcase Facility  
June 18, 2011

Every year, Classic Showcase has the unique opportunity to host the Judge's Training Session for the San Diego Jaguar Club (SDJC). Half way through the meeting during a break, Tom of Classic Showcase opened the facility to a guided tour of the different restoration departments and Showrooms.

The training session is led by Chief Judge and JCNA Rules Committee Chairman, Dick Cavicke. During the last session, Dick discussed general aspects and new rules that were adopted at this year's AGM in Virginia. This Session was open to all SDJC members that were interested in becoming a Certified JCNA Judge or renewing their certification.



Also in attendance were current, certified judges and apprentice judges to review updates to the regulation booklet and prepare them for upcoming SDJC Concours on July 17th at the Spanish Landing. For more information about this Concours d'Elegance, please visit [www.sdjag.com](http://www.sdjag.com). For discount registration fees, please be sure to register before the 1st of July. This year the SDJC will be celebrating the 50th anniversary of the E-type. If you are not a member of the Jaguar club, you are still welcome to attend and or show your car. If you are a member of the SDJC, the fees are reduced.



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- Most Insurance Plans Accepted and Welcomed

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**New Patients Welcome!**

Issue 43

### Inside This Issue • May 2010

- ▶ Preventative Care Money Well Spent
- ▶ 2010 Study Links Periodontal Disease And Heart Disease
- ▶ Your Health And Happiness
- ▶ Celebrity Cosmetic Dentistry
- ▶ Flexible Accounts Changing



#### Preventative Care Money Well Spent

In today's economy everyone is looking to save money. Neglecting your oral health when you have no symptoms may lead to costly treatments. Learn how to avoid this costly mistake.

▶ [Full Story](#)

#### 2010 Study Links Periodontal Disease And Heart Disease

New study found association between coronary heart disease and periodontal disease. Find out how to modify your risk factors.

▶ [Full Story](#)



#### Your Health And Happiness

More signal less noise. Learn how you can increase focus and concentration in 12 minutes a day. Get as many antioxidants as 3 cups of spinach by eating 1/2 teaspoon of this superstar. Make a healthy pizza everyone will love in 5 minutes

▶ [Full Story](#)

#### Celebrity Cosmetic Dentistry

A little change can make a big difference and advancements in cosmetic dentistry make it easier than ever to have a Hollywood smile. Check out this celebrity dental makeover gallery to see before and after shots at [www.entertainmentwise.com](http://www.entertainmentwise.com).



#### Flexible Spending Accounts Changing

If your employer offers flexible spending account it is a great way to set aside pre-tax dollars for qualified expenses not covered by insurance. This can include treatments that range from orthodontics to acupuncture and therapeutic massage. For most families this equates to a 20% to 25% savings. Under the new healthcare reform the law will limit employee contributions to \$2,500 a year, a 50% reduction from the current \$5,000 average cap. This change does not kick in until 2013 so take advantage of it while you can.

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# What Is Good For The Heart Is Good For The Gums

Regular check ups and periodontal care is good prevention, but research suggests diet may also be a modifiable risk factor. There is strong epidemiological data suggesting that increased dietary soluble fiber may reduce low-density lipoprotein (LDL) cholesterol and the risk for coronary heart disease. Numerous studies have shown that different types of soluble fiber and insoluble fiber as found in whole-grains, nuts, legumes, vegetables protects against heart disease and stroke, though the exact mechanism is not clear. Recent findings from two large long-term studies of men found that those with the highest fiber intake



(35 grams a day) had a 36% lower risk of developing heart disease than those who averaged 15 grams of fiber intake a day. The Harvard School of Health, Department of Nutrition concluded there is substantial evidence that diets using non-hydrogenated unsaturated fats as the predominant form of dietary fat, whole grains as the main form of carbohydrates, an abundance of fruits and vegetables, and adequate Omega-3 fatty acids can offer significant protection against heart disease. Based on the evidence it appears following a heart healthy diet and increasing your fiber intake may be the best way to prevent periodontal disease.

## Is All Fiber Created Equal?

Yes and no. The two traditional dietary fibers wheat bran (insoluble) and oat bran (soluble) are both good for improving elimination. But only oat bran has been shown to reduce LDL (bad) cholesterol, lower blood sugar and blood pressure, and improve immunity. Another fiber star is psyllium. Like oat bran it has been shown to lower LDL cholesterol and blood pressure, is low glycemic, improves laxation, and helps with weight management when taken before meals.

## Healthy Meals For A Healthy Dose Of Fiber

### Breakfast

1 serving of Fiber One Honey Clusters = 13 grams

1 rounded teaspoon psyllium husks = 4.5 grams

### Lunch

Turkey Sandwich on whole grain bread = 5 grams

Spinach Salad (1 cup) w/ 1/4 cup of Pecans and Dried Cranberries = 11 grams

1 Apple = 3.3 grams

## How To Hit 35 Grams Per Day?

While fiber supplements such as psyllium can help, they are no substitute for high fiber foods that are chocked full of vitamins and minerals. It is important to eat a variety of foods that provide a broad range of different types of fiber. Hitting the daily 35 grams of fiber is easy if you start your day with a high fiber breakfast and psyllium. Psyllium husks are inexpensive and widely available at any health market. Just mix with water and a small amount of juice, or use a flavored product such as Metamucil. Below is a sample breakfast and lunch that has you at 36.8 grams of fiber before dinner. To avoid feeling bloated add high fiber foods to your diet gradually so your body gets used to them.

## 3 Easy Ways Of Increasing Fiber

- 1.) Eat 7 to 9 servings of fruits and vegetables every day.
- 2.) Switch to whole grains and fiber rich cereal.
- 3.) Include fish, nuts, and legumes as a regular part of your diet.

## Learn more about Increasing fiber at

[www.healthcastle.com](http://www.healthcastle.com)

[www.metamucil.com](http://www.metamucil.com)



## Preventative Care Money Well Spent



In today's economy everyone is looking to save money. Foregoing dental check ups because you have no symptoms may seem like a good way cut expenses, but keep in mind that regular preventative care is much less expensive than the costly treatments that can result from neglecting your oral health. While home care that includes brushing and flossing twice a day is important, a dentist can see and reach areas of the mouth that you cannot and remove bacteria below the gum line. A dentist will also examine for cavities, loose fillings, infection, gum disease, oral cancer, and other potential problems that can lead to more costly procedures. An ounce of prevention is worth a pound of cure so make sure everyone in your family maintains regular check-ups.

### Your Happiness

Laughter is not only fun, turns out is good therapy because when we laugh our bodies release a cocktail of feel good hormones and chemicals that have a positive effect on our system. Humor is Mother Nature's gift to help us cope with the stress of daily life. While playfulness and humor are innate in children, somehow, with each passing year laughter gives way to the responsibilities of adulthood. Cultivating a sense of humor can help us see things more clearly, reduce stress, lift depression, lower blood pressure, and improve your immune system. Even fake laughing has been found to be beneficial so don't worry if you missed the punch line.

#### 3 Tips for Laughing More

Keep a joke book on your desk at work or on a coffee table at home.

Choose entertainment that will make you laugh.

Bookmark a humor blog such as <http://www.humor-laughter.com/humor-blog.html> on your work and home computer.

### Your Physical Fitness

Laughing is good exercise, seriously! Not only does a good belly laugh fill your lungs with air and improve oxygen flow, research using electromyograph (EMG) which measures strength, endurance and increases in muscle activity has concluded that laughing while performing abdominal exercises can create leaner, firmer abs. Watch your form and learn proper timing between laughing and executing the movement.

### Your Mental Fitness

Looking for more signal less noise? Try meditation. A neuro-imaging study by Andrew Newberg, M.D. found that after two months people who meditated 12 minutes a day had more activity in the part of the brain responsible for concentration, memory and focus.

## Your Healthy Recipe

### 5 Minute Pizza

Crust - Orowheat multi-grain sandwich thin or whole wheat pita, split  
Pizza Sauce (fresh or canned)  
Reduced fat mozzarella or provolone  
Sliced red onions and veges or meat toppings of your choice  
1/2 teaspoon dried oregano

Preheat oven to broil. Place crust on baking sheet and layer sauce, cheese, toppings, and oregano. Place several inches under broiler until crisp.

Pizza sauce is a great source of lycopene and the dried oregano and veges increase the antioxidant value. Combined with the fiber rich crust, this makes for a fast food that will make kids and parents happy.

### Your Antioxidant SuperStar

Oregano not only enhances the flavor of many foods, just 1/2 teaspoon has as many antioxidants as 3 cups of fresh spinach! Add this powerhouse of nutrition to grilled sandwiches, pizza, pasta, salad, or combine with fresh basil for a fabulous tomato bruschetta. Top off our fiber rich pizza with oregano for a healthy fast food.

\*Research from Italy, Harvard, and the University of Illinois have found that consuming seven or more servings of tomatoes a week reduced the risk of developing some cancers by 60%. Lycopene is thought to be the contributing factor. Unfortunately lycopene supplements do not have the same effect, and fresh tomatoes have less lycopene than cooked tomatoes. According to Dr. Edward Giovannucci of Harvard University, cooking tomatoes in oil encourages intestinal absorption and results in a two-to-three fold rise in plasma lycopene concentrations.



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- Mission Viejo Football - Bryce Ducharm
- Edison Football - Justyn Deffenbrugh
- Savanna Football - Sione Wolfgramm
- Dana Hills Baseball - Nick Hsieh
- Newport Harbor Volleyball - Rusty Sary
- Loara Football - Landen Finlen
- Marina Softball - Rutkin
- Manna Softball - Sydney Cable

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**Player of the Week**



Hawaiian surfer Jaquias wins NSSA Open title San Clemente wins Tritons eighth NSSA National title. [Full Story](#)

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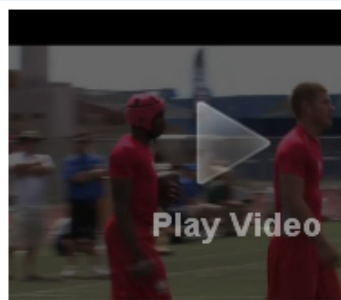
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U-Report: El Toro Pounds Damien in CIF D-2 playoffs



U-Report: Max Nesser's Football Highlights #2

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**OC VARSITY.COM POLL**

What's your opinion of DaVonte Young being declared athletically ineligible at Tustin?

- It was the right decision.
- It was the wrong decision.
- I was surprised to see the CIF-SS take such action.
- I think Young will eventually be declared eligible at Tustin.

Enter The Code To Vote

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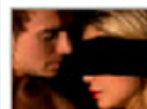
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June	2010	S	M	T	W	T	F	S
				1	2	3	4	5
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30					

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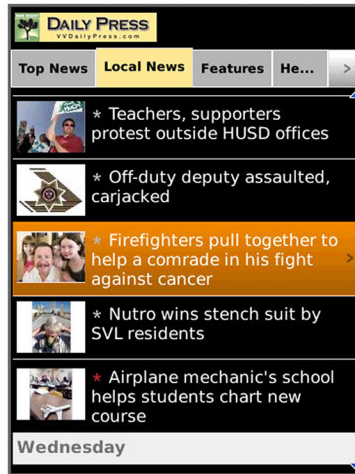
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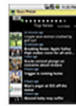
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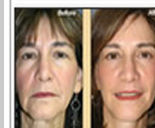
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