

Wednesday Evening August 8, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Thursday Evening August 9, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Friday Evening August 10, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Saturday Evening August 11, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Sunday Evening August 12, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Monday Evening August 13, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Tuesday Evening August 14, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

Wednesday Evening August 15, 2007. Local, Regional, National, International, Sports, Entertainment, Music, TV, Radio, Classifieds.

HOROSCOPES

ARIES - Mar 21/Apr 20. VIRGO - Aug 24/Sep 22. AQUARIUS - Jan 21/Feb 18. TAURUS - Apr 21/May 21. LEO - Jul 23/Aug 23. SCORPIO - Oct 24/Nov 22. SAGITTARIUS - Nov 23/Dec 21. CAPRICORN - Dec 22/Jan 20.

SENIOR LIVING

Health care war hits America's retirees hard

(ARA) - Twenty million American retirees are among the largest group of casualties in the war being waged by their former corporate employers against workers' and retirees' earned health care benefits.

es from Caterpillar Inc. is winding its way through the U.S. District Court in Nashville, Tenn., charging that Caterpillar's labor contracts and benefit plans provided or "continued for his or her lifetime at no cost."

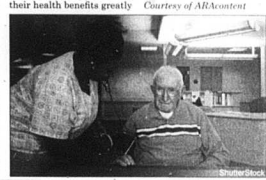
Major American corporations have taken the stance that they can no longer afford to stay competitive and sell their products and services in a global economy while paying benefits to retirees, even if these were contractual commitments made to retirees in their working years.

retirees in America have now either completely lost or had their health benefits greatly diminished. On their behalf, just one year since its founding, Protections.org has grown to include more than 6,000 retirees from over 35 industries and companies.

Auto makers had a clause in their health care agreements with the workers "we reserve the right to amend, modify, suspend or terminate for an employer to either reduce or cancel earned health care benefits."

older people with their extensive life experience can really make a difference in this industry. They get to share their wisdom and guiding others. They also get the added benefit to stay mentally and physically active while creating unforgettable memories.

Paul Miller, executive director and chief lobbyist for Protections.org says, "In the modern era we see major corporations paying CEOs' tens-of-millions of dollars while slashing retiree health benefits. For companies claiming they can't afford to compete or pay these benefits because of foreign competition, I say examine bloated executive compensation levels."



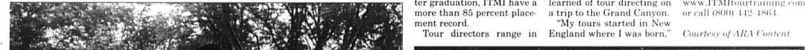
Courtesy of ARAContent

Tour Directing: A dream job for seniors

(ARA) - Baby boomers are reaching the age of retirement and it's a great time to do the things they've always wanted to do. For many, this means traveling and experiencing different places and cultures.

check-ins, handle customs and airline problem solving, schedule sightseeing arrangements and act as a congenial host generating enthusiasm and melding a group together into a happy "traveling family."

age from 20 to 70 with almost half over 50 who have either raised families or had other careers before taking on the new challenge of leading tours. After being certified, tour directors spend approximately \$200 per day, plus all expenses, meals and their own private accommodations. Some began their career after raising three children. She had always dreamt of traveling the world, but marriage and family came first. She first learned of tour directing on a trip to the Grand Canyon. My tours started in New England where I was born,"



Courtesy of ARAContent

Summer Travel Tips for Seniors

(ARA) - If you were to venture a guess, what would you say is the number one passion of today's retirees? It's not golf, gardening or completing crossword puzzles, but doing something they didn't have the time to do when they were working.

Consider booking your trip through a travel agent who can offer deals that lump airfare, hotel and sightseeing adventures into a low-cost package.

Now that summer is here, the sun is shining strongly. Be sure to wear sunscreen if you'll be spending a lot of time outside to protect yourself from excess exposure to UV rays, and stay hydrated. This is easy to do if you always carry a water bottle around with you wherever you go.



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