

July 11, 2026

JUST THE FACTS for Baby Boomers

by Skip Parker

**a free weekly newsletter for Baby Boomers featuring news, health, personal finance,
nostalgia, music memories, and uplifting stories.**

Click:

<https://babyboomernewsletter.com>

to access the newsletter online



[What is the federal government's budget deficit? | USAFacts.](#) For us Baby Boomers part of growing up was getting a checking account, a checkbook, and manually keeping our spending and deposits up to date. I think most of us did pretty well learning this skill. Too bad our government doesn't know how to do what we learned.

INTERNATIONAL

[Countries Owning US Debt.docx.](#) This just gets more complicated but still worth a glance. You may find a couple surprises here!



HEALTH / WELLNESS

[Why Baby Boomers Get More Muscle Cramps as They Age.docx](#)



FINANCES

[How Baby Boomers Feel About Tipping.docx](#)



DO UNTO OTHERS . . .

[The Link Between Kindness and Better Health.](#) Always Stay Humble and Kind.



MUSIC

[Humble and Kind Tim McGraw with Lyrics](#)



BACK THEN . . .

[The Origins of the Beloved Teddy Bear - History Facts.](#) Okay, maybe when I was 2 years old, I had a Teddy Bear! 😊

[Friday Night Dances of the 60s.docx](#)

PEARLS OF WISDOM

Everyone wants to live long, but no one wants to grow old.

No one else can do the job that God has planned for you.

Compiled by Martin E Parker

CORNY JOKES



Did you hear about the claustrophobic astronaut?

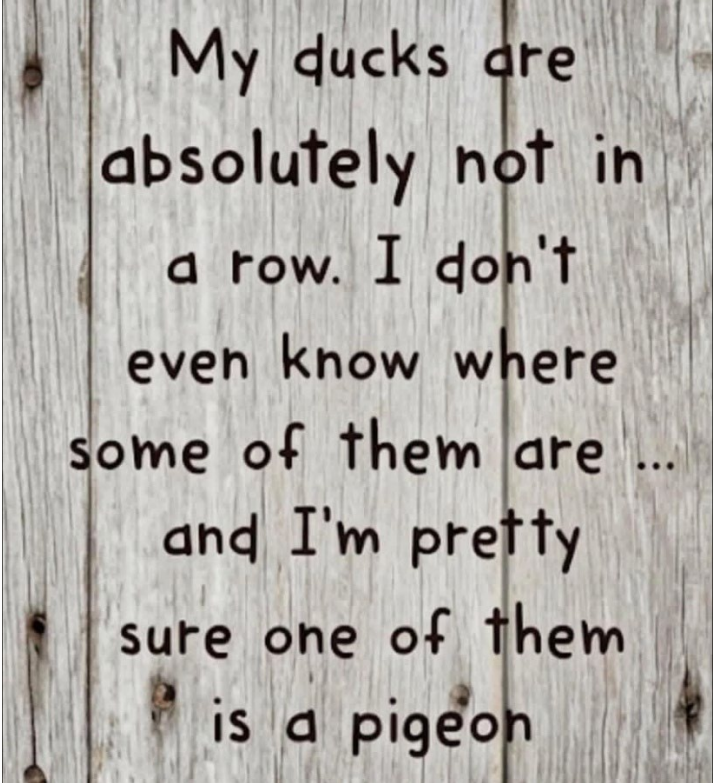
He just needed a little space.

Why did the cookie go to the hospital?

Because it felt crumby.

SMILING

I've always wondered if any of
my recorded calls have been
used for training or quality
purposes



My ducks are
absolutely not in
a row. I don't
even know where
some of them are ...
and I'm pretty
sure one of them
is a pigeon



Hello 😊 hope I made you smile
😊



NEWSLETTER FOR BABY BOOMERS

This is for Baby Boomers (and anyone else who wants to join us!). “Baby Boomers” normally refers to folks born 1946 to 1964.

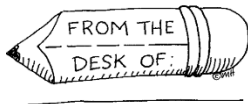
The intent of this newsletter is to be connotatively neutral, fact informative, with some attempt at amusement.

Any personal notes/responses are welcome!

If you know someone who might like our BABY BOOMER newsletter, please give them my email address: opaskipper@yahoo.com.

WHY I DO THIS NEWSLETTER

I miss Walter Cronkite, Huntley & Brinkley and those years of plain and simple factual news reporting. This is for the approximate 70 million BABY BOOMERS of the USA . . . JUST THE FACTS and FUN THINGS, the best we can muster.



Skip Parker News

Giving me something to do in retirement! 😊

Assistance from ChatGPT and CoPilot AI



THE STOIC
MIND MASTERY

**The World Owes You Nothing.
Nature provides opportunities,
not guarantees. Entitlement is
the death of growth. Take what
comes and make it better.**

VINTAGE PRUDENCE | STOIC WISDOM