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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.**

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<https://babyboomernewsletter.com>

to access the newsletter online



USA FACTS

The United States is a federal republic of 50 states with Washington, D.C. as its capital, a 2026 estimated population of about 340.6 million, and a total area of roughly 9.8 million square kilometers.

Overview

- [United States Facts | Britannica](#)
- [USA facts: get ready for the lowdown on the Land of Opportunity! - National Geographic Kids](#)
- [U.S. facts and figures | USAGov](#)
- [Accessible government data and statistics | USAFacts](#)
- **Official name:** United States of America (U.S., USA, America)

- **Government:** Federal republic with two legislative houses (Senate and House of Representatives)
- **Head of State (2026):** President Donald Trump
- **Capital:** Washington, D.C.
- **Population:**
 - 2020: 331,449,281
- 2026 estimate: 340,587,000
- **Area:** About 9,866,632 sq km (3,809,525 sq mi)
- **Currency:** U.S. dollar (USD)
- **Official language:** None at the federal level (English widely used)

Geography

- Third-largest country by area after Russia and Canada.
- Bordered by Canada (north), Mexico (south), Atlantic Ocean (east), Pacific Ocean (west).
- Contains diverse landscapes: Rocky Mountains, Appalachian Mountains, Great Plains, deserts, tropical beaches, and Arctic regions in Alaska.
- Highest point: Mount McKinley (Denali), 6,198 m.
- Lowest point: Death Valley, -86 m.

Society and Culture

- Highly urbanized: about 82% urban population (2018).
- No official national religion.
- National symbols include the **bald eagle** and the **Star-Spangled Banner** (national anthem).

Economy and Data Highlights

- GNI (2024): \$28.4 trillion; GNI per capita: \$83,490.
- Median household income (2024): about \$82,000.
- Inflation (June 2026): 3.5% overall; 2.6% core.

Interesting Facts

- The U.S. spends more on its military than the next seven countries combined.
- The internet was first conceptualized in the U.S.
- A cat once served as honorary mayor of Talkeetna, Alaska, for 20 years.
- Dwarf-tossing is illegal in Florida establishments that sell liquor.

These facts illustrate the United States' scale, diversity, and global significance.



INTERNATIONAL

Impact of Spain's 2026 World Cup Victory

- [What is Spain's World Cup victory actually worth to the national economy? | Euronews](#)
- [Spain Wins FIFA World Cup 2026: How La Roja Built a Football Empire - Oneindia News](#)
- [A Victory for Values: Why Spain's World Cup Win Resonates Beyond the Pitch](#)

Spain's 2026 FIFA World Cup win — a 1–0 extra-time victory over Argentina in New Jersey — delivered both tangible financial rewards and intangible benefits that extend far beyond the pitch.

Direct financial gains

FIFA awarded Spain a record **\$50 million** in performance-based prize money, plus guaranteed qualification and preparation funding, bringing the RFEF's total haul to about **\$63.5 million**. The federation then distributed funds to players, staff, and support teams, with around **€6 million** in taxes collected from 17 squad members resident in Spain. While the FIFA prize is worth roughly a quarter of an hour of national output, economic studies suggest it can boost GDP growth by at least **0.48%** in the two quarters after the final, mainly through increased exports rather than just domestic spending.

Economic effects

Celebrations and match-day spending saw spikes — bar and restaurant transactions rose 36% during group games, peaking at 66% in Seville. However, much of this is displacement of other spending rather than new money. The title's global visibility is expected to drive long-term export growth, as the tournament acts as a marketing campaign for Spanish goods and services.

National pride and soft power

The win reinforces Spain's reputation as a footballing powerhouse, with the senior

men's team completing a historic cycle of major trophies (UEFA Nations League, Euros, World Cup) and the women's team also achieving global success. It also aligns with Prime Minister Sánchez's foreign policy emphasis on multilateralism and institutional cooperation, contrasting with some of Argentina's recent international stances.

Footballing legacy

The victory cements Spain's long-term footballing system, built on youth development, technical excellence, and seamless transitions from youth to senior teams. Players like Lamine Yamal and Pau Cubarsí, who shone at the tournament, exemplify the system's success in producing ready-made talent.

In summary:

Spain's 2026 World Cup win brings a significant but finite direct financial boost, a measurable short-term economic uplift, enhanced global visibility, and a boost to national pride — all underpinned by a footballing model that sustains success across generations.



HEALTH / WELLNESS / STAYING ACTIVE

How Many Baby Boomers Still Play Soccer

- [U.S. Soccer Participation Data - Growth, Trends & Statistics](#)

There is no exact figure for how many baby boomers (born 1946–1964) still play soccer, but we can estimate based on U.S. participation trends and demographic data.

Current U.S. soccer participation

As of 2025, there are about **16.8 million outdoor soccer players** and **6.6 million indoor soccer players** in the United States, for a total of roughly **23.4 million participants**. This represents about **8.2% of the U.S. population**.

Demographic context

- The U.S. population in 2025 is about **333 million** people
- Baby boomers make up roughly **20–25%** of the U.S. population
- Applying that share to the total soccer population suggests that **millions of boomers** are among the 23.4 million participants — likely in the **tens of millions** if we include all age groups, but the actual number of active boomers is smaller because participation declines with age.

Age-related participation trends

Soccer participation in the U.S. is highest among younger adults and children, with significant numbers in the 20–40 age range. Older adults, especially those in their 60s and 70s, tend to play less frequently or in more casual/community settings. While many boomers remain active in sports, participation rates drop sharply after age 50.

Estimate

If we assume that about **10–15% of boomers** are still actively playing soccer (including casual and community league play), that will mean **around 1–2 million baby boomers** are still playing in the U.S. today. This is a conservative estimate — some may play more often, and others may be involved in fitness classes or recreational leagues.

Key takeaway

While the exact number is not tracked, **millions of baby boomers in the U.S. are still playing soccer**, but the figure is likely in the **low millions** rather than tens of millions, given age-related participation declines.



Baby Boomers prioritize experiences, health, and financial security, spending on travel, dining, hobbies, and wellness while maintaining careful budgeting and brand loyalty.

- [Baby Boomers' 20 Financial Habits and Attitudes \(Spending, Saving, Investing, & More\) - Pragmatic Coders](#)
- [Baby Boomers Spending Habits: Trends Shaping 2026 Consumer Behavior](#)

Experiences Over Material Goods

Baby Boomers overwhelmingly prefer **spending on experiences rather than possessions**. Travel, sightseeing, and leisure activities are their top expenditures, with retired Boomers being 211% more likely than average to book trips impulsively. Dining out and hobbies are also key areas, with about 70% considering nonessential spending on these activities a basic part of their lifestyle. They view these expenditures as rewards for years of planning and saving, emphasizing enjoyment over accumulation of material items.

Health and Wellness

As they age, Boomers focus heavily on **health and fitness**. Many invest in gym memberships, fitness gadgets like smartwatches, and health-oriented technology. Over 80% of Boomers who own smart devices use them primarily for health tracking. Activities such as swimming, running, and home workouts are common, reflecting a willingness to spend on products and services that support well-being

Financial Security and Budgeting

Financial stability remains a priority. Boomers focus on **preserving wealth, managing debt, and maintaining emergency savings**. They spend about 15–20% of their income on non-essentials like travel and hobbies, while the majority covers essentials such as housing, food, and insurance. They are careful with discretionary spending, cutting extras first if finances are tight, but wealthier Boomers often maintain their lifestyle spending

Technology and Shopping Preferences

While not digital natives, Boomers are increasingly adopting technology for convenience. They own devices like e-readers, smart TVs, and smart speakers, and are open to tech that enhances health or lifestyle. However, they prefer **traditional payment**

methods like credit cards and are cautious with mobile payment apps. Brand loyalty is strong, and they value quality, customer service, and trusted brands over novelty

Lifestyle and Comfort

Boomers maintain spending habits that reflect **comfort, nostalgia, and consistency**. They continue to subscribe to print newspapers, cable TV, and other traditional media, valuing routines and familiar experiences even as prices rise. This demonstrates a commitment to stability and emotional satisfaction in their spending choices

Summary

In essence, Baby Boomers prioritize **experiences, health, and financial security**, balancing enjoyment with careful budgeting. Their spending reflects a mix of indulgence in travel and leisure, investment in wellness, and loyalty to trusted brands and traditional practices, highlighting a generation that values both quality of life and financial prudence



What Can Give Baby Boomers a “Euphoria High”

- [Euphoric Mood: Signs, Causes, and When to Worry](#)
- [Baby Boomers and mental health | therapist.com](#)
- ['Boomer panic' is real problem caused by poor emotional regulation - Upworthy](#)

For many baby boomers, a “**euphoria high**” — an intense, elevated emotional state of elation and pleasure — can come from a mix of **natural triggers, cultural influences, and generational experiences**.

1. Achievement and Success

Baby boomers often grew up in a culture that valued **career success, material wealth, and status**. Landmark achievements — such as landing a dream job, winning a promotion, or completing a long-term goal — can trigger a surge of dopamine, serotonin, and endorphins, producing

euphoric feelings. This is especially common if the achievement aligns with their lifelong drive for accomplishment.

2. Social and Cultural Milestones

Events tied to their formative years — like major sports victories, political milestones, or cultural moments (e.g., the rise of rock and roll, the Civil Rights Movement) — can evoke strong emotional highs. These memories are often tied to identity and pride, amplifying the euphoric response.

3. Emotional Regulation and “Boomer Panic”

Some boomers experience **“boomer panic”**, a tendency to react strongly to perceived threats or inconveniences. While this can be anxiety-driven, it can also be a sign of emotional intensity. When they feel safe and in control, this same energy can shift into euphoria, especially if it’s tied to a sense of security or belonging.

4. Social Connection and Family

For many boomers, **family and community ties** are central to their happiness. Celebrations, reunions, or moments of deep connection can produce a euphoric mood, especially if they feel valued and supported.

5. Lifestyle and Environment

A stable, comfortable environment — including good health, financial security, and access to leisure activities — can contribute to sustained positive emotions. This is especially relevant given that many boomers experienced economic prosperity in their youth and prioritized stability in adulthood.

6. Potential Red Flags

If euphoria is **persistent, disproportionate to the situation, or accompanied by risky behavior**, it may signal underlying conditions such as **bipolar disorder, substance use, or certain medical issues**. In such cases, professional evaluation is important.

In short: For many baby boomers, a euphoria high often comes from **achievement, cultural pride, strong social bonds, and a sense of security** — all shaped by their upbringing, values, and life experiences. But when it's unexplained or out of proportion, it's worth exploring further.

MUSIC

[Ticks](#) – Brad Paisley. Even if you're not a country music fan, I think this will make you smile!

[Brad Paisley - Water \(Official Video\)](#) – One more! 😄 I'm pretty sure I saw a Baby Boomer or two in this video!

BACK THEN . . .

Where Baby Boomers Spent Their Time on Dates in the 1960s

- [Dating Habits From the '60s We Wish Would Come Back - Nostalgia Vibe](#)
- [Remember what dating was like in the 1960s? - Starts at 60](#)
- [26 Boomer Laughs at How Simple '60s Dating Was Compared to Today's Swiping Culture - Back in Time Today](#)

In the 1960s, dating was a mix of romance, socializing, and shared experiences, often taking place in settings that were both casual and full of charm.

1. Classic Dinner Dates

One of the most common ways to meet or spend time with a date was over a meal. Couples would dress up, go out to a restaurant, and focus on

each other, enjoying conversation and the atmosphere without distractions

2. Drive-In Movie Nights

Drive-ins were a romantic staple. Couples would park their cars, enjoy the film, and share snacks and conversation under the stars. This setting allowed for private, intimate moments away from the noise of city life .

3. Bowling Alley

Bowling was a popular social activity, especially for young couples. It offered a mix of friendly competition, laughter, and the chance to bond over shared goals.

4. Roller Skating Rinks

Skating rinks were vibrant social hubs where couples could dance, race, or just enjoy the music and lights. They were also places to celebrate birthdays and host small gatherings.

5. Diners and Soda Fountains

These were informal meeting spots where people could chat, flirt, and get coffee or a sweet treat. The jukebox music and cozy booths made them ideal for casual dates.

6. Going Steady

While not a physical location, “going steady” was a common relationship status in the 1960s, often signaled by exchanging tokens like rings or bracelets. This commitment often came with shared activities and regular meetups.

7. Being Set Up by Friends

Many dates were arranged through mutual friends, which added a layer of trust and familiarity. This could lead to dinners, drives, or other outings.

8. Other Social Settings

Dates could also happen at school or work, at community events, or even through pen-pal exchanges, where couples would write letters to each other.

Overall, 1960s dating was rooted in in-person interactions, simple venues, and a focus on genuine connection, with settings like diners, drive-ins, bowling alleys, and skating rinks playing central roles in the experience.

PEARLS OF WISDOM

“Today you are you! That is truer than true! There is no one alive who is you-er than you!” - Dr. Seuss

“The secret of staying young is to live honestly, eat slowly, and lie about your age.” - Lucille Ball

CORNY JOKES



What do you call a fish who wears a bowtie? So-FISH-dicated!

Fisherman reminder: Let Minnow.

From Tom S

SMILING

QUOTE OF THE
DAY

IF ANYONE IS HAVING A
BAD DAY, REMEMBER
THAT TODAY IN 1976
RONALD WAYNE SOLD HIS
10% STAKE IN APPLE FOR
\$800. NOW IT'S WORTH
\$58,065,210,000

OUCH!

**One way to find out
if you are old is to fall
down in front of a lot
of people. If they
laugh, you're still
young. If they panic
and start running to
you, you're old.**

**WHEN I WAS A KID, THERE
WERE NO PHONES OR TABLETS.
WE READ CEREAL BOXES AT
BREAKFAST**

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.

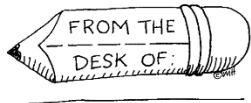
The intent of this newsletter is to be connotatively neutral, fact informative, with some attempt at amusement.

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

