August 1, 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

USA

The first constitution of the United States was adopted in 1788. For the acceptance of the constitution, which was proposed in 1787, nine states needed to vote in its favor. Delaware was the first state and New Hampshire was the ninth state to accept the constitution, thus making it legal. The Constitution has 4,543 words and has been amended 27 times. The document established a federal government with separate powers, the executive, legislative, and judicial branches. James Madison was considered the "Father of the Constitution," while Benjamin Franklin was the oldest signer at 81 years old.

INTERNATIONAL

Facts about Africa

- **Africa is the world's poorest and most underdeveloped continent. The average poor person in sub-Saharan Africa is estimated to live on just $.70 a day.**
- **Over one thousand languages are spoken in Africa, and some scholars place this number closer to two thousand.**
- **Africa has 54 sovereign countries, the most of any continent.**

HEALTH / WELLNESS

Stay Physically Active

Consistency is key. Find something you like to do. Maintain muscle mass and flexibility. Reduce the risk of chronic diseases, including heart disease and diabetes. Boost mood and cognitive function. Sitting and reading a book or watching a bit of television is normal. Just balance it out. Keep moving.

FINANCES

Interesting Facts About Baby Boomers and Their Money

Baby Boomers hold about half of all U.S. wealth, spend heavily on experiences, and have built their fortunes through post-war economic growth, real estate, and investments. They did it with financial discipline.

Wealth and Economic Background

- **Half of U.S. wealth**: As of 2026, Baby Boomers (born 1946–1964) hold roughly **51% of all U.S. household wealth**, estimated at $83–$90 trillion.

MUSIC

Popular TV theme songs from the 1970s:

1. **"The Jeffersons"** - A catchy tune that became iconic for the show.
   The Jeffersons - Theme Song
2. **"Good Times"** - Known for its upbeat and memorable melody.
3. **"Happy Days"** - A nostalgic theme that captures the essence of the era.
4. **"MAS*H"** - A poignant song that reflects the show's themes of war and friendship.
5. **"The Brady Bunch"** - Instantly recognizable and beloved by many.

BACK THEN . . .

In 1970, the average U.S. retail price of gasoline was about $0.36 per gallon, which is equivalent to roughly $3.09–$3.29 per gallon in 2026 dollars. Yes, the price of gasoline is important to everyone's budget. Let's just keep it in persective.

PEARLS OF WISDOM

A well-worn Bible falling apart is usually owned by someone who isn't.

Seven days without prayer makes one weak.

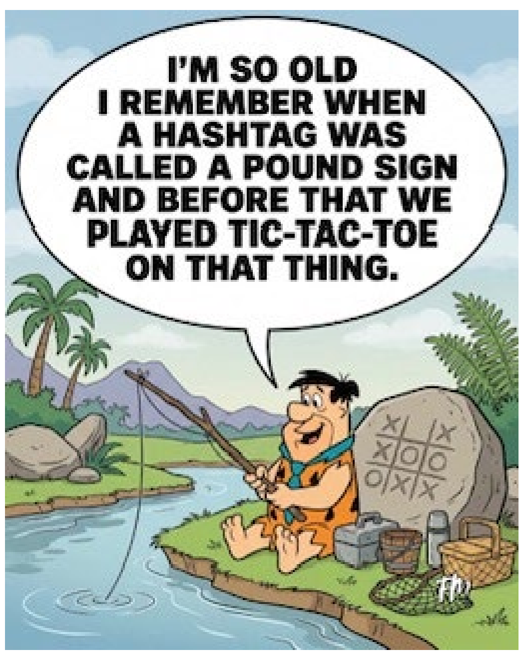
Compiled by Martin E Parker

CORNY JOKES 🥱

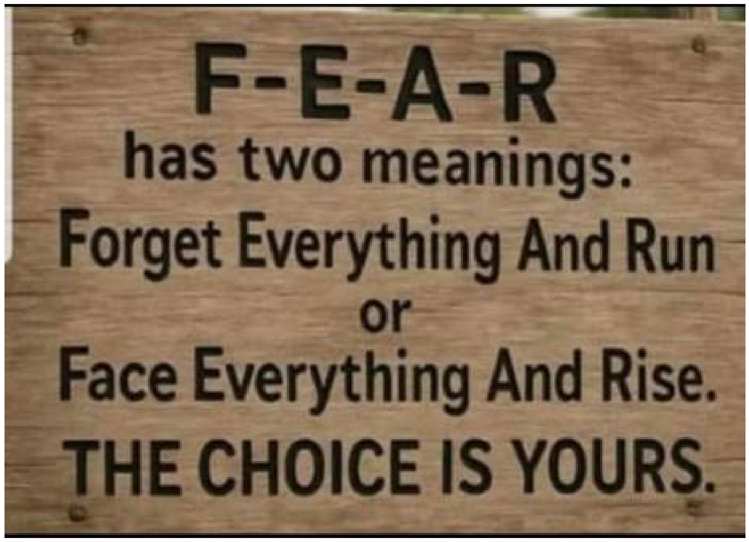
Why did the man put his money in the blender?
He wanted to make some liquid assets.

Why don't eggs tell jokes?
They'd crack each other up.

SMILING



Contributed by Marty D



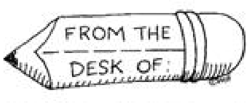
Hello😃hope I made you smile
😊

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!

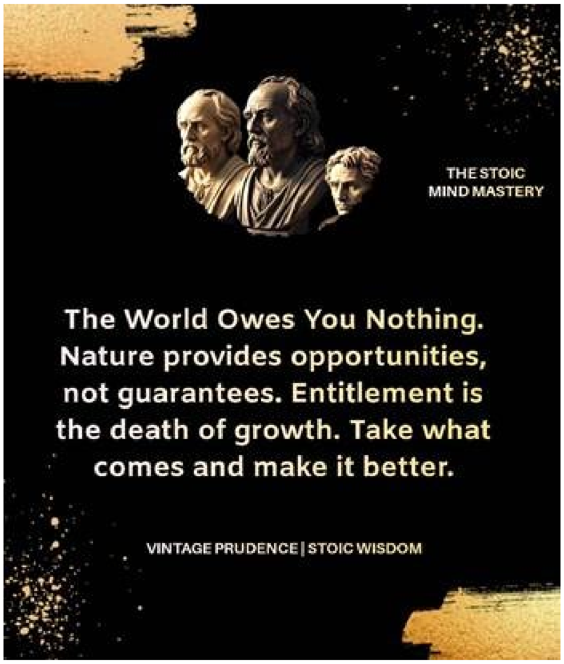
If you know someone who might like our BABY BOOMER newsletter, please give them my email address: opaskipper@yahoo.com.

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