

A gift for every dad

Are you looking for the perfect Father's Day present but don't know what to buy? Here are some gift ideas for several types of dads.

THE ATHLETE

- If your father's a fitness enthusiast, he'lllikely appreciate: A sturdy, insulated water bottle A membership to a specialized gym A duffle bag for his workout gear

 - A pair of high-quality running shoes
 A set of wireless headphones
- THE FOODIE If your father loves to cook (and eat),
- you can't go wrong with: A cookbook featuring international
- recipes An assortment of spices
- A set of knives
- A barbecue and/or accessories for
- the grill
- A meal at a five-star restaurant
- THE BOOKWORM If your father always has his nose in a

book, consider: • A personalized bookmark

- A new release by an author he loves
 A patterned book sleeve
- A gift certificate from a bookstore
- An e-book reader

Regardless of the gift you choose, re-member to include a heartfelt card that shows your dad how much he's loved and appreciated.





5

Father's Day

The changing face of fatherhood Starting when their kids are first born, modern dads when his child was born. their kids' lives continues The days of men "babysitting" their own children are a thing of the past. Today's fathers are more Now it's uncommon for a are inst born, modern dads are, in fact, more involved in rearing their children than their fathers and grandfathers were. As re-cently as the 1970s, it was dad to not be in the deliv erv room when his child nurturing and more likely to contribute to child care comes into the world. The trend of fathers and housework than ever rare for a man to be present playing active roles Gift Giving DSOR this Father's Day **Gift Certificates** Gift card available in any Cullberg's SUPPER SPECIALS denomination! RACK OF RIBS • SURF & TURF BRANDSOURCE **GRILLED CHICKEN BREASTS** 346 King Street • Virden, MB 204-748-3331 all served with garden or caesar salad. Choice of potato. Garlic toast and dessert Kullberg's www.kullbergs.ca per cent. When men take on a Find us on Facebook HOME FURNISHINGS FREE DELIVERY WITHIN 200 KMS | FREE SETUP | FREE DISPOSAL FINANCING OPTIONS AVAILABLE | LAYAWAY OPTIONS | ASK YOUR SALES ASSOCIATE CALL 204-748-3331 To book a personal appointment! STORE HOURS: MINIG MONDAY - SATURDAY: 9 A.M. - 5 P.M. TREAT DAD WELLNESS & MOBILITY CENTRE \$ JUNE 15 - 21, 2020

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their kids' lives continues throughout childhood, and today's fathers spend more time caring for their kids. One study found that fa-thers from 11 wealthy west-ern countries spent about an hour a day on child care activities in 2012, but that dode in 1055 creat to a tree dads in 1965 spent an aver-age of just 16 minutes a day actively parenting.

Contemporary fathers are also more likely to con-tribute to household chores tribute to household chores than previous generations were. On average, Cana-dian fathers do two-and-a-half hours of housework a day, compared to two hours a day in 1986. One specific task in par-ticular that men have em-ticular that men have em-

ticular that men have em-braced is preparing family meals. The amount of fa-thers who cook regularly has nearly doubled since 1986, rising from 29 to 59 per cent

more active role in parent-ing, their kids benefit. Studies show that children with involved dads perform better academically, have higher self-esteem and are less likely to have troubles with the law later in life.

KFC

1201 PARK AVE - MOOSOMIN - DRIVE THRU/PICK-UP/DELIVERY 306.435.3371





Father's Day lineup: a day dedicated to Dad

Does your kids' dad deserve more than a tie and a hug for Fa-ther's Day? This year, help your children celebrate their old man by dedicating the whole day to him.

MORNING Breakfast in bed is the perfect way to kick off Father's Day. Older kids can help prepare and serve the meal, and little ones can decorate the serving tray or table. Excellent service is mandatory on such an important day, so everyone will need to be on their best behaviour.

AFTERNOON If he loves his car almost as much as he loves his kids, treat him to a car wash at home. Once the car is looking shiny and new, take a ride to the activity of Dad's choice. The whole family is sure to enjoy whatever he nicks whether enjoy whatever he picks, whether it's mini-golf, the ice cream shop or the park.

NIGHT

End the day with a movie mar-athon at home. Let Dad decide what you watch and nosh on. If he loves Mexican food, make nachos. If he appreciates the classic movie snacks, you can't go wrong with buttery popcorn. And don't forget to pick up his favourite candy so he can satisfy his sweet tooth.

LITES





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Accepting reservations up to 5 p.m. on Father's Day. No reservations taken <u>AFTER</u> 5 p.m. If there happens to be a wait for your table our hostess will take your cell number. Wait will be ouside or in your car due to social distancing regulations.