



Father's Day
2016



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Dad is more than just a shoulder to cry on and a dependable source of income. The reason we celebrate him in June is for the love he shares with his children at all times.

From new dads to seasoned pros, every household is made better with a strong father presence. Let's take the time this year to show our appreciation for the rock in our lives we so lovingly call "Dad."

A HARD-EARNED HOLIDAY

It took nearly 60 years of attempted legislation and advocacy, but Father's Day officially joined Mother's Day as a national holiday in 1972. Two bills to garner national recognition of the holiday had failed before President Richard Nixon signed Father's Day into law in 1972.

Decades later, the holiday has become one of the nation's most popular. The National Retail

Federation estimates that Americans spend more than \$12 billion on dear old dad for Father's Day.

From dinner at dad's favorite local restaurant to a weekend getaway to a regional hotspot, there are numerous ways to treat that special fatherly figure this year. Be creative and check out our recommendations throughout this section for great ideas.

WHAT DAD REALLY WANTS

Stumped on what to buy the old man? Check out the top 10 gifts, according to the consumer insurance website Insure.com. The company conducted a survey of fathers

everywhere to gather their advice for the perfect gifts.

Here are the top 10 responses, along with the percentage of dads who suggested each gift:

Dinner at your town's favorite restaurant: 31 percent

Weekend getaway with the whole family: 27 percent

Electronics: 26 percent

Tickets to a show or sporting event: 26 percent

A weekend getaway with the wife: 25 percent

Power tools: 21 percent

Breakfast in bed: 19 percent

Gift card: 16 percent

Sports memorabilia: 15 percent

Alcohol: 13 percent

Get Dad Some Grub

Dad is hungry. Seriously, get that man something to eat. Research by the National Restaurant Association shows that more than 50 million Americans celebrate Father's Day by dining out.

Being served and enjoying great food is a treat for any dad. If you're the one picking up the check for the special meal, you may be in luck. Many of your dad's favorite downtown restaurants will be offering special discounts this Father's Day.

Keep an eye out for coupons within your local newspaper and make your way to your local establishment for a meal fit for a king. Give dad what he really wants on his special day: food.

BREAKFAST, LUNCH OR DINNER?

Deciding when to take dad out for Father's Day can be just as important a decision as the type of food.

Dinnertime is the overwhelming preference for dads when it comes to having their Father's Day meal, reports the NRA.

Key findings in a recent survey found:

- 67 percent of diners choose to go out during the evening;
- 24 percent go out for lunch;
- 11 percent head out for breakfast; and
- 10 percent of fathers are lucky enough to go out for more than one restaurant meal.



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HITTING THE TOWN

Not only is dad hungry this Father's Day, but he is hungry for a meal he knows and loves. More than half of dads will opt for their favorite restaurant if given the choice, according to the NRA.

Only 13 percent choose a

restaurant they haven't been to before, so keep this in mind if you're planning a surprise dinner. You may want to save the newest restaurant in your neighborhood for another day and give dad a little taste of what he already knows he loves.

DINING IN

While many dads choose to head out of the house for their holiday meal, even more choose to dine in. Doing so can help save money — not only for dad but for everyone coming together for the special day.

If dad prefers a quiet day at home filled with family time and grilling, you can surprise him with a thick ribeye from your local meat shop. You probably know what types of sides and desserts dad prefers, so don't be shy about filling the fridge with them.

Take Dad on a Trip

While many dads will be content to stay at home this Father's Day and take in a baseball game on TV, that's not the case for all dads. Some fathers are road warriors, always ready for their next big trip.

If your dad falls into this "jetsetter" category, give him what he'll really enjoy this Father's Day: a trip out of town.

A SCENIC ROAD TRIP

From the California coastline to the famous Route 66, America is home to some of the greatest road trip scenery the world has to offer. If dad likes putting the pedal to the metal, plan a special trip he can enjoy from the comfort of his car, motorcycle, truck or RV.

For a longer trip, you can surprise dad with a rental and handle all of the planning for lodging along the way. Plot out your route to hit some historic locations that dad hasn't seen before. Plan to meet up with family members and friends who live near your stops. A road trip is the perfect gift that can provide a lifetime of memories.

FISHING EXCURSION

From trout to shark, hooking the big one may be on dad's wish list this year. Work with a local tourism agency to coordinate the perfect fishing trip. Their travel professionals will have tips, discounts and expert advice on where and when to plan your excursion.

Surprise dad with a new



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fishing pole and tickets to wherever you're taking him. Make sure to cover all of your bases, including lodging, accommodations and fishing licenses. He'll be shocked to find out you've planned all the logistics for the trip of a lifetime.

AMUSEMENT PARK TRIP

Is dad a thrill-seeker who loves a great roller coaster experience? Plan a trip to a popular amusement park this Father's Day. Most amusement parks are open year-round, but their attendance really spikes during the sum-

mer months.

For major parks such as the Walt Disney World Resort in Orlando or the original Disneyland Resort in Anaheim, Calif., look into purchasing multi-day passes that include lodging. Depending on your plan,

these can save you money in the long run while also limiting the amount of transactions you'll have to coordinate during the planning phase. When it comes to trying to pull off a special Father's Day trip, the simpler the process, the better.

Help Dad Lose Weight

The “Dad Bod” took over the Internet in 2015, with fathers everywhere getting a pass for a little extra weight. Fathers are too busy chasing kids around to tone those muscles and lose those love handles, right? Wrong!

This Father's Day, treat dad by helping him enact a mid-year resolution to a healthier lifestyle. Even a simple pledge to get more regular exercise can make a world of difference in improving dad's health this year. Having you in his corner could make a difference in helping him continue more healthful living for many years to come.

MOTIVATE DAD TO BETTER HEALTH

How can you make a difference? By simply getting involved. Become a motivation for dad by bringing him out on a hike or to the local gym to shoot hoops.

It does not take much exercise to get dad feeling stronger and more in shape — even an extra 20 minutes of walking per day can make a big difference in weight loss and joint pain.

Obesity is on the rise and is set to be the next major health epidemic facing our nation's health care industry. It's a major risk factor for heart disease and stroke, diabetes and some types of cancer. It's up to you to help dad make a change that sticks this Father's Day.

DIETARY CHANGES

Does your dad need some



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help controlling his portions? Invite him over for a healthy meal to celebrate Father's Day and encourage him to start incorporating more fruits and

vegetables into his diet.

Be a great example for dad by sending him text or email reminders to eat a healthy diet. If he knows you are invested in

the process, he may be more likely to stick with the program.

When eating out, recommend to dad that he take half his meal home for tomorrow's

lunch or dinner. This strategy can dramatically cut down the amount of calories consumed per meal — a major factor in weight control.

For the Gamer

Can dad beat the latest video game in record time? Do his thumbs have callouses from controller time? If you answered yes to either question, finding the perfect gift for dad this Father's Day may be easy.

Maybe a trip to the video game store is in order on Father's Day weekend. Some of your local businesses may close on Sundays, so if you're planning to take Dad to pick out a new game or accessory, you may want to consider the Saturday prior to his special day.

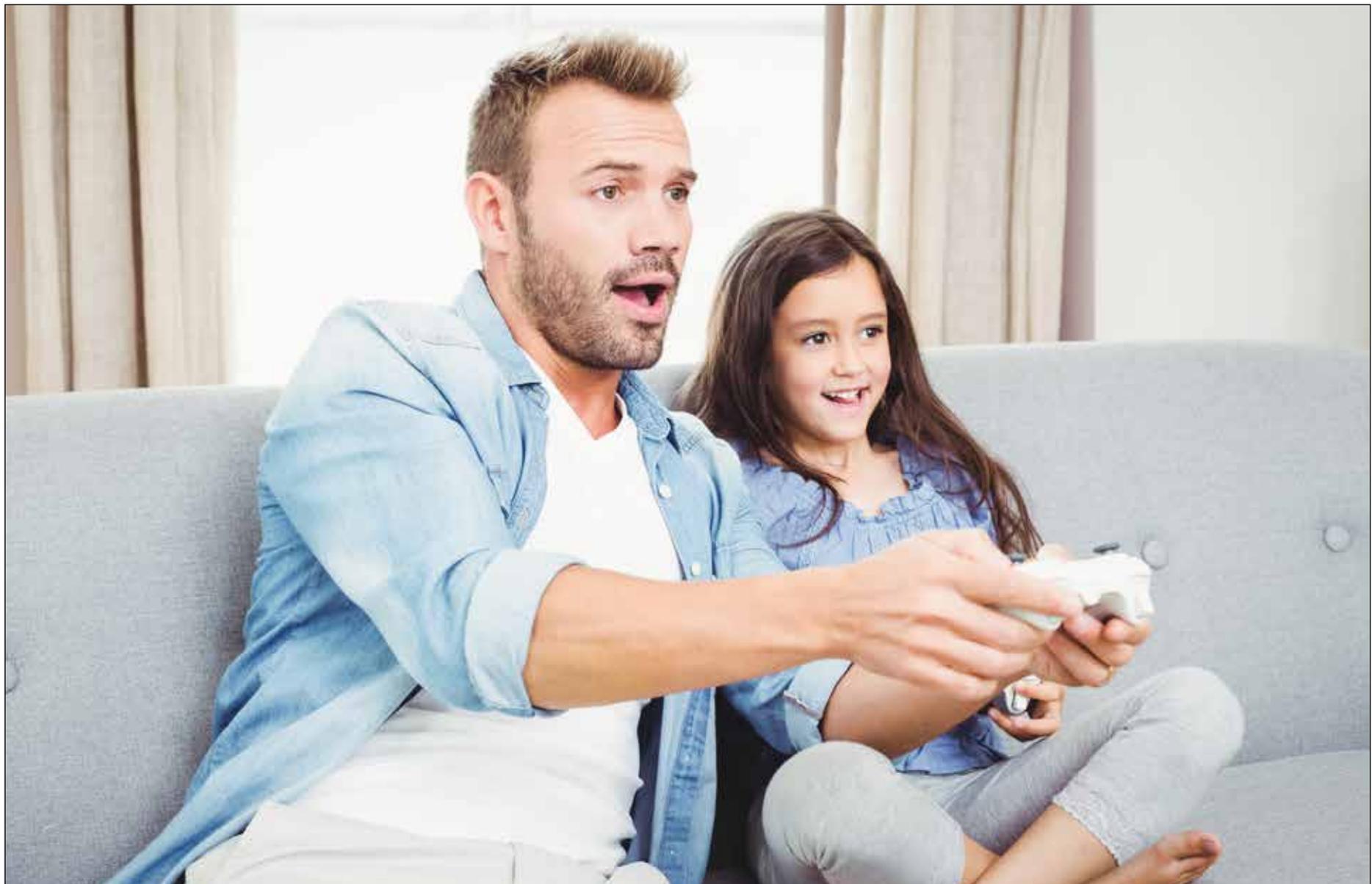
Give him a budget and let him pick out that new role playing or sports game. Even smaller gifts, such as a new controller or cheat code book, can make the perfect addition to dad's gaming collection.

PLAY TOGETHER

Whatever he chooses for his gift, the most fun part of finding a new game is playing it together. Hurry home from the video store to experience it in dad's game room. Watch as his excitement brings him back to childhood and make a day of it.

If you decide to get dad a tablet for his gaming activities, he may be able to share his hobby with the kids. Depending on which app market the tablet uses, there is a broad array of games for young and old available for free or a low cost.

What's a better gift than letting dad pass on his love for all things games to his children?



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GAMING SYSTEMS & LAPTOPS

Looking to splurge this Father's Day? A new gaming system or laptop might be in your dad's future. Most systems top out in the \$300 to

\$400 range, but high-powered laptops can cost much more. Determine your budget and shop around for options you think dad would appreciate.

When looking for the perfect laptop, consider models

that are light, thin and sleek. Talk with your local gaming professionals about the laptop's horsepower, type of processor, memory capacity and cost. They will help you make the right decision for dad's

gaming needs.

Be sure to pay a little extra for a warranty on the equipment to protect your investment and urge dad to register the product for warranty purposes.

What Dads Really Do

Bug catcher, sports coach, handyman. The average dad can fit into any of these roles around the house.

While he may not get paid for all these jobs, one national organization has taken the time to put a value on dad's dynamic skill set.

The 2015 Insure.com Father's Day Index reports that the proper annual wage for the typical dad's household tasks is \$25,709. That is the highest value yet in the five years of the index, according to Insure.com, but it is still only 39 percent of mom's "value" of \$65,284.

The index calculates dad's worth based on Bureau of Labor Statistics (BLS) wages for household tasks commonly performed by fathers.

Here is the annual value of dad's tasks in previous years:

2014: \$24,103
2013: \$23,344
2012: \$20,248
2011: \$20,415

IS \$25,000 ENOUGH?

In the Insure.com survey, men and women were asked how much dads should get for their contributions around the house.

Fifty-eight percent chose an amount of \$50,000 or less. Nearly half of that group picked a value between \$25,001 and \$50,000.

Here is the official breakdown:

Nothing: 4 percent
Up to \$10,000: 10 percent
\$10,001-\$25,000: 19 percent
\$25,001-\$50,000: 25 percent
\$50,001-\$75,000: 21 percent
\$75,001-\$100,000: 11 percent
\$100,001-\$200,000: 5 percent
Over \$200,000: 5 percent

MORE CHILDCARE & HOUSEWORK

One reason for the recent increase in dad's worth around the home is the increasing need for him to pick up the slack on housework and childcare.

A Pew Research Center study found

that fathers are devoting three times as many hours to these family functions as they were in 1965.

Conversely, mothers are spending more weekly hours working than they were in 1965 and have become the primary breadwinners in four of 10 American families, according to Pew.



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Party Ideas For Dad

One of the best ways to celebrate the dads in your life is to do just that: throw a party. Dad's big fiesta can be easy and fun to pull off, especially if you put together a smart plan.

Choosing all of dad's favorite foods and drinks for the party is your first step, followed by making sure you invite all of dad's closest friends and family members.

And since Father's Day is a busy day for all dads, you can plan your special party for the Saturday of the holiday weekend, or even the Saturday before. This may allow more people to come to the party, making it a more special occasion for dad.

INVITE SPECIAL FRIENDS

If you're really looking to make a Father's Day splash, send a party invitation to someone dad hasn't seen in a while. Holidays are the perfect time to bring people back together again. You can pull off a surprise by coordinating the arrival of your dad's friend or family member by planning in advance.

Planning is especially critical if you're trying to bring someone in from out of state or across the country. You'll want to help orchestrate travel arrangements without dad knowing to keep the secret.

PARTY ACTIVITIES

Once you have your food, drink and invite list down, it's time to figure out the theme of dad's party. Is he a weekend



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warrior who still thinks he could play professional sports if given the chance? Stick with a sports theme that includes sports trivia and a game of flag football.

Does he lean more toward music as a hobby? Invite a few of his old bandmates to jam

this Father's Day weekend. Reuniting his old band buddies can bring some major fun to the party and let dad relive some of his old glory days in the process.

GROUP THE GENERATIONS

One of the greatest family

traditions of Father's Day is hosting multiple generations of dads at the same party. Finding ways to bring together grandfathers, fathers, sons and even grandsons can be difficult throughout the year, but with the right planning, you can coordinate a party to remem-

ber.

Father's Day can offer the perfect opportunity to gather all of these special family members at the same place, be it at your home, a restaurant or an outdoor festival. So get started on building your guest list and menu.