

## check it out



Photo: Naoki Nitta

A stylish and practical solution to the diaper bag, the patented patemm™ pad was designed by a mom to make changing little ones quick and simple. The round design accommodates squirmy infants and serves as a sleek, all-in-one bag for diapers, wipes and even a change of clothes. Patemm™ pads come in 13 fun and stylish prints and are sold exclusively through [www.patemm.com](http://www.patemm.com).

## discover



**Livermore Park, Folsom** Extend that Summer feeling into the Fall! There's a gem of a park located in the middle of Folsom that just giggles and screams "Summer!" Pack a picnic, bring the sunscreen and head over to Livermore Park, located at 6004 Riley Street in Folsom.

Hats off to whoever decided to create a man-made waterfall and a toddler-appropriate "creek" for little ones (six years down to babies). You'll find shade, picnic tables, real bathrooms, soda machines and green grass—not to mention a nearby play structure and lots of space to roam. The crowd is friendly and willing to share their little Dollar Store boats too. Have fun! —WENDY GUNN

## read



On so many levels, *You Can Do It!* is inspirational to women who celebrate the spirit of achievement with which we were raised, yet struggle to maintain. Let's face it...when it's hard to find time to wash your hair, it's easy to stop dreaming about wanting to try skydiving to feel what it's like to fly, or to learn to play guitar "just because." It's all the more poignant that author **Lauren Catuzzi Grandcolas**, a wife and mother, began this book a year before she died on 9/11 aboard United Flight 93.

Prior to her tragic death, Lauren wrote the table of contents as well as the first badge, upon which the other badges were modeled, to

remain true to her vision. After 9/11, Lauren's husband, **Jack**, her parents, and her two sisters, **Dara Near** and **Vaughn Lohec**, banded together to carry her vision through to completion.

"Having been a Girl Scout, she was familiar with the badge manual and the sense of accomplishment that you feel after completing each badge," said **Lohec**, Lauren's younger sister. "By creating this book, she wanted to give that same experience and feeling to grown-up women, especially her close-knit circle of girlfriends who always wanted to seek out new experiences but never felt like they had time."

*You Can Do It!* is comprised of 60 "badges," or chapters, which are organized into seven categories—Dare, Create, Learn, Play, Deal, Connect and Dream. The badges span everything from skydiving, filmmaking and surfing to yoga and money management. We also love that proceeds go to the Lauren Catuzzi Grandcolas Foundation, established to support charitable causes benefiting women and children's health, education and welfare. For more information, visit [www.youcandoitbook.com](http://www.youcandoitbook.com).

**What can you do?** Let's "dare to dream, learn something new, or do something just for you." If you have skills and knowledge you'd like to share with others in our community as a You Can Do It! mentor, send an e-mail detailing what you can do to [tellus@kidaroundtown.com](mailto:tellus@kidaroundtown.com).

## teach

**O**nce Upon A Family has created a way for families to celebrate children learning values like honesty, compassion, responsibility and courage. Each time a family member behaves in a way that demonstrates one of your cherished values, place the "Candle of Honor" on the dinner table and celebrate that worthy deed. For more information call (916) 371-9014 or visit [www.onceuponafamily.com/teresaperea](http://www.onceuponafamily.com/teresaperea).

