

Your time



* Recipes * Comics
* Puzzles * Crosswords

TOMORROW

SHOPPING

Where to buy affordable art



QUIZ MASTER

1 POINT

1. The triceratops was a herbivorous type of which extinct creature?
2. *Go West, In the Navy* and *Can't Stop the Music* were hit tracks for which group?
3. Last month Gerlinde Kaltenbrunner became the first woman climber in which famous mountain range to reach all 14 peaks above 8000m (26,000ft) without using bottled oxygen?
4. Which Shakespearean play contains a famous reference to the ides of March?
5. In which year did Jason Akermanis play his last AFL game?

2 POINTS

6. What is the national flower of Wales?
7. Which classic Australian comic strip was created, drawn and syndicated by James C. Bancks for more than 30 years?
8. Of which African nation was the late Idi Amin (*above*) a dictator?
9. Haiti is a former colony of which European country?
10. Last month which mobile phone manufacturer was banned from selling three models of its smartphones in several European countries?

3 POINTS

11. True or false: Elvis Presley was the first performer to record the track *Hound Dog*.
12. Which is the oldest mint in Australia?
13. Which Cameron Mackintosh West End stage musical tells the tale of a small community in post-war Britain raising a pig to slaughter in honour of the 1947 royal wedding of Princess Elizabeth and Philip Mountbatten?
14. By what name is Mt Diogenes in Victoria better known?
15. This year marks the 150th anniversary of which prolonged civil war?

WHO AM I?

- 6 points** I was born on June 27, 1949, in New York City.
- 5 points** A figure skater, I competed in the 1968 US Figure Skating Championships, but failed to earn Olympic selection.
- 4 points** I worked as design director at Ralph Lauren for two years.
- 3 points** In 1990 I opened my own design salon.
- 2 points** I am famous for my couture line of bridal gowns.
- 1 point** I am Vera —.

SO, WHAT'S YOUR SCORE?

- 0-9 Hit the books
- 10-19 Getting there
- 20-29 No dummy
- 30-36 Quiz-a-riffic



READER QUESTION

From Trevor Callaghan, Scoresby
On Melbourne's roads, what do the blue cats' eyes (reflectors) denote?
To send in your question, SMS to 1900 12345 (cost 55c for Legion Interactive) or email quizmaster@heraldsun.com.au

QUIZ ANSWERS 1. Dinosaurs, 2. The Village People, 3. The Himalayas, 4. Julius Caesar, 5. In 2010, 6. The daffodil, 7. *Ginger Meggs*, 8. Uganda, 9. France, 10. Samsung, 11. Faisee, Willie Mae 'Big Mama' Thornton was the first artist to hit the charts with the track, 12. The Perth Mint, 13. *Betty Blue Eyes*, 14. Hanging Rock, 15. The American Civil War. **Who am I?** Vera Wang. **Reader's question:** They denote the presence of a fire hydrant.

FIVE WAYS TO ... BE A YUMMY MUMMY

WATCH THE KILOS

1 Stay a healthy weight and remember celebrity mums use nannies and personal trainers.

KID-FREE ZONE

2 Have interests outside your child, no matter how amazing this little person is.

BE A GOOD FRIEND

3 Stay in touch with your friends and don't talk only about babies when you catch up.

LOOK THIS WAY

4 Stay motivated and have a positive outlook.

SHARE THE LOVE

5 Look after yourself, as well as your family. This means exercise, healthy food and some time out.

Raising kids not all sweetness and light

Parental rage trap

PARENTING

Kamahl Cogdon

PARENTHOOD brings with it new depths of love, but it can also bring new levels of anger.

Our children seem to be able to push our buttons like no other, whether it's refusing repeated requests to put on their school clothes in the morning or stop squabbling with their siblings.

Parental rage is a term psychologist and parenting expert Renee Mill uses to describe the chronic frustration, irritability and upset many ordinary mums and dads feel over everyday parenting issues.

"They are chronically annoyed with their kids. Every day they're getting annoyed over something," she says.

"Sometimes they hit, sometimes they yell and sometimes they explode, but a lot of the time they talk under their breath or they drag their child along."

Sydney-based Mill, who has released her second book *No Sweat Parent Power: You Can't Push My Buttons*, says most parents, if not all, suffer parental rage at some stage.

But our children have little to do with our foul moods, she says.

"Parents have a romantic vision of the world. They have this idea parenthood is going to be clean and sweet and should be nice all the time," she says.

"They get annoyed if they're up at night or their child makes a mess or makes them late. But this is part of parenting."

The mother of four and grandmother of two says today's parents are also very rushed, trying to juggle work, home and other commitments.



"I know myself that we're just so busy and we hope our kids are going to squeeze into our timetable and they don't," Mill says.

"We get frustrated, we have a short fuse and we take it out on them."

Chronic anger is bad for the wellbeing of parent and child, Mill says.

"If every day you're letting your child know that they're annoying and they don't get things right, that will definitely damage their self-esteem and it

HOW TO CURB YOUR ANGER

PSYCHOLOGIST Renee Mill says parental rage can be tamed by practising the following anger-management strategies:

IDENTIFY the story you're telling yourself and change it. For example, ask your friends and you'll realise you are not the only one whose child doesn't eat their vegetables.

CHANGE negative feelings or thoughts when they creep in. Replace them with warm feelings of gratitude and compassion.

CHANGE your behaviour and put your life in balance. Take time to meditate or relax each day, exercise, eat right, be intimate with your partner. Act like you want to be.

CALM down in the heat of the moment. Take time out, practise deep breathing or even have a cold shower.

Web link: reneemill.com

will damage the atmosphere at home," she says.

The answer lies in realising it's the "story" we tell ourselves about a situation that causes our anger, she says.

"You might be telling yourself a story that 'my son has to be top of the class' or 'my daughter has to know how to share with her sibling'," she says.

"Once you change that to, 'she's only four, she's got to learn how to share and it's my job to teach her', you become very much a problem solver and educator without the anger."

Share your world with us

Got a new addition to the family, kids who make you laugh or cry, a partner who just makes you scratch your head, a pet you adore, or a wedding to celebrate?

Please share your stories and photographs with us at yourtime@heraldsun.com.au



Kid's tale

Lina Perez Melbourne

My husband Juan recently locked himself out on the balcony while 2½-year-old Benjamin was inside. My husband was trying to do everything to get Benjamin's attention to be rescued by him. But Benjamin just thought his daddy

was being silly, waving his arms around to make him laugh. He decided to look after himself and got some fruit to eat. I came home about an hour later and all Benjamin said was, "I, I, I'm a big boy now".

Send your Kid's tales and photos to yourtime@heraldsun.com.au