

LIVING SMART PAGES

Monday: HEALTH & FITNESS

Tuesday: PETS

Wednesday: FASHION

Thursday: FAMILY LIFE

Friday: HOME TECH

Saturday: YOUR HOME



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WHEN IT COMES TO DEALING WITH SERIOUS PROBLEMS TEENS HAVE, THIS PHYSICIAN GOES FULL ESTEEM AHEAD

■ **FAMILY:** Chip Masarie, 44, Kathy Masarie, 45, Kaitlin, 14, Jon, 12. They live in Raleigh Hills.

■ **FAMILY CHALLENGE:** Over the past decade, Kathy, a pediatrician, had seen a rise in serious problems related to self-esteem among her teen patients — eating disorders, depression, suicide attempts and pregnancy. Two years ago, when Kaitlin turned 12, Kathy attended a lecture in Portland by Mary Pipher, author of "Reviving Ophelia, Saving the Selves of our Adolescent Girls." Pipher spoke about the problems facing teens today and offered some solutions.

"I got so excited about this talk," said Kathy. She got a video of Pipher's lecture and offered to show it to parents in her practice. Sixty people came to her waiting room the first night.

Kathy showed the video over and over, always to a crowd, and she began speaking afterward about resources for adolescents in the local community. Self-esteem became her passion, and she got so busy, she spent less and less time with her family. "I wasn't living what I was preaching," she said.

In March 1997, Kathy left her paid practice at the Sylvan Children's Clinic to devote more time to her family and to create Full Esteem Ahead, a program dedicated to building and sustaining healthy self-esteem in adolescents. Now she gives seminars at local hospitals and schools, helps foster groups for parents and adolescents and publishes a newsletter for people involved in teens' lives.

Kathy has also made a point of being home more with Kaitlin and Jon.



The Masarie family, (from left) Kaitlin, Jon, Kathy and Chip, prepare to share a light dinner at home in Raleigh Hills. Kathy, a pediatrician, makes presentations on improving self-esteem in adolescents.

DANA E. OLSEN/The Oregonian



■ BUILDING SELF-ESTEEM AT HOME:

This year, one of Kathy's goals is to increase the time she spends just "hanging out" with her kids. She tries to be in the kitchen fixing dinner when Kaitlin and Jon come home from school. "Kids just talk to you when you hang out," she said. "Not that you're asking questions, but you are just there. You can't get that when you are busy."

Kathy also works to get to know her kids' friends. "It's a double advantage," she said. "It is fun to get to know them, and you get to know who is influencing your kid."

This summer Kathy took Jon and one of his friends backpacking. "It was really fun 'cause I like to camp, and I like to be with my mom," said Jon. "My friend liked it, too."

When Kaitlin turned 13, Kathy asked a group of Kaitlin's adult friends and relatives to contribute quilt squares for a quilt to be given to Kaitlin at a coming-of-age celebration. As each participant presented her quilt square, she made a promise to help Kaitlin to adulthood. This year Jon will turn 13, and he and Chip are planning his

coming-of-age celebration.

■ **FULL ESTEEM AHEAD:** Free video and discussion on improving self-esteem in adolescents with Dr. Kathy Masarie from 7 to 9 p.m. Thursday, Oct. 22, at Legacy Emanuel Hospital & Health Center. Call 335-3500 to register.

— Erin Riley

If you know a family that has met a challenge, send name, address, daytime phone number and a short description of the solution to Erin Riley, The Oregonian Family and Education Team, 1320 S.W. Broadway, Portland, Ore. 97201.