



ROUNDTABLE

NEWS AND VIEWS FOR AND FROM KNIGHTS

Children's sleeplessness may be linked to bedtime use of electronic gadgets

by Ariana Eunjung Cha for The Washington Post



If you shrugged off the new screen-time guidelines issued by the American Academy of Pediatrics last month, you may want to grab your kid's tablet back for a second and reevaluate your position.

An analysis published Monday in *JAMA Pediatrics* of data from 26,000 children provides the strongest evidence yet of a link between bedtime use of electronic devices and poor sleep, inadequate sleep and excessive daytime sleepiness.

While the popular characterization of America's sleep-deprived children walking around like little zombies is a bit of an exaggeration, the problem is a serious one.

Researchers say that our overscheduled and media-addicted kids, especially teens, are experiencing an epidemic of sleep disorders and that this is contributing to all sorts of health issues, including obesity, depression, anxiety, hyperactivity, enhanced appetite, mood issues, slower reaction times and degraded memory.

In recent years, the Centers for Disease Control and Prevention has been pushing for later start times for middle schools and high schools as a way to increase the odds that teens can get in the eight-hour minimum. That idea is supported by science but has been controversial for all kinds of financial, logistical and political reasons.

The new *JAMA Pediatrics* paper, led by researcher Ben Carter at King's College London, involved analyzing past studies of children between ages 6 and 19 in North America, Europe, Asia and Australia. Carter and his colleagues found that children who had mobile media devices at bedtime were more than twice as likely as others to sleep less than nine hours a night. Those who kept phones or other gadgets in their rooms were 50 percent more likely to get poor sleep and 200 percent more likely to be excessively sleepy during the day.

In a commentary accompanying the study, Charles A. Czeisler, of the sleep medicine division at Harvard Medical School, and Theresa L. Shanahan, a pediatrician at Harvard, explained that "the use of mobile media devices at bed time provides socially and physiologically stimulating material at a time when the transition to sleep requires the brain to wind down."

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Mount Carmel School

Remembering Sister Mary Louise Balzarini, MMB

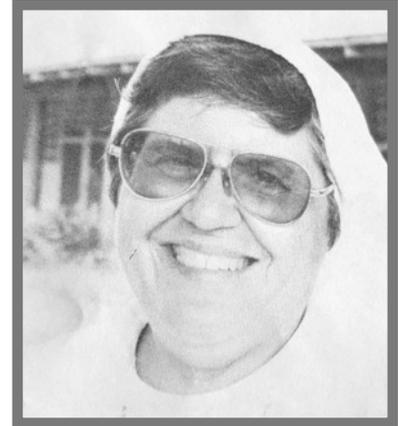
Some remember her for her compassionate firmness. Others remember how down to earth she was. And many remember that unmistakable smile of hers, which she always noted were her original teeth, not dentures. Sister Mary Louise Balzarini of the Mercedarian Missionaries of Berriz was many things to many people, but above all, she was an educator who had a positive impact on generations of students at Mount Carmel School, Sister Remedios Early Childhood Development Center, and doctrina classes throughout the island. And while she recently passed away, her legacy remains.

"Boy, I was your dad's teacher, I'm your teacher, and I'm pretty sure I'll be your children's teacher one day." Carlos R. "Sonny" Shoda, 1985 AlumKnight, recalled Sister Mary Louise telling her this when he in elementary school. Remembering how much she knew her community, Shoda said, "She knew all her students' names, their siblings and their parents' names, where they lived and where their parents worked." Shoda added, "She also spoke Chamorro very fluently, and I even recall her speaking Carolinian to a fellow classmate."

1989 AlumKnight, Charlotte Cepeda also remembers how Sister Mary Louise knew everyone. "She knew everyone's family and would remind you of this important piece of information when necessary." Cepeda, though, admits that she was not sure what to make of her. "In 1982, my family had just moved back from Oregon. On my first day of school, I see this frightening woman in white who walked down the Mt. Carmel corridor with purpose in each step. I was terrified!" That terror, however, quickly faded. "Then she smiled that piercing smile of hers (the one that reaches her eyes) and I thought to myself, I could love this woman if she gave me the chance. And she did... And I ended up loving her."

Many former students remember how they too were initially scared of this well known disciplinarian. However, as they got to know Sister Mary Louise, they soon realized that behind that firmness was a compassionate love for all her students.

One such former student was 1984 AlumKnight, Jason Tarkong. He got to know Sister Mary Louise under less flattering circumstances. As he said, "I was a frequent



visitor to the Principal's Office, both elementary and in high school." Those frequent visits, however, were for the wrong reasons. "Unfortunately, I'm sure she will say she remembers me best for all the trouble my brother Kaleb and I always got into."

Looking back, though, Tarkong is glad that she was a firm disciplinarian. "Sister Mary Louise was a powerful woman, in voice, presence and when she spoke, we listened." He is also glad that she never gave up on him. "She always told me I was a smart kid and should be a better example to my younger siblings and use my talents to make a difference in the world instead of goofing off and making trouble."

1987 AlumKnight, Lucie Ada Shubert, had a similar story to tell. "Sister Mary Louise was without a doubt a disciplinarian, and I was at the other end of those conversations a couple of times, but I did not feel she handed down a disciplinary action so that one would be afraid or terrified." Shubert added, "Her eyes said something different; they displayed encouragement, maybe even a message that said, hey, you are better than that."

That faith in her students' potential is something that many other former students remember, including a current teacher at Mount Carmel School, Connie Kiawol. As she remembers, "In 1995 I came to Saipan to join the MMB sister with very poor English. The following year I was told that Sister Mary Louise would be my English teacher. I was excited yet worried and nervous. It was like walking barefoot on rocks."

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Home of the Knights

Announcements

Canned Food Drive

As in years past, we are encouraging students to practice the virtue of almsgiving by bringing non-perishable food items, traditionally referred to as canned food, for offering during the Thanksgiving Mass. Each homeroom will bring up their collected items during the Presentation of the Gifts and we hope and trust that all students will help give to those in need. In particular, this year's canned food drive will go towards Karidat and the Salvation Army.

In the Future

Veteran's Day

TOMORROW, Friday, November 11 (no classes)

Junior Cookie Gram

Monday, November 14

Freshmen Mini-Carnival

Wednesday, November 15

8th Grade Cupcake Gram

Thursday, November 17

Sophomore Brownie Gram

Friday, November 18

Sports Calendar

CCOPSA High School Volleyball

Tuesday, November 15

MCS1 Girls vs Agape Girls @MCS at 4:30

MCS2 Girls vs MBA Girls @MBA at 4:30

Thursday, November 17

MCS1 Girls vs SIS1 Girls @SIS at 3:30

MCS2 Girls vs GCA Girls @MCS at 3:30

MCS Boys vs SIS Boys @SIS at 4:30

Cross Country Finals

Saturday, November 19, 7:00 am

ESLR of the Week

#3. Integrate religious themes to reinforce Catholicism and sacramental virtue of life.

Guest Speaker



Chief of Staff for Congressman Gregorio Kilili Camacho Sablan, Bob Schwabach, took time out of his busy schedule to talk with students in AP Politics and Government about his work with the Stennis Fellows program, whose recent report focuses on finding agreement in an increasingly polarized political landscape.

Sister Mary Louise

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That fear and apprehension, however, soon gave way to hope and joy. "Not long after we began our class I realized that I enjoyed so much not only her class but mostly being around her and listen to her stories." Kiawol added, "She loved what she was doing."

As Carlos Shoda remembers, Sister Mary Louise was also full of joy. "She had an addicting laugh, the kind of laugh that you couldn't help but laugh along with her—loud and mighty, like her commanding presence, with the biggest of hearts I've ever known."

Her joy and love of teaching were deeply rooted in a humble sense of service as part of her ministry. It was a ministry that she nurtured by daily prayer. As Lucie Ada Shubert remembers, "One of my earliest memories of Sister Mary Louise is leading us from our classroom to church to pray, celebrate and sing." Shubert especially remembers how Sister Mary Louise would pray. "She would rock back and forth on her Birkenstocks in her white habit, especially when she sings the church hymns."

Connie Kiawol put it best, "She was a woman of God."

Devotion to God and service led Sister Mary Louise to have an indelible impact on hundreds, if not thousands of students, which is evident in what her former students said about her.

For Charlotte Cepeda, "she was mother who loved hard and cared deeply. A mother who only wanted the best for her children. A

mother who would do anything for her children," said Charlotte Cepeda.

As Jason Tarkong put it, "God Bless Sister Mary Louise. She made a difference in my life by seeing the potential in me and giving me the words I needed to hear."

Or, as Lucie Ada Shubert said, "Si Yu'us Maase Sister Mary Louise. It isn't possible to put into words the importance of the life lessons you shared and how much you meant to me. You will be missed dearly."

Sleeplessness

continued from front

"Interesting content is often difficult to resist, and children frequently have a fear of missing out if they disconnect," they wrote.

The issue is not just about delayed bedtimes. There's also a physical component to screen exposure. Czeisler and Shanahan described the blue light emitted by screens, as well as by LED lamps, as "biologically potent" and said that it suppresses melatonin, a hormone that tells the brain to sleep. And don't forget awakenings due to the ping of text messages.

Czeisler and Shanahan note that the study shows that the mere presence of a device in the room at bedtime can cause sleep disturbances. They suggest that more work needs to be done to understand what this is doing to children's minds and bodies.

"These findings make it clear that the rapid development of technology and media use has outpaced the ability of medical researchers to assess the positive and negative effects of ubiquitous exposure to media during the critical years of brain development in children and teenagers," they said.