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GETTING READY FOR BEDTIME AND SCHOOL

NEW SLEEP ROUTINES



TIM HYNDS, SIOUX CITY JOURNAL

Dr. Steven Joyce, a pediatrician and internist at MercyOne Siouxland Internal Medicine and Pediatric Care, talks during an interview Wednesday about the importance of children having healthy sleep habits. He is shown in his office at MercyOne Siouxland Medical Center in Sioux City.

Sioux City doctor provides tips as school begins

CAITLIN YAMADA
cyamada@siouxcityjournal.com

SIOUX CITY — As summer comes to an end and school begins, kids' schedules become more consistent.

MercyOne's Dr. Steven Joyce said this is the time for kids to transition back to a healthy bedtime routine.

Joyce has been an internal medical provider and pediatrician for 23 years. As a pediatrician he sees children from newborn to 18 and then from 18 to over 100 as an internal medicine doctor.

During the summertime, Joyce said kids' schedules are varied. Students in athletics play and travel until midnight some nights, while other students might be up late playing games with friends.

"Come school time, there's a set schedule ... you've got to be up at a certain time, school is going to start at the same time every day and it gets out at a certain time every day," Joyce said.

The switch from summer to school time cannot happen overnight for kids, he said.

"You can't stay up till midnight one night, and then expect to be going to bed at eight or nine o'clock the next night," he said.

Now is a good time for students to start transitioning back to an earlier bedtime.

Joyce said the right time to go to sleep varies from child to child and the time it takes to transition to an earlier bedtime also varies.

A child in sixth grade may make the switch better than a high schooler who is used to being up late every night in the summertime.

Joyce recommends starting the transition over a few days.

How much sleep does a child need?

How much sleep a child needs each night varies by age and individual. On average, Joyce said early school-age students need between 10 to 12 hours of sleep.

The American Academy of Sleep Medicine recommends:

- 10 hours to 13 hours for ages three to five;
- 9 hours to 12 hours for ages six to 12 and;
- 8 hours to 10 hours for ages 13 to 18.

For example, for a five-year-old who needs to wake up at 7 a.m., MercyOne recommends they go to sleep by 7:45 p.m. For a 12-year-old to wake up at the same time, a 9:15 p.m. bedtime is recommended.

For high schoolers, Joyce said they can get slightly less sleep than their younger counterparts. Upwards of eight to 10 hours is average.

Joyce said he hears from a lot of concerned parents about their children not getting enough sleep and sleeping through their alarms. He said the solution is often that the child just needs to go to bed earlier.

Hazards of not getting enough sleep

The National Center for Chronic Disease Prevention and Health Promotion reports 6 in 10 middle school students do not get enough sleep, while 7 in 10 high schoolers don't.

Not getting enough sleep can impact students in a variety of ways.

"They get cranky towards the end of the day ... temper tantrums and just irritability," he said. "That's a sign that kids just aren't getting enough sleep."

Joyce said the student will also have trouble focusing, may fall asleep at school, and not learn.

Please see SLEEP, Page A2

Police tried to assist Krastel

Ex-FBI agent says parent was never subject of probe

CAITLIN YAMADA
cyamada@siouxcityjournal.com

SIOUX CITY — The results of an internal investigation released Thursday showed no one with the Sioux City Police Department ever reported Chad Krastel to the FBI for speaking out at local school board meetings, but instead tried to assist the Sioux City parent with criminal allegations he reported to police.

The police department also released an affidavit from a then-FBI special agent who spoke with Krastel in late 2020, after he objected to the school district's handling of an incident in which his 4-year-old daughter was assaulted at an after-school program.

"I recently learned Mr. Krastel alleged

SCPD Chief (Rex) Mueller and other Sioux City officials referred him to the FBI as a potential domestic terrorist. This did not occur," former FBI agent Stephen Friend said in the statement.

"At no point has Mr. Krastel been the subject of an FBI investigation nor a target of FBI surveillance. Further SCPD Chief Mueller never referred Mr. Krastel to the FBI as a potential domestic terrorist or criminal subject."

Friend's affidavit corroborated a statement a FBI spokesperson provided to The Journal Wednesday in which the bureau denied Krastel's claims he was investigated for domestic terrorism.

At the school board's monthly meeting Monday, Krastel claimed former school superintendent Paul Gausman, former



CAITLIN YAMADA, SIOUX CITY JOURNAL

Sioux City father Chad Krastel in front of the Sioux City Community School District Educational Service Center on Tuesday.

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Deep-fried grilled cheese tops at Iowa State Fair

CALEB MCCULLOUGH
Journal Des Moines Bureau

The team behind the Iowa State Fair's best new food begins work before most fairgoers are awake, preparing mac and cheese and other components by 6 a.m. each day.

The deep-fried bacon brisquet mac-n-cheese grilled cheese, a gooey, crispy, dense bomb of flavor from What's Your Cheez, won the Best New Food award at the state fair on Wednesday.

Joni Bell, the owner of What's Your Cheez and the creator of the new dish, declined to take the credit for winning the award.

"It's not all about me," she said. "It's all our team here that makes this thing happen. There's a lot of work that goes into this."

What goes into the sandwich? Tony Guerrero, who runs The Rib Shack, a stand nearby that Bell also owns, begins by cooking up the mac and cheese at 6 a.m. The stand will go through as many as 160 pans in a day, Bell said. Then, the fresh baked bread from Urbandale's Big Sky Bakery is brought in.

The stand's employees build sandwiches right away, and they go in the fryer at 9:30 a.m.. The vendor sold 14,000 sandwiches at \$12 each as of Wednesday.

More than 8,000 people voted



CALEB MCCULLOUGH, JOURNAL DES MOINES BUREAU

Iowa State Fair Queen Kalayna Durr poses with the deep-fried bacon brisquet mac-n-cheese grilled cheese, the winner of the Best New Food award at the Iowa State Fair.

from three options to crown the winner, and 47% of votes were for the deep fried sandwich.

The other options were the "Iowa Twinkie" from Watcha Smokin' BBQ & Brew — a bacon-wrapped stuffed jalapeno pepper — and the "Grinder Ball" — a blend of bacon balls and mozzarella cheese, wrapped in bacon.

Sandwich creator is back-to-back champ

This isn't Bell's first time taking the top prize at the Iowa State Fair. She won the same honor last year for "The Finisher," a loaded baked potato sold at the Rib Shack. And she's won the award two other times over her 12 years of cooking greasy favorites at the fair.

The Rib Shack has been selling a bacon brisquet mac-n-cheese dish for years. The innovation this year was putting it on bread and tossing it in a deep fryer. The inspiration for that, Bell said, was "spaghetti sandwiches" she ate as a child.

"We had to eat that, because we were poor," she said. "So we had spaghetti sandwiches on the

farm." When coming up with a new food, Bell said, she tries to think about what people like and use quality ingredients. The dish uses AE milk and cream, generous cuts of brisquet and loads of white and yellow American cheese.

"What do people like? Well, they love bacon, they love brisquet, and I know everybody loves mac and cheese," she said.

The sandwich is served with a raspberry chipotle sauce, which Bell said elevates the flavor.

The vendor has been busy throughout the fair, but Bell said she expects business to get even busier after winning the top honor. A line stretched far down the sidewalk after the award was announced on Wednesday.

"We've been swamped the whole fair, and of course this will make it busier than normal," Bell said. "So you have to put your mind to what's going to happen next."

Ashley Smith, of Ottumwa, was one of the thousands of fairgoers to enjoy the sandwich. It was the first thing she had at the fair, and she gave it a glowing review.

"It has brisquet in it, it's fried, it's definitely filling," she said. "I definitely could have probably ate one side and not the both of them, but it's great, very good."

Sleep

From AI

"And that's their job. To learn at school and have social interactions with friends and things like that, and those things can get off kilter, if not getting enough sleep," he said.

The CDC said in high school not getting enough sleep is associated with several health risks including symptoms of depression, being overweight, drinking alcohol, smoking tobacco, and using drugs, as well as poor academic performance.

Not getting enough sleep in the long term can weaken the immune system and result in illness, Joyce said.

Tips for adjusting bedtimes

There are numerous tips and tricks on the internet for getting the best sleep, such as installing blackout curtains, avoiding heavy meals an hour before bed, limiting nighttime exposure to blue light and more.

Joyce said the American Academy of Pediatrics would support most of those suggestions.

Having a time to wind down after a busy day will help kids go to bed faster, he said.

"It's unreasonable to go go go go and then all sudden to crawl into bed at you know, 10 o'clock and expect you're going to be able to crash right away," he said.

The CDC recommends having a consistent bedtime and wake-up time. They also recommend giving kids a bedtime routine, such as taking a warm bath, then brushing their teeth and reading a bedtime story.

"The bottom line is there's a lot of distractions available for kids these days to not get enough sleep," Joyce said.

Cell phones are the biggest source of blue light for students these days, along with televisions and computers, he said. Cutting out blue light before bedtime is a common recommendation for getting a good night's sleep.

"Some experts will say up to two hours before bedtime [to avoid blue light]," he said. "For most kids, especially in high school that may not be realistic [due to] social interactions and

things like that."

Joyce recommends an hour before bedtime, kids should put phones, computers and televisions away and instead read a book, study, or do other relaxing activities.

While sometimes not getting enough sleep is inevitable, Joyce said it's important to avoid doing so consistently due to distractions at home.

"Most kids will be able to find their way to a good night's sleep if given the opportunity and eliminating the distractions," he said.

Krastel

From AI

board member Perla Alarcon-Flory, board member Monique Scarlett, Mayor Bob Scott and Mueller, "colluded" to report him to the FBI after he spoke out at school board meetings in 2020.

Asked about Friend's statement and the results of the police department's internal investigation, Krastel said he never claimed to be under investigation, but instead, said what transpired between the different agencies and how the FBI was involved.

"I stand by my statements and this was an attempt by them to discredit me and used a former FBI agent to do so," Krastel told the Journal.

Police responded to complaints

Krastel, a former school board candidate, has been outspoken at school board meetings in recent years after reporting the assault of his daughter by a six-year-old girl at the Beyond the Bell program at Leeds Elementary School.

In a statement Thursday, Sioux City Police Capt. Chris Groves said Krastel reported the assault to the department, as well as other criminal complaints, but "was not

satisfied with the level of service provided by the department."

"There were several meetings attempting to rectify the issues, but Mr. Krastel continued to state his frustrations with the department," Groves said. "It was reported there were comments or statements made that Mr. Krastel was going to request the assistance of a 'higher authority' or federal agencies and the FBI was mentioned."

Groves said Mueller then contacted the local FBI office to notify them of a potential contact from Krastel.

"The FBI was notified that Chad Krastel felt he had received inadequate service from the Sioux City Police Department and provided him with an avenue to speak with someone about it," Groves said. "This was done as a courtesy and he advised the FBI the Sioux City Police Department would fully cooperate with any investigation for allegations alleged against the department."

Krastel released a copy of an email from Friend, dated Dec. 1, 2020, in which the agent wrote, "Chief Mueller reached out to me in my capacity as the supervising Agent for the Sioux City FBI office. My assigned investigative responsibilities fall in Nebraska. Therefore, I do not have regular interaction with the Sioux City Police Department."

In his statement released Thursday, Friend confirmed he emailed Krastel and invited him to the local FBI office, where he and Special Agent Jeffrey Howard spoke to him about the assault.

"There was no apparent violation of federal or state law by SCPD or the Sioux City Community Schools," Friend said. "I informed Mr. Krastel that the FBI could not investigate the matter."

Friend said he also contacted MercyOne Siouxland Child Advocacy regarding the assault of Krastel's daughter and notified Sioux City police there would be no investigation into Krastel's complaint against the department.

"SCPD Chief Mueller never referred Mr. Krastel to the FBI as a potential domestic terrorist or criminal suspect," Friend said.

Following Monday's school board meeting, Mueller told the Journal the following day, "At no point has the Sioux City Police Department ever reported Mr. Krastel to the FBI as a suspect in any crime nor have we ever attempted to label him as a domestic terrorist." Groves said the internal investigation confirmed Mueller's statement was accurate.

COVID-related controversy

In September 2021, the National School Boards Association

in September 2021 stoked outrage among many parents with its release of a statement outlining threats school officials have faced, particularly following the COVID-19 pandemic. The letter, which the association later retracted, asked for help from the U.S. Department of Justice, the FBI, the U.S. Department of Homeland Security, U.S. Secret Service and its National Threat Assessment Center.

A month later, the Justice Department announced a series of efforts to address threats of violence against school board members, teachers and employees of public schools, citing an increase in harassment and threats against the groups. People were encouraged to report threats of violence to school officials to the FBI's National Threat Operations Center.

Friend, a self-described FBI whistleblower, testified before the House Judiciary Committee in May regarding his surveillance of school board meeting participants. The surveillance operation transpired in Bunnell, Florida in fall 2022, he said.

"I believe Mr. Krastel conflated his interview at [the FBI Omaha Division-Sioux City Resident Agency] in 2020 with my public statements in 2023," Friend said.

Krastel said he never claimed to be investigated and didn't conflate the issue.

"Agent Friend was part of the Domestic Terrorism Unit, which he himself has spoken to on multiple occasions," Krastel said. "I will say that everything I said in my complaint is in fact matched by what former Agent Friend said."

Public officials deny involvement

Scarlett, Alarcon-Flory, Mueller, and Scott all denied the allegations Krastel publicly raised Monday. Gausman, now the superintendent for the Lincoln Public Schools, has not yet responded to the Journal's request for comment.

"I was shaken and appalled by the vehemence and absurdity of such outlandish allegations," Scarlett said. "I have never contacted the FBI for any reason during my tenure on this board or for that matter in my entire life."

Alarcon-Flory, who recently resigned from the board to move with her family to Arkansas, said she began championing parental involvement ever since she joined the district's School Improvement Advisory Board in 2009.

"I have never colluded with anyone to silence any individual, let alone a parent/guardian seeking the best for their child, nor have I ever labeled anyone as a domestic terrorist, and I have never contacted the FBI," Alarcon-Flory said Wednesday.

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DEPARTMENT HEADS
Editor, Bruce Miller: 712-293-4218; bmiller@siouxcityjournal.com
Circulation, Tommy Cooper: 712-293-4200; tcooper@siouxcityjournal.com

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