

IN SPORTS, D1
MINNEHAHA ACADEMY THUMPS WASEGA

IN LOCAL & STATE, B1
THE JOY OF POND HOCKEY

IN SPORTS, D1
BEMIDJI STATE DOWNS MSU

TODAY'S OBITUARIES

- Joyce L. Hedman
- Harriet Ann Kent
- Eugene “Gene” E. Sellner
- Dr. Hobert J. Setzer Jr.
- Bonita Catherine Smasal
- Shirley Helen Studnicka

HAVE YOU HEARD?

‘Bachelor’ alum stripped of DraftKings prize

BOSTON — Sports gambling giant DraftKings won't give a former “Bachelor” contestant the \$1 million prize for winning an online fantasy football contest after she and her husband were accused of cheating.

Jade Roper-Tolbert, who appeared in “The Bachelor” and “Bachelor in Paradise” television series in 2015, was no longer listed as the winner of DraftKings’ “Millionaire Maker” contest.

She and her husband, Tanner Tolbert, also an alum of the “Bachelor” franchise, each submitted the maximum 150 entries allowed in the contest, and that nearly all the entries had a uniquely different lineup of players.

The Associated Press

LOTTERY

- Saturday's Daily 3 2-9-7
- Friday's Gopher 5 23-29-32-39-45
- Saturday's Powerball 2-9-17-36-67 and 18
- Saturday's Lotto America 16-20-22-23-47 and 6
- Saturday's Northstar Cash 16-20-22-24-31
- Friday's Mega Millions 3-4-18-23-38 and 24

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- Your Money C3

WEATHER, PAGE B6

Cloudy

High of 30.
Low of 20.



Mankato, Minnesota

YOUNG & HOMELESS



Kaytlin Williamson, 21, cares for her 8-month-old son, Kaeleb, at the REACH Youth Drop-in Center, which she calls her “second home.”

The REACH, school social workers strive to ‘break the cycle’

By Kristine Goodrich
kgoodrich@mankatofreepress.com

After the REACH helped Kaytlin Williamson, 21, and her baby find a home, she continues to be a frequent visitor to its Youth Drop-In Center.

“This is like my second home now,” she said.

Three years ago she was living in a tent. The Twin Cities native came to Mankato to attend Minnesota State University but things did not go as planned. She became one of the hundreds of young people in the Mankato region who find themselves without a place to call home.

Williamson called an area shelter for help. She was told they had no beds to spare but she should try the REACH, which supports young people who are experiencing

Address Unknown

An occasional series on homelessness
homelessness or at-risk for becoming homeless.

Williamson found temporary shelter at CADA and then moved into her own apartment with help from the REACH's Transitional Living Program.

The program, which provides rent financial assistance and teaches independent living skills, is one of several offered by the REACH to area young people ages 12 to 24.

REACH's leader, Tasha Moulton, says her organization relies on partnership with other community organizations to meet the needs of the area young people who are facing homelessness.

“We all work together and I think

that is very unique to our area,” she said.

That sentiment was echoed by Rachel McNamara and Molly Fox, social workers for Mankato Area Public Schools who aid homeless students and their families.

“There's that old saying that ‘it takes a village,’ and it really truly does,” McNamara said. “It really is a collective response.”

Numbers unknown

It's hard to estimate exactly how many young people there are in south-central Minnesota without stable housing.

An annual count conducted by the U.S. Department of Housing and Urban Development doesn't break down data beyond the state level.

Please see **HOMELESS**, Page A5

Trump defense: Democrats trying to overturn election

The Associated Press

WASHINGTON — President Donald Trump's lawyers plunged into his impeachment trial defense Saturday by accusing Democrats of striving to overturn the 2016 election, arguing that investigations of Trump's dealings with Ukraine have not been a fact-finding mission but a politically motivated effort to drive him from the White House.

“They're here to perpetrate the most massive interference in an election in American history,” White House counsel Pat Cipollone told senators. “And we can't allow that to happen.”

The Trump legal team's arguments in the rare Saturday session were aimed at rebutting allegations that the president abused his power when he asked Ukraine to investigate political

rival Joe Biden and then obstructed Congress as it tried to investigate. The lawyers are mounting a wide-ranging, aggressive defense asserting an expansive view of presidential powers and portraying Trump as besieged by political opponents determined to ensure he won't be reelected this November.

“They're asking you to tear up all the ballots across this country on your own initiative, take that decision away from the American people,” Cipollone said.

Though Trump is the one on trial, the defense team made clear that it intends to paint the impeachment case as a mere continuation of the investigations that have shadowed the president since before he took office — including one into allegations of

Please see **IMPEACH**, Page A5



The Associated Press

House Judiciary Committee Chairman Jerrold Nadler, D-N.Y., accompanies the delivery of carts of documents to the Senate on Saturday.

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MIDWIVES: A new model for childbirth

Continued from Page A1

on more responsibility, while the physicians are freed up for surgeries and higher-risk cases.

Research shows the approach could improve patient outcomes while helping certain hospitals maintain physician staffing levels, said Dr. Gokhan Anil, the article's co-author and Mayo Clinic Health System's regional chair of clinical practice.

The article is based on research conducted at Mayo Clinic Health System's hospital in La Crosse, where Anil previously worked, after it added more midwives in 2014.

"If we didn't have this model, with some departures as every practice faces, it would've been much more challenging to maintain," he said.

Adopting the model at the La Crosse facility involved adding certified nurse-midwives, bringing the practice to five obstetricians and seven nurse-midwives. The nurse-midwives traded off 24-hour shifts in the hospital to provide care to only low- or moderate-risk obstetric patients, performing services ranging from bedside support during labor to postpartum check-ins.

The obstetricians would then work on call to handle deliveries requiring operations, caring for high-risk patients and gynecological appointments. Patients learned about the collaborative care model at their initial visits and could choose to have their obstetrician handle their care instead.

The results since the facility adopted the model have been encouraging, according to the research released in the Science Direct article. Cesarean section birth rates dropped from 26% in 2012 to 15% in 2017, vaginal operative deliveries dropped from 5.9% to 1.3%, and patient experience scores ranged from 96% to 99% positive in key measures.

The article notes a more physician-centered model is popular. The cost of maintaining such staffing, however, could be challenging for hospitals in small- to medium-sized communities.

Health systems have already been scaling back delivery in rural communities. Mayo Clinic Health System ended birth services at its Albert Lea facility in late 2019.

Mayo Clinic Health System in Mankato, though, is taking steps to move closer to the model adopted in La Crosse. After Mayo in Mankato added two certified nurse midwives in 2018, Anil said the goal is to add two more.

"They're a fantastic addition not only to our community but our hospital," he said of midwives. "We're trying to increase the number of midwives we have in Mankato as well."

The term midwifery encompasses a wide range of services and training provided both in and out of hospitals. The certified nurse-midwives found in hospitals typically have masters or doctorate degrees on top of four-year nursing degrees.

Amy Petersen, one of the two current certified nurse midwives at Mayo in Mankato, said she'd love to see midwives become more involved in care models at hospitals and clinics.

"I look forward to it," she said. "I think because of our education level and experience as nurses, it's something that we can take on and should take on."

While having a nursing background, midwives specialize in women's health, labor and delivery. With OB-GYN workloads so high, Petersen said midwives can spend more time one-on-one with expectant mothers.

She gave the example of a recent patient who wanted to use hypnobirthing, a pain management method sometimes used in place of medication, during labor. Witnessing the technique in action left an impression on Petersen, who said midwives can help personalize expectant mothers' birthing experience.

"We collaborated with her to make sure it was available for her," she said. "... It was an amazing experience for me to watch her be so controlled and cope impressively well with what we identify as the pain of labor."

Follow Brian Arola @Brian-Arola

HOMELESS: Accurate numbers rare

Continued from Page A1

There were 685 unaccompanied youth who did not have a home in Minnesota counted last January.

Wilder Research conducts another count across Minnesota, but only once every three years, and in greater Minnesota the data isn't broken down beyond large regions. In its 20-county southeast Minnesota region, which stretched from Brown County to the Wisconsin border, the latest study in 2018 counted 226 children with their parents, 14 unaccompanied juveniles and 58 young adults.

Neither of the counts include people who are staying temporarily with friends or family — often called couch hopping.

The REACH provides services to around 200 young people each month, Moulton said. But that number includes youths who are at-risk but not without a home.

Mankato Area Public School has this school year aided around 165 students without a permanent residence, ages birth through 12th grade. That's around the same number as last school year, McNamara said.

The Connections Shelter in Mankato currently houses two families with children and four young adults, manager Jenn Valimont said. It is one of a handful of overnight shelters in the area.

Where they stay

Moulton said the Connections Shelter has helped fill what had been a significant insufficiency in overnight shelter options for young people. The shelter, which opened in 2016 and is located this season at Covenant Family Church, accepts people from all backgrounds.

Most of the other overnight shelters in the region limit services to certain populations, such as families and women fleeing domestic violence. And they often have waiting lists.

At the Connections Shelter, Moulton said young people have told her they feel safe and comfortable. But it too has limited capacity and it is only open during the colder months. A year-round shelter for young people is on Moulton's wish list.

The majority of the young people who come to the REACH while experiencing homelessness are couch hopping, Moulton said. They might have a place to sleep that night but aren't sure where they will sleep the next night or next week.

They might not be as visible out in the community, but the people who work with them say those people need just as much support to find stability.

"It's not just the people out on the streets and in shelters," Valimont said. "If you do not know where you're going to lay your head each night, you are



Pat Christman

S.S. Boutique's Brianna Anderson (left) and Mankato Area Public Schools social worker Rachel McNamara load a stroller and car seat into McNamara's car. McNamara was taking the items, which had been donated to S.S. Boutique, to a family in need.

homeless."

How they got there

Many of the families with whom McNamara works have gone through a disaster, such as a house fire or a medical emergency that displaced them from their home or created a financial crisis.

"There are vast reasons that leads a family to experience homelessness," she said.

The same is true for the young people who are out on their own, Moulton said. But there is often one underlying commonality.

"We have so many young people walking around with unaddressed trauma," she said.

Many come from an unstable home or from an unhealthy relationship with a partner and have survived abuse, neglect, trafficking or other trauma. When they don't have adequate help coping with that trauma, Moulton said it can snowball.

"We need to break the cycle," she said.

The lack of affordable housing in the Mankato area and long wait lists for governmental rent assistance also is a barrier for many people who have been displaced, both Moulton and McNamara said.

Breaking the cycle

The REACH is a division of Lutheran Social Service of Minnesota and receives federal and state funding along with donations.

The REACH only offers meals, clothing, a place to warm up and other essentials to help young people get through the day.

It also helps youth search for housing and employment, teaches independent living and budgeting skills, provides referrals to mental health care providers and other community resources, and offers other services aimed at 'breaking the cycle.'

Even after finding stable housing, Williamson still comes to the REACH a few days a week with her 8-month-old son for "moral support."

She's now introduced several acquaintances to the REACH.

"She goes out her way to help everybody, no matter what it is they need," Williamson said about Moulton.

Youths don't have to go to the organization's headquarters inside Bethlehem Lutheran Church in downtown Mankato. "Street outreach" staff travel across a nine-county area to connect with youths and raise awareness. They also go to schools to meet weekly with older students who do not have a home or a guardian.

The REACH also visits schools and juvenile treatment centers to educate students about how they can protect themselves from becoming a victim of human trafficking.

The organization also works with teens and young adults who are or have been in foster care to help them successfully transition into independence.

Moulton knows from personal experience it can be a difficult transition. She aged out of foster care at 18 and was homeless while she finished high school.

"I think it makes me more relatable. But I never say 'I understand what you're going through' because everyone's experience is unique," she said.

Support in school

Federal law sets requirements for how school districts respond to students who are homeless. The McKinney-Vento Homeless Assistance Act of 1987 gives students who become homeless the right to continue attending their school after they are displaced. The district typically must provide them transportation.

A student who has been displaced can instead opt to go to a

school nearest to where he or she has found temporary shelter. In this case the school is required to waive enrollment deadlines and waive fees, some documentation requirements and other enrollment barriers.

The rules apply both to children with families and to adolescents who have run away from home or don't have a guardian for other reasons.

Every district is required to appoint a liaison to ensure their schools are in compliance. Fox holds that position and says her district goes far beyond the federal mandates in its support of students who don't have a stable home.

"We try really hard to be connecting and collaborating with all the community resources to get them everything they need," Fox said.

McNamara said they help with everything from getting a student a warm jacket to helping a family apply for Housing Choice Vouchers.

The district serves families with children as young as infants, helping them access district and community early childhood development and preschool programs.

The social workers don't limit their aid to students and their educational needs. Every unfilled need in a family can have a negative "trickle down" affect on a child's ability to learn, McNamara said.

"Our job is to support and advocate as best we can to help families and to help children be as successful as they can be, socially, emotionally and academically," McNamara said.

With every family, McNamara says she shares the message that experiencing homelessness "doesn't define who you are."

"Everybody needs help at times," McNamara said. "And asking for help is really hard."

IMPEACH: Defense presentation to resume Monday

Continued from Page A1

Russian election interference on his behalf. Trump attorney Jay Sekulow suggested Democrats were investigating the president over Ukraine simply because they couldn't bring him down for Russia.

"That — for this," said Sekulow, holding up a copy of special counsel Robert Mueller's report, which he accused Democrats of attempting to "relitigate." That report detailed ties between the 2016 Trump campaign and Russia but did not allege a criminal conspiracy to tip the election.

From the White House, Trump tweets "Any fair minded person watching the Senate trial today would be able to see how unfairly I have been treated and that this is indeed the totally partisan Impeachment Hoax that EVERYBODY, including the Democrats, truly knows it is."

His team made only a two-hour presentation, reserving the heart of its case for Monday.

Acquittal appears likely, given that Republicans hold a 53-47 majority in the Senate, and a two-thirds vote would be required for conviction and removal from office. Republican senators already eager to clear Trump said Saturday that the White House presentation had

shredded the Democratic case.

Several of the senators shook hands with Trump's lawyers after their presentation. The visitors galleries were filled, onlookers watching for the historic proceedings and the rare weekend session of Senate.

The Trump attorneys are responding to two articles of impeachment approved last month by the House — one that accuses him of encouraging Ukraine to investigate Biden at the same time the administration withheld military aid from the country, and the other that accuses him of obstructing Congress by directing aides not to testify or produce documents.

Trump's defense team took center stage following three days of methodical and passionate arguments from Democrats, who wrapped up Friday by warning that Trump will persist in abusing his power and endangering American democracy unless Congress intervenes to remove him before the 2020 election. They also implored Republicans to allow new testimony to be heard.

"Give America a fair trial," said California Rep. Adam Schiff, the lead Democratic impeachment manager. "She's worth it."

In making their case that Trump invited Ukraine to

interfere in the 2020 election, the seven Democratic prosecutors peppered their arguments with video clips, email correspondence and lessons in American history. At stake, they said, was the security of U.S. elections, America's place in the world and checks on presidential power.

On Saturday morning, House managers made the procession across the Capitol at 9:30 to deliver the 28,578-page record of their case to the Senate.

Republicans accused Democrats of cherry-picking evidence and omitting information favorable to the president, casting in a nefarious light actions that Trump was legitimately empowered to take. They focused particular scorn on Schiff.

Schiff later told reporters: "When your client is guilty, when your client is dead to rights, you don't want to talk about your client, you want to attack the prosecution."

The Trump team had teased the idea that it would draw attention on Biden and his son, Hunter, who served on the board of a Ukraine gas company Business, while his father was vice president. But neither Biden was a focus of Saturday arguments.

Instead, Republicans argued that there was no evidence that Trump made the security aid

contingent on Ukraine announcing an investigation into the Bidens and that Ukraine didn't even know that the money had been paused until shortly before it was released.

Trump had reason to be concerned about corruption in Ukraine and the aid was ultimately released, they said.

"Most of the Democratic witnesses have never spoken to the president at all, let alone about Ukraine security assistance," said deputy White House Counsel Michael Purpura.

Pupura told the senators the July 25 call in which Trump asked Ukraine President Volodymyr Zelenskyy for the Biden investigation was consistent with the president's concerns about corruption, though Trump never mentioned that word, according to the rough transcript released by the White House.

Pupura said everyone knows that when Trump asked Zelenskyy to "do us a favor," he meant the U.S., not himself.

"This entire impeachment process is about the house managers' insistence that they are able to read everybody's thoughts," Sekulow said. "They can read everybody's intention. Even when the principal speakers, the witnesses themselves, insist that those interpretations are wrong."