



LTC NAMED 11TH MOST AFFORDABLE COLLEGE IN US



BURDETTE USING WATER AEROBICS TO REHAB FROM STROKE

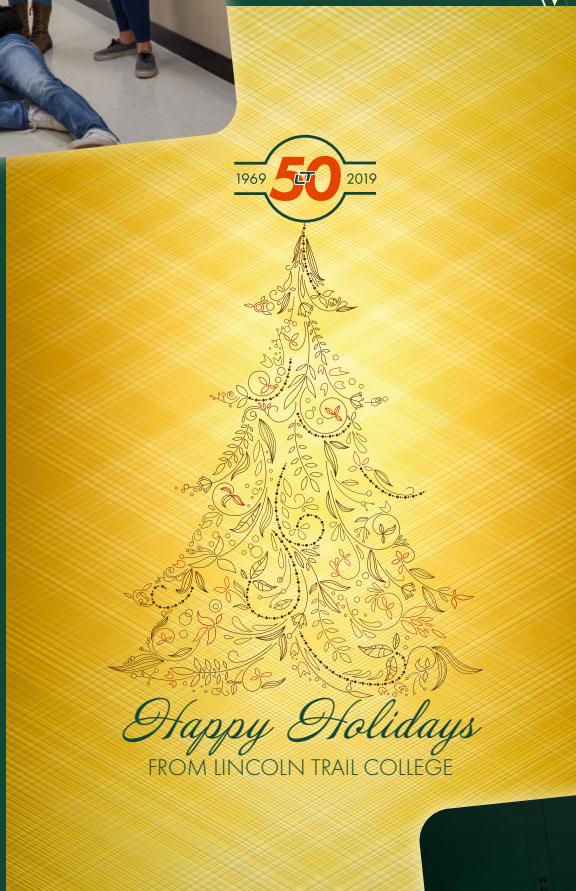


LTC FOUNDATION CLOSES GAP ON THEATER RENAISSANCE PROJECT

DECEMBER 2019

LINCOLN TRAIL COLLEGE

LT Network





UPCOMING JANUARY EVENTS

- 1 COLLEGE CLOSED - New Year's Day
- 2 LTC Spring Workshop
- 3 LTC Spring Workshop
- 6 Spring Semester Classes Begin

Crawford County Teacher Institute
7-3:30, Zwermann Arts Center Theater
- 8 Phi Theta Kappa Cookie Sales
10-1, Williams Hall Foyer
- 13 Auditions for *Matilda*
6:30 p.m., Zwermann Arts Center Theater
- 14 Auditions for *Matilda*
6:30 p.m., Zwermann Arts Center Theater
- 16 LTC Foundation Meeting
12 p.m., Lincoln Room
- 20 COLLEGE CLOSED - MLK Day
- 22 Phi Theta Kappa Cookie Sales
10-1, Williams Hall Foyer
- 24 Sport Management Symposium
9-12, Zwermann Arts Center Theater

LTC RANKED 11TH MOST AFFORDABLE IN US



#11 MOST AFFORDABLE COLLEGE OR UNIVERSITY IN THE NATION

LINCOLN TRAIL COLLEGE



Lincoln Trail College was recognized by EDsmart as one of the most affordable colleges in the nation. The Utah-based organization, which provides information to prospective college students and ranks colleges, named Lincoln Trail College as the 11th most affordable college in the United States.

EDsmart only considered colleges with an average net price of less than \$3500 for their rankings. In addition to cost, they also factored in academic quality, student satisfaction, and the median earnings of former students who received federal financial aid, at 10 years after entering the school. They used data from the U.S. Department of Education websites College Scorecard and College Navigator.

EDsmart gave Lincoln Trail College a score of 90.2 based on their rankings. Among the things EDsmart cited was a poll that found 100% of students agree that professors put a lot of effort into teaching their classes. They also noted that Niche.com gave LTC a grade of A in the categories of student life and safety. EDsmart highlighted the fact that LTC offers a very low cost of attendance and that 100% of students that attend LTC receive some form of financial aid or support.

“If you look at the other colleges on the list, you can see that Lincoln Trail College’s quality indicators stand far above the majority of the others found on the list,” says LTC President Dr. Ryan Gower. “Many people assume that low cost means low quality, but I’m very proud that at Lincoln Trail College, our quality indicators are the envy of colleges that charge more than two times what we do for tuition.”

LTC is joined on the list with the other three schools in the Illinois Eastern Community Colleges District. Frontier Community College is 17th, Wabash Valley College is 19th, and Olney Central College is 25th. While all four IECC schools have the same tuition rates, Gower says the financial support received

from the Lincoln Trail College Foundation plays a major role in keeping the cost of attendance low for area residents. "Without their support, and the generosity of their donors, the net price for students at LTC would be much higher."

Lincoln Trail College has received several accolades in recent years. Earlier this fall, LTC was named an Aspen Prize Top 150 U.S. Community College, making the College among the top 15% of all community colleges in the nation. The Aspen Institute considers factors like completion rates and academic and workforce outcomes when naming their top 150 colleges. Lincoln Trail College has received that recognition five times. USA Today and schools.com rated LTC as the number two community college in Illinois while CNN Money named LTC as the top public two-year college in Illinois for student success.

Gower believes that LTC has an advantage over other schools in the nation because of the strength of our local K-12 system. "We have an excellent elementary and secondary education system here in Crawford County. Graduates of our local high schools are college-ready and arrive on campus with strong academic potential. This makes our work easier. LTC faculty and staff continue to work with those students to make sure they are prepared for the next stage in their lives, whether that's beginning a career or continuing their education at a four-year university."



Lincoln Trail College collected 7034 items of non-perishable food during this year's November food drive. The items collected at LTC will be donated to two charities: Upper Room Street Ministries and the Oblong Children's Christian Home. Each year LTC's Student Senate runs the food drive and votes to decide which charities they want to donate to after all of the food is collected.

The annual food drive serves as a friendly competition between Frontier Community College, Lincoln Trail College, Olney Central College, and Wabash Valley College to see who can collect the most non-perishable food for their community. LTC won the competition for the second consecutive year.

BURDETTE USING WATER AEROBICS FOR STROKE REHAB



David Burdette had a stroke two years ago and has been rehabbing ever since. This fall, he started doing water aerobics at Lincoln Trail College and he says that's made a huge difference in his recovery.

"I do much better now," says Burdette. "I do much better every time. I feel better when I leave. So, if there's somebody who had a stroke, this is good."

Burdette says he tried other forms of rehab, but he wasn't happy with the results. He says his stroke affected his left leg and working out in the pool at LTC has helped him strengthen that leg. He says it has helped him walk much better.

He says he feels stronger every time he completes one of the classes with instructor Judith Adams. She says their workouts combine aerobic activity with full-body movement in the pool.

"We do a lot of stretching and we move all parts of our body. We work out our arms and our legs and that's very helpful for someone like David who had a stroke and is getting so much better because of this."

Adams says at first, she was leery of how Burdette would do in the pool and everyone in the class kept a close eye on him. She says as he continued in the class, he got better and better and now she's proud of his progress. Adams says the other people in her class and the lifeguards at the pool are also excited about the progress that they've seen from Burdette.

Lincoln Trail College offers several water aerobics classes each semester as a part of its community education efforts. "We want people to see Lincoln Trail College as a hub for health, recreation, and wellness in Crawford County," says Coordinator of Marketing and Public Information Chris Forde. "We offer



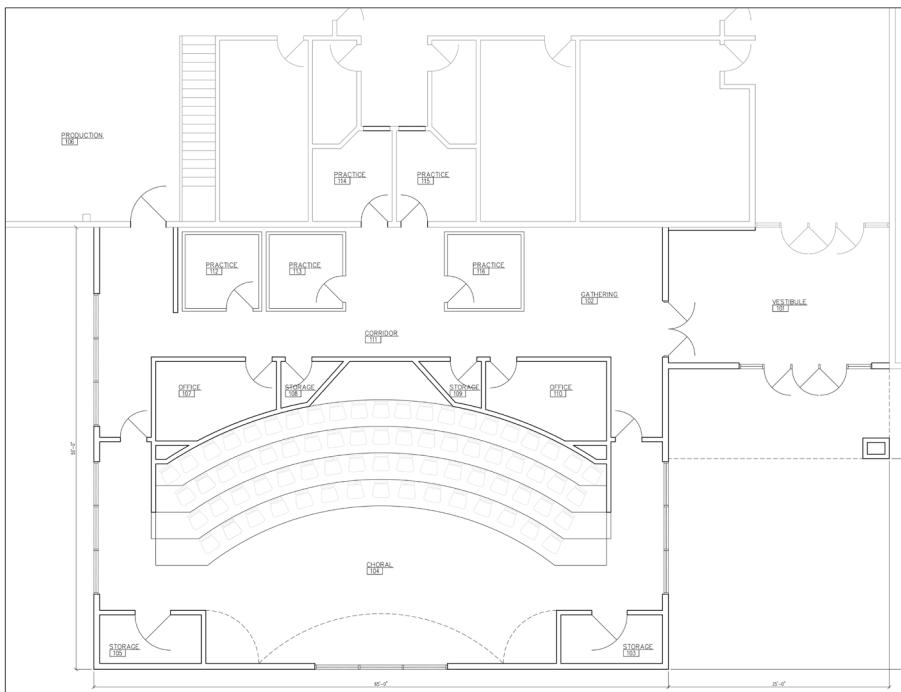
See how Burdette uses LTC's water aerobics classes to rehab from a stroke. Watch the LTV video:
<http://www.youtube.com/LincolnTrailCollege>

a variety of different programs to people of all ages and we look forward to expanding efforts once the Crawford County Recreation Center is built on our campus."

The Crawford County Recreation Center will add a new facility that includes traditional fitness center equipment like free weights and cardio equipment, rooms that can be used for fitness classes and other activities, a child watch area, sports courts, and an indoor walking track. The project will also include renovations to the existing natatorium, including the addition of recreational items that will make the pool even more appealing for parties.

As for Burdette, he says he plans to continue working to improve and he recommends the class. "I'm in much better shape afterward than when I showed up that day. I don't know where I'd be without this."

LTC FOUNDATION CLOSES GAP ON FINAL \$150K FOR THEATER RENAISSANCE



The Theater Renaissance project just got a major upgrade thanks to the leadership of the Lincoln Trail College Foundation. "The theater has always been an important part of this community," says Rod Harmon, Executive Director of the Lincoln Trail College Foundation. "The College President shared his vision with the Foundation and took us on a tour of the facility. There was no question the new proposal was better and would better serve our students and our community. The vote was unanimous after that."

LTC President Dr. Ryan Gower says the support of the Foundation has been overwhelming. "The projects we are completing on campus – Pre-K, the addition of Statesmen Park, classroom renovations – would not be possible without the support of our Foundation."

Harmon says a donor with ties to the theater recently left the Foundation a sizeable gift that allowed the Foundation to support the initiative. Individuals who wish to help the college fulfill its mission are welcome to contact Mr. Harmon at (618) 544-2373.



JANUARY ATHLETIC EVENTS

Men's Basketball

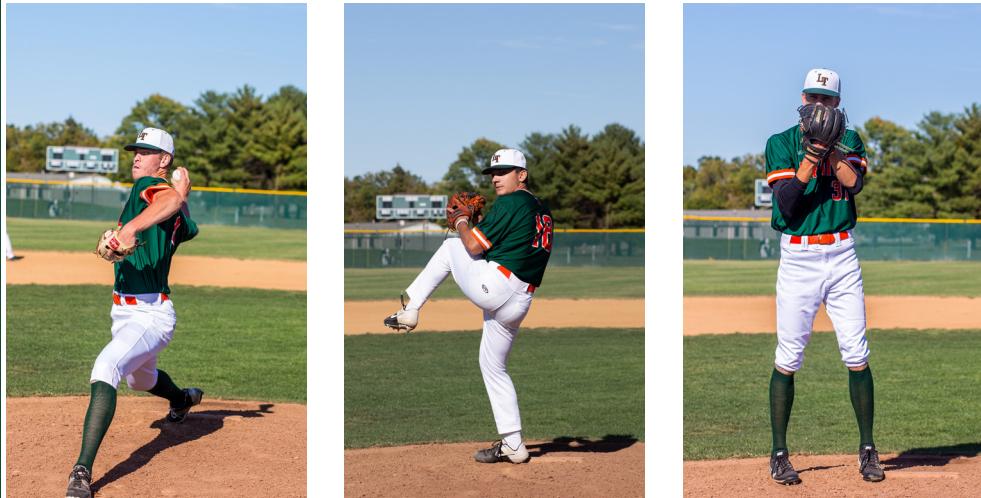
8	at Wabash Valley	7:30
11	at John A. Logan	3:00
15	Olney Central	7:30
18	Shawnee CC	3:00
22	Lake Land	7:30
25	at Lewis & Clark	3:00
29	at Kaskaskia	7:30

Women's Basketball

4	Lindenwood	1:00
8	at Wabash Valley	5:30
11	at John A. Logan	1:00
15	Olney Central	5:30
18	Shawnee CC	1:00
22	Lake Land	5:30
29	at Kaskaskia	5:30



LTC's Tori Combs led the nation in solo blocks (172) and blocks per set (1.88). She finished third in the nation in total blocks (210). She was a 2nd Team All-Conference selection.



RHP Casey Bargo (left), RHP Mitchell Spencer (center), and LHP Hayden Wynja signed letters of intent at Division I schools. Bargo signed with UNC-Charlotte, Spencer with USC-Upstate, and Wynja with the University of South Florida.



LTC Soccer Coach Shawn Hall announced three additions to the women's soccer team. Paige Hensley (left) is a midfielder/forward from Rock Bridge High School in Missouri; Katelyn Krueger is a goalkeeper from Jerseyville, Ill., and Rebekah Burkhardt is a goalkeeper from Collinsville, Ill.