



HIGHLIGHTS



Stories of why Lincoln Trail College was the Best Decision Ever!



Auditions planned for LTC's production of *Baskerville: A Sherlock Holmes Mystery*.



LTC Volleyball preps for alumni game and celebrating a major anniversary.

LTC GRAD WINS INTERNATIONAL ACCLAIM FOR ORIGINAL COMPOSITIONS

Sean Stone, a 2025 Lincoln Trail College graduate, is gaining international recognition for his powerful and faith-inspired compositions. His piece "Temptation's Embrace" recently won the Gold Prize in the London Young Musician (LYM) Original Composition Performance competition and another Gold Prize in the Schubert International Music Competition UK. His work "Lux Invicta" earned Silver Prizes in both competitions.

Stone said the recognition took him by surprise.

"I was shocked when I learned that I received gold and silver in both of the competitions," he said. "I love all the support that I get from people within my circle, but to finally get feedback from unbiased professionals is something I have wanted for a long time. For me, although it was an amazing feeling to receive gold and silver, I appreciated their feedback where they actually described my pieces as 'Brilliant'!"



UPCOMING SEPTEMBER EVENTS

- 1 **COLLEGE CLOSED - Labor Day**
- 2 **Trail Dog Day**
Lunchtime, Statesmen Grill

Orange Out: Volleyball Game
6:30 p.m., Sports Center
- 3 **Self-Care 101**
12 p.m., Learning Commons
- 4 **Rubber Duck Dunk**
3 p.m., Crawford County Recreation Center

Auditions for Ken Ludwig's Baskerville
6 p.m., Zwermann Arts Center Theater
- 5 **Auditions for Ken Ludwig's Baskerville**
6 p.m., Zwermann Arts Center Theater
- 8 **LTC Arts Day**
8:30 a.m.-12:30 p.m., Zwermann Arts Center
- 23 **PaCE Meeting**
11-5, Lincoln Room
- 24 **LTC Statesmen Preview Day**
9-3, Campus-wide

SIU Table Visit
10-1, Williams Hall

Eagleton Book Club
5:30 p.m., Learning Commons
- 25 **LTC Foundation Meeting**
12 p.m., Lincoln Room



SCHUBERT INTERNATIONAL MUSIC COMPETITION 2025 S2



SEAN BRADLEY STONE

Composition

GOLD PRIZE

Original Composition
"Temptation's Embrace"

SILVER PRIZE

Original Composition
"Lux Invicta"

Schubertcompetition.com

Stone credited his former instructor, Yvonne Newlin, for encouraging him to enter.

"Yvonne Newlin is the sole reason why I entered these competitions," Stone said. "Although I was definitely hesitant, her strong belief in me as a pianist motivated me to take the step forward. If she hadn't urged me to apply and submit both of my compositions, it might not have happened."

The London Young Musician competition is an international online event for musicians under 28 that seeks to discover creative and technically skilled performers. The Schubert International Music Competition UK celebrates artistic innovation and honors Franz Schubert's legacy by encouraging musicians to push the boundaries of expression.

Stone's award-winning compositions are steeped in symbolism and faith.

"Temptation's Embrace" is the first movement in his piano series The 7 Seals, inspired by the spiritual and emotional trials described in the Book of Revelation.

"Temptation's Embrace represents the opening of the first seal in Revelation, the rider on the white horse," Stone explained. "This rider appears noble, but actually brings false peace and spiritual deception. This movement marks the beginning of the world's fall from grace, when evil first enters—not with chaos, but with sophisticated charm." His Silver-winning piece, "Lux Invicta" — Latin for "Unconquered Light" — reflects his deep faith.

"I grew up praying in Latin, which is why I titled this piece in Latin," he said. "It represents how I envision the Holy Spirit. A divine, unshakable light that lives within each of us. This piece tells the story of someone who walks through a life marked by hardship, suffering, and inner turmoil — yet despite it all, emerges with their faith not only intact, but stronger than before."

Stone said his process is driven by emotion rather than strict methodology.

"To be so honest, I don't have a specific method to the way I compose," he said. "I simply sit down, and try to figure out what melody provokes the emotion I am reaching for, and by the grace of God, it works out!"

Stone's ultimate goal is to use music to bring Biblical stories to life.

"As a composer, I've always admired the greats and their ability to move souls through music. But I often wondered, 'What if music like that — rich, expressive, timeless—could be used not only to glorify God, but also to tell the stories of the Bible?' That question guides my work entirely. I hope to find an opportunity where I can establish a team to start an initiative where classical musicians use their gifts to not just make beautiful music, but to tell the stories from the most important book, the Bible."

Stone continues to compose multiple works simultaneously, believing that working across styles strengthens his creativity.

Stone credits Lincoln Trail College with giving him the foundation to pursue composition.

"Truthfully, if I had never gone to Lincoln Trail College, I would not have begun my journey as a musical composer," he said. "I am forever grateful for my time at Lincoln Trail and am blessed to have been a part of a community that challenged, promoted, and supported me."

BEST DECISION EVER!

When we launched the "Best Decision Ever" campaign at Lincoln Trail College, we had one goal: to center the voices of our students and alumni. The stories they shared weren't just about academics or athletics — they were about personal growth, second chances, finding confidence, and building a future. What we quickly discovered is that Lincoln Trail isn't just a college. It's a turning point.

We've heard from graduates who came back to campus decades later, students who transferred on to four-year universities, and student-athletes who found their place both on and off the field. What ties all their stories together is one powerful refrain: "Lincoln Trail was the best decision ever."

For Caleb Kamplain, it all started with a question of direction. "It was a great place to start my educational journey. It introduced me to the importance of things like office hours and being able to reach out to faculty and my professors at any time I needed support."

Now pursuing a PhD, Caleb has come full circle as the academic advisor for TRIO Student Support Services, helping others begin the same journey he once started at LTC.

"LTC is a great choice, and honestly, it would be your best decision ever to just start here."



That message — that you don't have to have everything figured out to get started — is one that echoes throughout the campaign. Alumnus Tanner Holt admits he didn't know what he wanted to do after high school.

"My parents encouraged me to come over here to Lincoln Trail to try it out for a couple of years and just give it a feel to see if college was for me. It saved myself and my family a lot of money, helped me grow up, and gave me time to decide who I was and what I wanted."

That time and space to grow is something we hear again and again. For Harley Jean, the transformation was personal.

"I have grown so much. I used to just be the shy, not really out there, but now I'm not scared to talk to somebody and make new friends."

It's not just students fresh out of high school who find that growth at LTC. Elaine Hasty, who is now a Spanish instructor at LTC, returned to college after 25 years.

"I started this as a nontraditional student...I never felt out of place whatsoever...I became very good friends with both faculty and students. Don't underestimate yourself. You can do it."

Rena Gower, who serves at LTC's Director of the Learning Commons, followed a similar path.

"I started with one class in the summer to see if I liked it. And I loved it. And so I continued and graduated in 2008... You're never too old, and you can keep learning."

That spirit of accessibility and support is a cornerstone of the LTC experience.

Jackie Shamhart, who began as a student and now serves as the Administrative Assistant to the President, remembers what it felt like to be new.

"Going back to college was a little scary...but the instructors...spent time with me and guided me down the path I needed to go. It started feeling more like a family."

Gracie Stallings, who graduated in 2025, puts it simply, "The instructors get to know you, want to know about your life, want to know about your games, how you're doing."

For many, that personal attention made all the difference.

"It was probably honestly my favorite two years," said Connor York, a former student-athlete and now an LTC instructor. "These two years are paramount in your influence of growing up."

As Director of Marketing and Communication, that's what makes this campaign so emotional for me. We aren't just promoting a college. We're honoring the choices our students make — sometimes bold, sometimes uncertain — and showing how those decisions can lead to something extraordinary.

Josh Silva, a nontraditional student and high school coach, captured that idea beautifully.

"It's all about confidence. And if you believe you can do something, then if you put the work in, you will achieve it. I love Lincoln Trail."



Visit LTC's YouTube page to watch a collection of Best Decision Ever! videos to hear students and alumni tell their stories in their words about why Lincoln Trail College was their Best Decision Ever!

The campaign also spotlights how LTC helps students build their futures. Krystle Riggle, who transferred from a private university, found affordability and opportunity:

"The process was super easy to come back. The cost comparison was tremendous on how much I saved by coming to Lincoln Trail."

Now the Program Director of Financial Aid, Krystle has seen her children follow in her footsteps — four of them have attended LTC.

"It's almost a family atmosphere. I'm making a full circle."

Stories like Lidia Kelsey's show how that foundation leads to success.

"The classes and the instruction here definitely gave me the stepping stones that I needed to be confident in myself."

For Rebecca Trivett, it was the support she received as a music student that made the difference. "All of the teachers here just really want the best for all of the students."

We've seen students like Kylee Hosman and Kendyn Syfert grow into leaders on campus.

"I've gotten a lot of new confidence in myself," Kylee said.

"It's allowed me to grow into a better person and allowed me to grow into who I am," Kendyn shared.

And from Bella Nottger, who is serving as a Student Ambassador for the 25-26 academic year, "It's definitely more mature and professional than high school, but it also still has that hometown feeling."

That balance — of professionalism and approachability, challenge and support — is what makes Lincoln Trail College such a powerful first step.

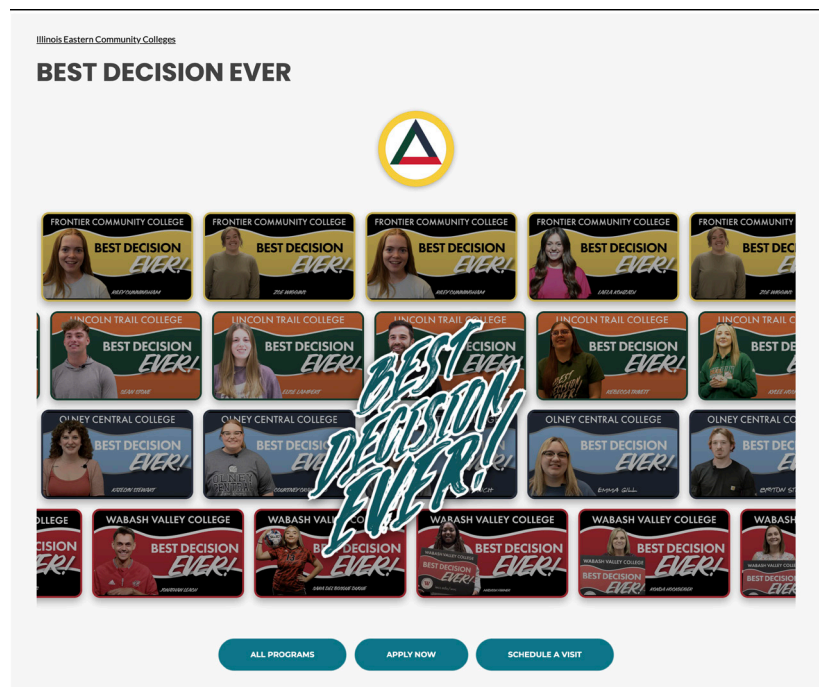
The "Best Decision Ever" campaign isn't about a slogan. It's about the voices behind it — students who took a chance on LTC and found their way forward. Our job is to help share their stories. Their job? Keep showing the world what's possible.

Because at Lincoln Trail College, your best decision ever might just be the one that changes everything.

"One of the most meaningful parts of this campaign has been reconnecting with our alumni and hearing how Lincoln Trail helped shape their lives," said Chris Forde, Director of Marketing and Communication.

"We know there are so many more stories out there waiting to be told — and we want to tell them. If Lincoln Trail College was your best decision ever, I'd love to hear from you."

To share your story, email Chris Forde at fordec@iecc.edu.



A screenshot of IECC's Best Decision Ever Landing page, iecc.edu/best

LTC ACCEPTING APPLICATIONS FOR COMMUNITY HEALTH COACHING PROGRAM



CRAWFORD MEMORIAL HOSPITAL
& LINCOLN TRAIL COLLEGE



INTERESTED IN HEALTH CARE?

Train to be a Community Health Coach!

- Learn from Doctors, Nurse Practitioners, Nurses, Dietitians, and Others
- Gain hands on experience by interacting and working with patients



WHAT IS A COMMUNITY HEALTH COACH (CHC)

A CHC is a student who has graduated from high school who is interested in health care and focused on supporting community members in achieving better health outcomes, through education, encouragement, and behavior change support.

For more information: Call 618-544-8657
and ask to talk to an Advisor

- Apply to the CHC Program by September 19th, 2025 - use the QR code
- Admitted students will take HEA 2299 - Oct 14 - Dec 16, 2025
- Classes will be held on Tuesdays from 1:00-3:00 pm at LTC
- www.iecc.edu/healthcoachCMH

There is no cost to admitted students
to take the 1 credit HEA 2299
Fall 2025 course at LTC

*Application items mailed, emailed, faxed, or delivered to:
LTC/CHCP c/o Dr. Alani Frederick
11220 State Hwy 1, Robinson, IL 62454
Fax: (618) 544-4705 | fredericka@iecc.edu

Lincoln Trail College and Crawford Memorial Hospital are accepting applications for the 2025-26 Community Health Coaching Program (CHCP), a collaborative initiative that trains students for real-world experience in health care while serving the Crawford County community.

The CHCP prepares students to work under close medical supervision as Community Health Coaches, providing one-on-one support to patients who need encouragement in developing healthier lifestyles. Health coaches meet weekly with their assigned patients to build trust, discuss goals, and help them follow care plans developed by their medical providers. They act as a consistent point of contact, offering motivation, answering questions, and connecting patients to resources, with the aim of improving overall health and quality of life.

"This program provides a unique opportunity for our students to learn directly from health care professionals while making a real impact in people's lives," said Tona Ambrose, Lincoln

Trail College President and Vice Chancellor of Institutional Outreach. "Students not only develop clinical and interpersonal skills, but they also see firsthand how meaningful relationships can help someone achieve their health goals."

Students accepted into the program will enroll in HEA 2299, a one-credit course taught by physicians, nurses, dietitians, and other professionals. Classes will be held Tuesdays from 1-3 p.m., Oct. 16-Dec. 18, 2025, at Lincoln Trail College.

After completing the course, students will participate in a skills competency and orientation session at Crawford Memorial Hospital before being paired with a patient in January 2026. Health coaching will run through May 15, 2026. Following the program, students may apply for a paid internship with CMH.

There is no cost for admitted students to take the HEA 2299 course. Applicants must have a high school diploma, a minimum 3.0 GPA, and submit all application materials by Sept. 19, 2025. Requirements include a letter of intent, a letter of recommendation, transcripts, and an interview with the CHCP team.

More information and application links are available at www.iecc.edu/healthcoachCMH or by contacting Dr. Alani Frederick at (618) 544-8657 or fredericka@iecc.edu.

AUDITIONS ANNOUNCED FOR BASKERVILLE: A SHERLOCK HOLMES MYSTERY

Get your deerstalker cap on – the play's afoot! Lincoln Trail College Theatre will hold auditions for Ken Ludwig's *Baskerville: A Sherlock Holmes Mystery* at 6 p.m. on Sept. 4 and 5 in the Zwermann Arts Center Theater. Directed by Taylor Dahlberg, the production will run Oct. 30, 31, and Nov. 1 at 7 p.m., with a matinee on Nov. 2 at 2 p.m.

Comedic genius Ken Ludwig (*Lend Me a Tenor*, *Moon Over Buffalo*) transforms Arthur Conan Doyle's classic *The Hound of the Baskervilles* into a murderously funny adventure. Sherlock Holmes is on the case as the male heirs of the Baskerville line are dispatched one by one. To find the ingenious killer, Holmes and Watson must brave the desolate moors before a family curse dooms its newest heir. Along the way, our intrepid investigators face a dizzying web of clues, silly accents, disguises, and deceit as five actors portray more than 40 characters.

Roles Available

- Sherlock Holmes – moody, a bundle of energy and intelligence
- Doctor Watson – solid and reliable, the Sancho Panza to Holmes's Don Quixote
- Actor One – multiple roles including Dr. Mortimer, Baron Scarpia, Lucy, Barrymore, Stapleton, and others
- Actor Two – multiple roles including Sir Charles Baskerville, Sir Henry Baskerville, Inspector Lestrade, and others
- Actress One – multiple roles including Mrs. Hudson, Mrs. Barrymore, Miss Stapleton, Laura Lyons, and others

Audition Requirements

- Sherlock Holmes and Doctor Watson: Prepare a 30–45 second monologue (not from Sherlock Holmes media) that reflects the character you are auditioning for. You will also perform a scene with a partner assigned at the audition and may be asked to read with multiple partners.
- Actor One, Actor Two, and Actress One: Prepare two contrasting 30-second monologues (not from Sherlock Holmes media) that showcase different characters. Accents, movement, and bold choices are encouraged. You will also participate in a short, lighthearted improvisation exercise.
- Those auditioning for Actor One, Actor Two, or Actress One should be comfortable portraying characters of different genders.

Run Crew Opportunities

Those interested in joining the run crew should fill out the audition form. If interest exceeds available positions, interviews will be held. Due to the fast-paced nature of the production and numerous costume changes, run crew members are encouraged to attend rehearsals when possible.

"This play is the perfect blend of spooky and hilarious," says Dahlberg. "It's fast-paced, quick-witted, and just all-out fun from start to finish. Everyone knows Sherlock Holmes and Dr. Watson, and this adaptation is such a fun take on the classic novel. You really won't want to miss it!"

Baskerville may be a little spooky for younger audience members; parental discretion is advised.

For more information about auditions or the production, contact Dahlberg at (618) 544-8657 or visit iecc.edu/ltc.



35 LTC STUDENT-ATHLETES EARN NJCAA ACADEMIC HONORS



Thirty-five Lincoln Trail College student-athletes have been named to the 2024-25 NJCAA All-Academic Teams, recognizing their exceptional performance in the classroom.

Student-athletes on the NJCAA All-Academic First Team achieved a perfect 4.00 GPA. Second Team honorees

earned GPAs between 3.80 and 3.99, and Third Team honorees posted GPAs between 3.60 and 3.79.

First Team selections are Luke Anderson (golf), Kylee Hosman (volleyball), Elise Lampert (softball), Peyton Osteen (volleyball), Faith Shull (volleyball), Adyson Smith (softball), Sean Stone (baseball), Brynndalyn Varner (volleyball) and Bianca Wyatt (women's basketball).

Second Team honorees are Cameron Baker (baseball), Leigh Carnes (volleyball), Eliot Gallaher (soccer), Khamryn Hopkins (women's basketball), Maxwell Layne (baseball), Benjamin Meier (baseball), Bella Nottger (volleyball), Elahna Perry (softball), Jaycee Phillips (softball), Nathan Rich (golf), Aiden Vandehatert (baseball), Kaydence Woodsmall (softball) and Melanie Wyatt (women's basketball).

Third Team honorees are Alina Alford (softball), James Attwood (golf), Louison Beaumont (soccer), Claire Boehm (women's basketball), Joseph Bonds (baseball), Kaitlyn Didion (softball), Bailey Duke (softball), Andrew Gilliam (baseball), Kevin Hilton (baseball), Gabriel Omoregie (men's basketball), Hayden Trier (baseball), Catelyn Witte (softball) and Kline Woodward (baseball).

LTC Athletic Director Jennifer Saad said the recognition reflects the dedication of the college's student-athletes both on and off the field.

"We are incredibly proud of our student-athletes for excelling academically at such a high level," Saad said. "Balancing the demands of college athletics and maintaining this level of academic success speaks volumes about their work ethic, focus and determination."

Saad added that the accomplishment is a team effort.

"This success doesn't happen in isolation," she said. "It's a reflection of our outstanding faculty, dedicated coaches, and the robust support services we have in place to help students thrive."

The NJCAA All-Academic Teams program recognizes student-athletes from across the country for their commitment to academic excellence while competing in collegiate athletics.



AUGUST ATHLETIC EVENTS

Men's Soccer

2	at Jefferson College	5:00
10	at Rose Hulman	6:00
12	Harry S. Truman College	3:00
20	at Indian Hills Community College	1:00
27	Southwestern Illinois College	1:00

Volleyball

2	John A. Logan College	6:30
4	at Frontier Community College	6:30
6	Kaskaskia College	10:00
10	at Wabash Valley College	6:30
13	at St. Mary of the Woods	1:00
15	at Rend Lake College	6:30
20	St. Mary of the Woods	1:00
22	Vincennes University	6:00
24	at Shawnee Community College	6:00
26	Southwestern Illinois College	6:30
29	at Southeastern Illinois College	6:30

Women's Soccer

2	at Jefferson College	3:00
17	Wabash Valley College	3:00
20	at Indian Hills Community College	3:30
27	Southwestern Illinois College	3:00

VOLLEYBALL TEAM READIES FOR ALUMNI GAME

Lincoln Trail College is excited to announce the annual Alumni Volleyball Game on August 15. LTC is inviting volleyball alumni to join in the fun.

"This event is a wonderful opportunity for former players to reconnect, reminisce, and showcase their volleyball skills once again," said LTC Volleyball Coach Dana Goodwin.

The Alumni Volleyball Game will take place at the Lincoln Trail College Sports Center beginning at 7:00 p.m. All volleyball alumni are encouraged to participate.



The original LTC Volleyball team. Front row: Zelpha Clattfelter, Greta Hudson, Laronda Brush, P.K. Mehler, Barb Wesner, Beth Lowe. Back row: Vicki Gullett, Rose Napier, Dana Wells, Cheri Brimberry, Kathy Hoke

This year's game holds special meaning as it marks the 50th anniversary of Lincoln Trail College's first volleyball team. In their inaugural season of intercollegiate competition in 1974, the Lady Statesmen posted a combined overall varsity and B team record of 8-3 under Coach Dee Abrahamson. Captained by Vicki Gullett, Kathy Hoke, and P.K. Mehler, the team's success was built on spirit, determination, and the willingness to learn competitive volleyball for the first time. Players like Dana Wells, Kathy Hoke, Zelpha Clattfelter, Greta Hudson, Laronda Brush, Barb Wesner, Beth Lowe, Rose Napier, Cheri Brimberry, and others helped set the foundation for decades of LTC volleyball.

"Reaching the 50-year milestone is a special moment for our program," said Goodwin. "Those first players not only represented Lincoln Trail College with pride, they built a tradition that continues to this day. Every player who has worn a Statesmen jersey is part of that legacy, and we're excited to celebrate that history while welcoming our alumni back to campus."

Volleyball alumni are encouraged to wear Lincoln Trail College gear to show their school pride. Alumni with questions about the event can reach out to Goodwin by calling 618-544-8657, ext. 1205 or by emailing goodwind@iecc.edu.



Students put their chopstick skills to the test during a hands-on activity at Lincoln Trail College's Mandarin Chinese camp.



Erin Volk provides one-on-one support to students during Dual Credit Orientation at LTC.



The talented cast and crew behind LTC's Young Adults Theater production of *Descendants: The Musical*.



Cast members light up the stage with a spirited musical performance in *Descendants*.

COMMUNITY CHOIR

Mondays, 6-9 PM, Lackey Music Hall, Free*

Do you love to sing? Join the LTC Community Choir and be part of a welcoming group that celebrates music and community! Open to students and local singers of all experience levels.

TO REGISTER, CALL 618.544.8657

*Participants may attend for college credit at the ECC regular tuition and fee rates.

ILLINOIS EASTERN COMMUNITY COLLEGES
Community Education
lccc.edu/communityed

JAZZ BAND

Tuesdays, 6-9 PM, Lackey Music Hall, Free*

Love music? Play an instrument? Come be a part of the LTC Jazz Band! We meet every Tuesday evening to rehearse, jam, and prepare for upcoming performances.

TO REGISTER, CALL 618.544.8657

*Participants may attend for college credit at the ECC regular tuition and fee rates.

ILLINOIS EASTERN COMMUNITY COLLEGES
Community Education
lccc.edu/communityed

BASIC AMERICAN SIGN LANGUAGE

Thursdays, Sept. 4-25, 6-8 PM, Learning Commons, \$45

Unlock the World of American Sign Language! Immerse yourself in our enriching beginner's class, where you'll delve into the foundations of ASL.

TO REGISTER, CALL 618.544.8657

ILLINOIS EASTERN COMMUNITY COLLEGES
Community Education
lccc.edu/communityed

DEFENSIVE DRIVING

1st Monday of Each Month, 5:30-7:30 PM, Broadband Building, \$87

Stay safe on the road with Lincoln Trail College's Defensive Driving program, designed to teach lifesaving skills that reduce risks and prevent accidents.

TO REGISTER, CALL 618.544.8657

ILLINOIS EASTERN COMMUNITY COLLEGES
Community Education
lccc.edu/communityed