



Congratulations Omega Nu Lambda, Appalachian State University, Omicron Chapter
Spring 2025 Scholarship Recipients! Each recipient was awarded \$500.

April Pilkenton

Hi! My name is April Pilkenton, and I'm from Hickory, North Carolina. I'm a proud mom of four (plus one bonus daughter), and I am currently working toward my Bachelor of Social Work at Appalachian State University Online. After 20 years in healthcare, I shifted careers. My journey started as a young teen mom, and that experience has shaped my deep passion for helping other moms and children, especially in communities that need it most. Being chosen for this scholarship means the world to me as it is a reminder that every step forward matters, and I'm so grateful for the support as I keep pushing toward my purpose. One quote that resonates deeply with me is by Lindy Alexander: "The best kind of people are the ones who don't just



offer help, but make you feel seen while they're doing it." That's the kind of social worker I strive to be every day.



Stephanie Long

My name is Stephanie Long and I'm from Greensboro, North Carolina. I'm a junior at Appalachian State University majoring in Health Sciences, studying online while balancing my career as a dental hygienist and being a proud mother. I'm passionate about education, community service and personal growth. I'm actively involved in several organizations that empower women and support health equity. I'm truly honored to be a part of Omega Nu Lambda and grateful for the encouragement it provides to online learners like me.