



Conestoga Valley

SCHOOL DISTRICT

DISTINGUISHED ALUMNI 2014-2015



LORRIE HEAGY

CLASS OF 1983

Lorrie Heagy, an elementary music teacher and librarian in Juneau, Alaska, was named State Teacher of the Year 2011 by the Association of Alaska School Boards in Anchorage. Other awards include the Yale Distinguished Music Educator Award (2009), and Special Recognition from the Juneau Reading Council and Alaska State Literacy Association (2007). Heagy founded Juneau Alaska Music Matters (JAMM), a program which funds arts experiences for all kids and influences the entire school curriculum. She earned a bachelor's degree from the University of Pennsylvania and master's degrees from Temple

University and Mansfield University. Heagy is also a percussionist with the Juneau Symphony Orchestra.



JOY L. LONG, MD

CLASS OF 1994

Dr. Long is a board-certified orthopedic surgeon specializing in knee, hip, shoulder and ankle surgery. She has earned praise for her work with youth and high school athletes, particularly in sports injury prevention. She is a member of numerous professional organizations, including the American Academy of Orthopedic Surgeons and the Ruth Jackson Society for women in orthopedics. Her research has been published in numerous medical journals, including the *Journal of Orthopedic and Sports Physical Therapy*, *Sports Health* and the *Journal of Trauma*. Dr. Long earned a bachelor's degree from the University of

Pennsylvania and her medical doctorate from the UPenn School of Medicine. She volunteers as a student interviewer at UPenn and is active in the Neffsville Mennonite Church.



SANFORD P. WORMINGTON, JR.

CLASS OF 1965

Sanford "Sandy" Wormington, Jr. founded Just Roses in 1989 in Kennewick, Wash., and has grown the business to four owned-and-operated stores plus eight franchises in Washington, Idaho and Nevada. He also owns and operates Columbia Wholesale, which orders flowers directly from growers and handles nursery stock and florist supplies. Wormington earned an associate's degree from Goldey Beacom Junior College and a bachelor's degree from the University of Baltimore. Prior to starting his own business, Wormington worked at Energy Northwest Nuclear Plant in Washington. With his businesses, he has helped churches,

hospitals and schools with various fundraisers. He is active in the TriCities Visitor and Convention Bureau and was a long-time midget football coach.