

THE ROARING LION

COLUMBIA WOMEN'S BASKETBALL NEWSLETTER

January 2015

NEWS FROM THE LION'S DEN WITH HEAD COACH STEPHANIE GLANCE

2014-15 SCHEDULE

November

14	San Francisco	10pm
16	San Jose State	6:30pm
19	LAFAYETTE	7PM
21	Stony Brook	7pm
24	RHODE ISLAND	7PM
26	BRADLEY	7PM
29	KENNESAW STATE	1PM

December

3	UMASS LOWELL	7PM
5	UMBC	12PM
7	LIU-BROOKLYN	2PM
21	PORTLAND STATE	12PM
30	Wagner	2pm

January

7	FAIRLEIGH DICKINSON	7PM
12	NJIT	7pm
17	Cornell	TBA
24	CORNELL	4:30PM
30	Yale	7pm
31	Brown	7pm

February

6	Princeton	7pm
7	Penn	7pm
13	HARVARD	7PM
14	DARTMOUTH	7PM
20	BROWN	7PM
21	YALE	7PM
27	Dartmouth	7pm
28	Harvard	6pm

March

6	PENN	7PM
7	PRINCETON	7PM

* All Times Eastern

** Home Games are in BOLD

Columbia students receive almost a month break from the time they complete fall semester final exams to the first day of class for the spring semester. This break allows the students to take a mental pause from their academics, spend time with friends and family, celebrate the holidays, rejuvenate for the new calendar year, and devote time to their passions.

During the break, our players have been able to focus their energies on refining individual skills and growing as a team.

Especially after having a flurry of 5 games in 10 days early in the season, the abundance of practice time has been very beneficial. Our players raised the bar for themselves by enhancing their productivity and displaying unrelenting competitive spirit each day in practice. My staff and I are excited about their desire and commitment to improve, especially as we head into Ivy League play. Our non-conference schedule has helped our first-years and less-experienced players mature and adjust to the speed and physicality of Division 1 basketball. We are very excited to begin competing against the Ancient Eight!

The break has also allowed our players to work with their Professional Enrichment Program mentors to make significant progress in achieving the players' professional goals. Some of our players have met with their mentors to discuss potential careers that may be of interest, while others are submitting resumes for critique and shadowing applicable businesses for a day. The players, my staff, and I are so appreciative of the time and effort from our wonderful and accomplished alumnae mentors!



A YEAR IN REVIEW

2014 has come to an end and before we all plunge into a new year, Columbia Women's Basketball looks back at some of the highs and lows we experienced last year. We said goodbye to inspiring minds like Maya Angelou, Robin Williams, Philip Seymour Hoffmann, Ariel Sharon, and Shirley Temple. We celebrated champions like the Florida State Seminoles, Seattle Seahawks, the Miami Heat, the San Francisco Giants, and Masters champ Bubba Watson.

In January, the US Senate voted to confirm Janet Yellen as the first woman to head the Federal Reserve. Additionally, the Affordable Care Act went into effect, and now, despite a shaky unveiling, claims to have connected an additional 15 million people with insurance benefits. Macklemore and Ryan Lewis won four Grammy Awards, including Best Rap Album. Macklemore later texted Kendrick Lamar that Kendrick deserved to win the Grammy and that he "got robbed."

For two weeks in February, we all came together to watch the XXII Winter Olympics in Sochi, Russia. The United States took home 28 medals, second only to the host nation. Shortly after the Closing Ceremonies in Russia, fights broke out between protesters and security forces in Ukraine, leaving 100 people dead. Also in February, the popular mobile game *Flappy Bird* was removed from the App Store by its creator, due to guilt over what he considered to be its addictive nature.

In March, the world watched as Malaysian Airlines Flight 370, traveling from Kuala Lumpur to Beijing, disappeared from radar in airspace over the Gulf of Thailand. While hosting the Oscars, Ellen DeGeneres served pizza to the crowd and took a selfie worth a reported \$1 million dollars.

In April, Boko Haram militants kidnapped more than 270 teenage girls from a boarding school in Nigeria. Officials there reported that some of the girls were able to escape, but international rescue efforts have been unsuccessful. Recently appointed NBA commissioner Adam Silver banned Los Angeles Clippers owner Donald Sterling for life in response to a leaked recording in which Sterling made racist remarks.

May saw a new prime minister in India, Narendra Modi. Also, President Obama announced that 9,800 troops will remain in Afghanistan after the withdrawal of most troops at the end of 2014.

In June, the city council in Seattle, Washington, voted to raise the city's minimum wage to \$15 per hour. Germany won the World Cup, which was held in Brazil.

In July and August, the ALS Bucket Challenge, during which people dumped freezing water over their heads, went viral on social media and raised over \$100 million dollars for the ALS Association. Also in these months, Eric Garner died from a chokehold in NYC and Michael Brown was shot and killed in Ferguson, Missouri. There have been protests nationwide in response to these deaths and the subsequent grand jury decisions. Also in August, Barack Obama authorized "targeted airstrikes" as needed to protect U.S. personnel from ISIS militants in response to a video posted on YouTube of the execution of U.S. journalist, James Foley.

September saw 24 year-old UN Women Goodwill Ambassador and former *Harry Potter* movie star, Emma Watson, deliver an address at UN Headquarters in NYC. The speech helped launch the UN Women campaign *HeForShe*, which calls for men to advocate for gender equality. Additionally, more than 10 million iPhone 6 and iPhone 6 Plus devices were purchased within the first three days of sale.

In October, the Ebola epidemic hit home in the United States, with nurses contracting the virus from a patient they were treating in Dallas, Texas. Also in October, Pope Paul VI was beatified by the Roman Catholic Church.

In November's midterm elections, the Republican party won a majority of seats in the House and the Senate to take control of Congress. During the 4-day Black Friday weekend, an estimated \$50.9 billion was spent, which is down 11% from last year.

Finally, last month, President Barack Obama announced plans to normalize diplomatic relations with Cuba and ease economic restrictions on the nation. Obama said the U.S. will move towards re-opening its embassy in the communist nation and allow some travel and trade that had been banned under a decades-long embargo instated during the Kennedy administration.

NEW YEAR'S EVE IN NEW YORK CITY

Each year on New Year's Eve, an estimated 1 million people flock to Times Square to watch the Waterford New Year's Eve Ball drop. This long-standing tradition, which marks the beginning of the new year, has been taking place since 1907. Although the extravagant crystal ball descends for a mere 60 seconds, the preparation leading up to this exciting celebration takes several months. This year's ball was illuminated by 32,256 Philips Luxeon Rebel LED's and has the ability to display more than 16 million



colors. It weighs an incredible 11,875 pounds and contains 2,688 crystal triangles that were crafted in Waterford, Ireland. This year, 288 triangles on the ball were replaced. The new triangles symbolize the "Gift of Fortitude" and are designed with diamond cuts on both sides of a crystal pillar. Waterford Vice President of Global Marketing, Regan Iglesia, commented: "Fortitude embodies the inner attributes of resolve, courage, and strength and allows us to triumph over adversity." The Lions will be striving for such fortitude in the coming year and we wish you strength, happiness, and exciting adventures in 2015. Happy New Year!

SAVE THE DATE

ALUMNAE WEEKEND

February 20th - 22nd , 2015

Join us for Alumnae Weekend 2015!! The weekend will be jam-packed with Columbia basketball and will feature an alumnae game during which you can show off your skills and rekindle your competitive spirit! The Lions will tip off at Levien Gymnasium against Brown at 7:00pm on Friday the 20th and play Yale at 1:00pm on Sunday the 22nd.

Look for an invitation to follow.

Thank you for your support!