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PHOTO ILLUSTRATION BY CAROLYN BROWN; PHOTO BY OSCAR FRIAS-RIVERA
A Silicon Valley Bank ATM sits placed on a wall at the SVB Private branch bank on Market Street.

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A Spartan Daily news story.

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Women leaders discuss professional careers

By Dominique Huber

Laughter, applause and cheers of support filled the Student Union Ballroom on Friday as a panel of female Silicon Valley leaders shared professional and personal stories with a large crowd.

The sixth annual Women in Leadership Conference was held in person for the first time in four years.

San Jose State President Cynthia Teniente-Matson moderated the event. Teniente-Matson started the panel by asking each speaker to share their journey and how they got to where they are today.

Gabrielle Capolupo works for the engineering office of the chief technology officer at Juniper Networks, a software development company. She said she didn’t know what she wanted to do going into college, but decided to major in theater at the University of Massachusetts.

She said she loved her time in theater and decided to pursue a film degree in Los Angeles after obtaining her bachelor’s degree.

“I drove 3,000 miles with everything I owned in my car and drove from Boston until I hit water on the other side of the country,” Capolupo said. “When I got here, I didn’t have any money, I didn’t have a job and I didn’t have a place to stay.”

Capolupo said a random job she found through a temp agency was what started the path to her current career.

Capolupo said after getting her master’s degree, she worked for a software development contractor at Fujitsu, a Japanese global information and communication technology company, and she enjoyed the portion when she heard her employer at the time refer to her as a ‘hard worker and a good leader,’ and offered her a job as a website development contractor at Fujitsu.

“Everyone’s gonna say ‘Yes we support diversity and inclusion — yes we want more females and ethnic minorities in leadership roles,’ but, again, the challenge has been to translate that into actual dollars and cents and building programs,” Sinha said.

Capolupo said her biggest challenges were those she has inflicted on herself.

“I doubt myself, I challenge myself, I think I’m not doing well enough,” Capolupo said. “Imposter syndrome never goes away, it does not matter how old you are.”

She said although she believes she still always faces challenges of self-doubt and performance anxiety, she has learned how to handle them and would give the same advice to students.

“Trust yourself, trust your gut and do what you love,” Capolupo said. “Get out of your own way. Don’t make it harder, because people are already gonna make it hard for you, you don’t have to add to that.”

From left to right, speakers Gabrielle Capolupo, Monique Edmondson, Sonal Sinha, Lucia Soares and SJSU President Cynthia Teniente-Matson discuss leadership and career in the Student Union Ballroom at on Friday.

If you don’t speak up and you just wait for someone to say ‘Well, I’d love to hear from you,’ it does not always happen,” said Soares. “Know that you were hired for a reason. You were hired because they want to hear your personal perspective.”

Soares said she became set on her career path while she was on the job cloning someone’s house.

She said her employer at the time found her to be a hard worker and a good leader, and offered her a job as an employee development contractor at Fujitsu.

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LAS VEGAS — As the final buzzer sounded on Thursday afternoon, SJSU senior shooting guard Omari Moore jumped to the SJSU bench in celebration. The Spartans just defeated the University of Nevada, Reno 81-77 in overtime in the Mountain West Championship quarterfinals. The win meant SJSU made it to the semi finals, marking the first time since 2011 the Spartans made it to a conference semi final.

"These guys are so tough and are so together... These guys just compete and believe and do all the work that comes with those things. It's just a fun thing to be a part of," SJSU head coach Tim Miles said.

In the regular season, the Spartans were defeated by the Wolf Pack by an average margin of 24 points.

"This is something that you definitely look forward to," Moore said. "Winning Conference Tournament games with a chance to go to the NCAA Tournament. We have a little bit of momentum and we just gotta keep building on that."

Moore averaged 16.5 points, 5.5 assists and 5.5 rebounds across two games at the MW Championship tournament. He showcased his offensive repertoire in SJSU's win over Nevada. Moore finished with 26 points, 4 rebounds, 10 assists and 2 blocks while playing every single minute of the game including overtime.

He also moved up to the sixth most career points in Spartan history at 1,273 points passing Justin Graham (1,272) and Ryan Welage (1,258).

Moore was not the only star to shine bright in the Spartans' win over Nevada.

Senior forward Sage Tolbert III shot 8 of 13 and recorded 20 points, 6 rebounds, 2 steals and 2 blocks in his second 20-plus point game of the season.

"We look at Nevada as a really good team. The first two losses were very bad for us. In the two games [against Nevada], I didn't play well," Tolbert said. "We looked at it as we owed them and now it's the biggest moment. So, I felt like I needed to be aggressive and I let it just come to me instead of forcing it and we had a great game plan."

With the win, the Spartans advanced to the tournament semifinals, where they faced the No. 1 seed San Diego State Aztecs.

The Aztecs came into the game dominating the Spartans from the jump. San Diego State held SJSU to just 20 points in the first half, and the Aztecs held a 33-20 lead at halftime.

The Aztecs never lost the lead in the second half and cruised to a semifinal victory.

Moore and freshman point guard Alvaro Cardenas were held to just 11 points combined. Sophomore forward Tibet Görener led the team in scoring coming off the bench with 15 points.

"It was good to see shots fall in. San Diego is a very gap heavy team. We are keyed on Omari. I had a couple open looks and had to knock them down," Görener said.

Though the Spartans’ Mountain West tournament run ended, SJSU was selected to play as No. 2 seed in the Discount Tire College Basketball Invitational, where they will face No. 15 Southern Indiana University. The tournament is scheduled from March 18-22 and the Spartans are scheduled to face the Screaming Eagles at 12:30 p.m. PDT on Saturday at the Ocean Center in Daytona Beach, Florida.
We need to learn more about vaginas.

For too long, we have approached female health as if it were a side effect of male health. We need to move beyond that and give women the same level of care and attention that men receive. This means learning more about vaginas and understanding that they can have their own unique issues.

One example of this is postpartum hemorrhage, which is a serious complication that can occur after childbirth. Despite the fact that it affects millions of women, we don’t have nearly enough research on this topic. We need to start investing more resources into studying this condition so that we can better understand it and develop effective treatments.

Another area where we need to learn more is sexual wellness. Women’s sexual health is often overlooked, and there is still a lot we don’t know about what makes for a satisfying experience. We need to start having more open and honest conversations about this topic so that we can help women get what they need.

We also need to start paying more attention to mental health in women. Depression and anxiety are common issues for women, but we often don’t talk about them as much as we should. We need to start shining a light on this issue so that we can help more women get the care they need.

In summary, we need to start learning more about vaginas and women’s health in general. We need to start investing more resources into research and development so that we can better understand these issues and develop effective treatments. We need to start having more open and honest conversations about this topic so that we can help more women get the care they need. We need to start paying more attention to mental health in women. We need to start shining a light on this issue so that we can help more women get the care they need.
Students paint murals for women

By Brandon Nicolas

Students came together to kick off Women’s History Month by painting a mosaic mural representing impactful women in San Jose at the Student Union on Thursday.

Women Empowerment Through Art was a workshop put on by In Solidarity in collaboration with Local Color San Jose and included a discussion about women solidarity, empowerment and art and its issues.

“Local Color is a woman-powered 501.c.3 nonprofit, with the mission to build equitable opportunities to keep emerging and established artists active, employed, and engaged,” San Jose State alumnus Darren Haruo Rae, said. “I wanted to celebrate Women’s History Month and you as a Japanese American and you immigrated to America and you at the Hammer Theater Center included the 100th infantry battalion of Japanese Americans. My grandfather, Minoru Miyasaki, volunteered to serve in a unit without being able to speak English, so I thought it would be a good collaboration,” Rae said.

To bring attention to women’s empowerment, Local Colorcht a workshop put on by In Solidarity and In Solidarity offered a mural workshop put on by In Solidarity with the goal to have all six-by-eight-inch, each with numbered sections dedicated to a special feminine feat that’s powerful. “They are all going to have a small piece,” Sheikh said. “You’re not going to see the full artwork until it all comes together.”

Sheikh said Local Color in 2015, an artist non-profit led by four women with a mission to build equitable platforms for artists to thrive.

“Also, a lot of the power in the woman and a lot of the power that women have historically gotten unused,” Salazar said. “We can go back to paintings in master’s studio art so we have to start now.”

Students said there have been

Students paint sections of a mosaic mural representing women in the Student Union on Thursday.

professional in telling the impact and stories of women throughout history in order to help balance the scales. Salazar said having one artist in the spotlight can be a “masculine” approach to creating, something she wanted to stay away from with this event.

“Women do not like overly gritty or paint,” Salazar said. “I think things can be feminine in a holistic way, without having it be one person hugging the star of the show.”

She said she wanted to make it a point that students hold the power in this situation, similar to how she felt when she was a student at SJSU.

“(Being) in the Student Union right now is wild,” Salazar said. “Over a decade ago, when I was still a student here, this building was under construction.”

Salazar said there was an ugly blue construction wall that wrapped around what would become the Student Union. With the permission of her professor, she said she led a group of SJSU students to make the wall more than blue nothingness.

“It was the very first mural I ever worked on,” Salazar said. What were blue walls of wood before, are now self-portrait murals framed and displayed on the second floor of the Student Union near meeting rooms 5-6.

“Really, it seems like the organization started from that mural project back in 2009,” Salazar said. She said the César E. Chávez Community Action Center worked with Local Color for a student mural fall of last year. Rae, a social justice music and art festival.

“I saw what they did at Rooted and it looked really cool,” Sheikh said. “I wanted to do a more intimate program with them to give more, like, creativity and the students more creativity.”

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Alumnus showcases film ‘Nisei’

By Brandon Nicolas

San Jose State alumna Diana Leong showcased her short film, “Nisei,” based off her grandfather’s diaries as a Japanese American World War II veteran at the Hammer Theater Center on Thursday.

Rae said the word “muse” refers to a second generation Japanese Americans.

“That means your parents immigrated to America and you were born here,” Rae said. “My grandfather was a nisei. He was a sharecropper – he was a farmer and grew strawberries, ” Rae said.

His grandfather, Minoru Miyasaki, volunteered to serve in the 442nd Regimental Combat Team while his family was displaced in incarceration camps along the West Coast. The U.S. Army’s 442nd Regimental Combat Team, which included the 100th infantry battalion, was a unit mostly comprised of Japanese Americans that served during World War II. The unit is widely regarded as the most decorated regiment in U.S. military history, according to a Sept. 24, 2020 article by The National World War II Museum. President Franklin D. Roosevelt issued Executive Order 9066 on Feb. 19, 1942, which forcibly detained an estimated 125,000 Japanese Americans along the West Coast, sending them to internment camps, according to The National Archives and Records Administration.

They called them internment camps, but they really were prisons," Rae said. “You were ripped from your homes, locked up and weren’t allowed to leave and stripped of all your belongings and possessions.”

The short film takes place during World War II in 1944, a couple years after the incarceration of Japanese Americans. Rae said his great-grandfather was an immigrant and was not allowed to own property. "He was a sharecropper – he was a farmer and grew strawberries," Rae said. "But he wasn’t allowed to own the land he grew the crops on."

When his great-grandfather was incarcerated, he had to sell his crops and that his belongings would be cared for. "Of course, when they came back, everything was gone," Rae said.

Costume and weapons wrangler Mendoza said he appreciated that each camp had numbers labeled to it in red paint. "I wasn’t going back off of my imagination and I’m not really a history buff, but I thought it was very enthusiastic," Mendoza said. Rae said his grandfather was incarcerated, he had to sell his crops and that his belongings would be cared for. "Of course, when they came back, everything was gone," Rae said.

Follow the Spartan Daily on Twitter @SpartanDaily
By Christine Tran

**FILM**

Continued from page 6

**gur for Nao**

"Imagine building your wealth and business, have it all taken away from you, thrown into a can, and then dumped back onto the street with a suitcase, building your international reputation, and then when you're already done it, once." Hamada said.

Rae said his grandfather first came from Okinawa, where he worked on pineapple and sugarcane plantations before migrating to the mainland.

In response to the Pearl Harbor attacks on Dec. 7, 1941, Rae said Japanese Americans in Hawaii were eager to fight for their country, but were denied by the Department of War until the formation of the 100th Infantry Battalion in 1942.

Even after having their citizenship temporarily revoked, Hamada said many Japanese Americans volunteered to prove their loyalty for their home country.

"That's how my grandfather volunteered," Rae said. "They sent up a call from the 10th Infantry Battalion to recruit for a new segment.

"I was in junior high after the 10th Infantry Battalion was sent to Europe, so they went on to get governing approval of detachable Japanese Americans who were the first to fight.

"Ever since I was a little kid, anytime I had to do a book report or anything for school, I would pick the book that I would do it on that." Rae said. "It really made me realize how much it's not talked about.

He said his grandfather wouldn't share war stories with his daughter, Rae's mother, who would eventually hear stories of her father through her son.

"A lot of these stories my mother didn't even know," Rae said. "It was a cool emotional journey for us to relive his stories.

Rae said his generation is one of the last to have a direct connection to Japanese Americans who were incarcerated and fought in World War II.

"It's so hard for people to get involved in subjects when you don't have a direct connection like that," Rae said. "I talked about the 4242nd – I think in 6th grade, there was one little paragraph that mentioned it.

He said it's important to remind people that the U.S. wasn't the shining beacon of light during the war – it's the family dynamic and the hope that's really heartbreaking."

Regarding the event's success, he said "It's the family dynamic and the hope that's really heartbreaking. It was a cool emotional journey for us to relive his stories.

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Event coordinator Shanall Sneed hosts Marvel Trivia Night at the Student Union on Thursday.

Sneed wanted students to have a fair chance at winning.

"You have this hierarchy of disappointment and doing what you think is right," she said. "Take out the gunshots, take out the death – it's the family dynamic of it that's really heartbreaking"

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Sneed said events like Marvel Trivia Night are a great way to get to know other students on campus.

"It's a transfer student so when I came here, I knew nobody – [and] these are the students I started meeting people, was going to events, Sneed said. "I was so excited for my event on her way to grab coffee with friends.

"We saw a sign that said 'Marvel Trivia Night' and we were like, 'We should go to that and then we did,'" Sneed said. "Regarding the turnout, Sneed said she wasn't expecting anything, the whole universe is Black Widow.

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