

saves the day

Daybreak. It's a fitting title for Saves The Day's upcoming record, the third part of a trilogy that began with 2006's *Sound the Alarm* and continued with *Under The Boards* in 2007. "*Sound The Alarm* is an expression of discontent. *Under The Boards* is reflection and remorse. *Daybreak* is acceptance," explains singer-guitarist and chief songwriter Chris Conley. "Daybreak wraps up all the turmoil and misery of the previous two albums and transcends the pain by facing the fear and angst that comes in this Life and turning it into growth and positive change."

Positive change makes sense for a band that has always had a penchant for evolution. After forming in Princeton, New Jersey in 1997, Saves The Day released its debut album, *Can't Slow Down*, in 1998. The band followed it up with the genre-defining *Through Being Cool* one year later. 2001's *Stay What You Are* elevated Saves The Day to an even greater level of success and critical recognition, followed soon after by 2003's *In Reverie*. *In Reverie* took an exciting sonic leap from *Stay What You Are*, which itself was a stylistic departure from *Through Being Cool*. Each album the band has released has its own distinct style and flair, though they are all undoubtedly Saves The Day through and through.

Fast-forward to 2010, and Saves The Day is evolving once again. After the departure of long time member David Soloway in 2008, along with Manuel Cerrero and Durijah Lang in 2009 (who left the band to focus on former group Glassjaw), Saves The Day hit the road rocking all their classic tunes with a brand new look. Arun Bali, Rodrigo Palma and Spencer Peterson, now join Conley to round out the Saves The Day lineup. It is with these new members that the band will record *Daybreak*. As Conley explains, "it makes sense that *Daybreak* features a new lineup, as thematically the album deals with coming back to Life with a renewed appreciation and attitude of perseverance and acceptance."

Now, with the band ready to release the long-anticipated third part to the trilogy, you get the feeling that a new day is truly breaking for Saves The Day. "Daybreak is both an ending and a new beginning," says Conley. "Daybreak comes back to Life to say, 'we are here together and we can make it through.'"

-Jordan Wolosky