

he lights dim. The audience falls silent. The spotlight falls on the medievally-dressed seniors who start off the performance with "You Are the New Day" by The King's Singers, a pleasant and hopeful song that relates to the theme of making choices and following your heart.

Senior Kyle Xu, a member of the school A Capella Group, explains what the theme means to him. During his performances, he

channels this meaning to help him display emotion in his singing.

"It's like you're being disappears." presented with a choice, either taking one road or the other and how that affects your life and your journey," Xu said. "And... the hardships going through the struggle of making that choice.'

For Joey Hiraoka ('23), he sees it through a different lens. He always dreamed of joining choir after he heard about it from his sister.

Just like the theme, Hiraoka needed to overcome one main obstacle: stage fright. Hiraoka made the choice to not let stage fright stop him from doing what he loves. Similar to Xu, Hiraoka found a way to relate to the music.

"Before I get on stage, it is a bit scary and it makes me anxious, but once I start singing the only thing that is on my mind is the enjoyment of singing with my peers and the crowd disappears," Hiraoka said.

However, he lets that anxiousness fuel his performance, connecting him to the music. For Hiraoka, choosing to improve was also an important part of what allowed the concert to be successful, both for him and his fellow members.

Once I start singing the "At the start of the year only thing that is on my $_{\rm we\,were\,struggling,\,but}$ mind is the enjoyment connecting with the theme of of singing with my this concert really helped, just peers and the crowd making that choice to be better and to improve," Xu said.

Xu has lots of hope for JOEY HIRAOKA ('23) all choir groups to continue

> "The freshmen [performed] well during the concert," Xu said. "They're the future of choir and they really filled [the program] this time."

Despite the challenges they may have faced in the process, the choir students came together and created an amazing first performance of the year. For Xu and Hiraoka, they were given the opportunity to connect the pieces they were performing with their own lives, giving more meaning to the Fall Choir Concert.



To show inclusivity on campus, the Wellness Center set up Unity Day activities for students.



activity meant to bring peers closer together to spread inclusivity. "It was a nice way of interacting with others on campus," Garcia said. Photo by Tate Hardy

CROSS COUNTRY

The last four years on this team has meant a lot to us. The fact that we are about to leave high school sports was a bittersweet moment. But I'm really grateful that the underclassmen and the juniors were able to pull together and do something really nice for us. KYLE PARK ('23)





AT THE LAST meet of the



left) BLOCKING A PASS from their

Sami Lee ('23) is locked in the z (right) HOLDING UP THEIR poster Catie Nudelman and Skylar Burnett cheer for

progressing

Senior night was amazing and the game turned out and the night turned out. I couldn't ask for anything better. I played one of my best games and I had my friends and family there to support me with posters and that was super sweet of them. SAMILEE (123)

As the Fall sports season concludes, seniors celebrate their final moments with their teams.

Playing under the lights with a *big crowd always gets the players* amped up for the game. Watching the girls dominate a team who beat us 3-0 the first time around made it easy to stay positive and keep the energy up even from the sidelines"

KELLYN SCHEEL (123)

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