**MIKE FROST BAND**

The Mike Frost Band has become a jazz staple in the Carolinas and beyond, regularly appearing on stage in California and in Frost’s native New York. The band’s CD releases include *Riddle Me This?*(2011), *Get Frosted! Live at the Blue Horse*(2011), *Frosty Christmas*(2012), *Live at the Red Pepper* (2013), and *Inside Your Eyes* (2015). Originally an instrumental trio, the band teamed with singer-saxophonist Lauren Meccia in 2011.

**Mike Frost – Bass**

A native of Queens, New York, Frost studied under jazz legends Pat Martino and Jaco Pastorius. More than a band leader and bass player, he is a composer, studio musician, educator, recording engineer and designer, as well as owner and sound engineer of Spirit Studio in Aiken, SC.

He has recorded and performed with an extensive collection of noteworthy musicians including Donald Vega, Wycliffe Gordon, Jorma Kaukonen, Jesse Colin Young, Esteban, Jimmy Bruno, New York Voices, The Gypsy Kings, David Mann (of Tower of Power), Manolo Badrena (Weather Report), Todd Turkisher (David Byrne, Ute Lemper), John Scarpulla (Tower of Power, Bruce Springsteen), John Miceli (Meatloaf) and George Cintron (Blue Oyster Cult). Frost is highly noted for the unique quality of sound he produces on his custom Clifford Roi fretless and fretted basses.

Frost’s recordings include *Mike Frost: Inner Voice, Mike Frost: Tears of Joy,* Karmic Tiempo’s *Synergy,* *The Deep,* Keith Hart’s *It’s About Time,* Ken Talve’s *Across the Board,* Jesse Colin Young’s *Election Day,* and *Esteban Live at Red Rocks*.

Frost is a highly sought instructor, offering personal lessons locally as well as around the world via Skype. He is an adjunct professor at University of South Carolina at Aiken and conducts camps and clinics.

**Lauren Meccia - Saxophone, vocals**

Director of jazz studies at USC Aiken and a graduate of USC, Lauren Meccia is a vocalist, saxophonist, educator, composer, and lyricist. Meccia is the founder and director of the CSRA (Central Savannah River Area) New Horizons Band, a beginning band for adults, and director of the USCA Summer Jazz Camp. She is a studio musician as well, arranging and recording vocal and instrumental tracks for artists of various genres.

Meccia has appeared with the Temptations, Maurice Williams and the Zodiacs, Jesse Colin Young, and Donald Vega. Lauren appeared as a guest soloist with the Aiken Concert Band, Minot Symphony Orchestra (North Dakota), Minot State University Concert Band, and the Florence Symphony Orchestra. She performed at the World Saxophone Congress XVII in St. Andrews, Scotland and at the NAMM Show in Anaheim, CA.

*“Lauren Meccia comes across like a real musician who happens to sing. As a vocalist she has a crystal clear sound that rings like a bell, and can effortlessly go for drawing out a lyric… and yet she can also clip out a series of words like she’s jumping through an obstacle course… Her voice resonates like a glass organ.”* -George Harris, JazzWeekly.com