

**FOR IMMEDIATE RELEASE:
CD RELEASE “INSIDE YOUR EYES” LAUREN MECCIA**

AIKEN, S.C. — From the upstate region of South Carolina to the musical meccas of the jazz universe is an unexpected journey for anyone to travel. Yet Lauren Meccia’s debut vocal album, *Inside Your Eyes*, will introduce the diversely talented vocalist, saxophonist and composer to an unsuspecting world-wide audience. Through the album’s vintage yet crisp, cosmopolitan sound, listeners will be transported to the famous, gritty jazz clubs of the mid-20th century such as The Embers, The Village Vanguard and The Cotton Club.

Accompanied by regular bandmate and bassist Mike Frost and renowned pianist Donald Vega, Meccia set aside her saxophones in favor of a microphone at Spirit Studio in Aiken, S.C., to record 11 tracks of rich, velvety smooth vocals that include two original songs, plus one original instrumental. *Inside Your Eyes* will be officially released September 25, following a soft release during a West Coast Tour September 17-21.

Meccia and Vega combined their talents to compose “If You Can Fly” and the title track “Inside Your Eyes” — featuring the haunting reprise “*The truth is not disguised inside your eyes*” — with Meccia penning the lyrics and Vega composing the music for both. Frost composed the album’s lone instrumental track, “Atlantis,” which features a sampling of Meccia’s brilliance on saxophone and highlights Vega’s piano mastery. Throughout, Frost provides the backbone on his custom Clifford Roi basses with Brian Czach on percussion.

The balance of *Inside Your Eyes* includes Meccia’s vocal interpretations of Herbie Hancock’s “Butterfly,” Irving Berlin’s “Cheek to Cheek,” Burt Bacharach’s “What The World Needs Now” and “The Look Of Love” and more, concluding with a lilting rendition of “Over the Rainbow.” *Inside Your Eyes* was produced and engineered, and most of the music arranged, by Frost.

Meccia is influenced by everything she hears, no matter what the instrument. She has spent much time listening to and studying the vocal styles of Ella Fitzgerald, Sarah Vaughan, Bobby McFerrin, Kurt Elling and Eva Cassidy. “I try to capture my favorite qualities about each of their singing styles,” she says.

Frost and Meccia had in mind the concept for *Inside Your Eyes* more than a year ago, but the course toward the album was truly set in motion in 2010 when Meccia, a native



of Spartanburg, S.C., was in the audience to hear Frost play at a local club. “When I first heard Mike Frost’s trio play, I felt I had to be in a jazz club in New York, not in South Carolina,” says Meccia. Frost’s New York-influenced sound is firmly rooted in his native Queens, N.Y., and from spending most of his life on Long Island before moving south.

“I loved his playing instantly, and so of course I was excited to team up musically,” says Meccia. She brought her saxophone with her on the night they met and was invited to jam with the trio. “As soon as I heard her play, I wanted her in my band,” recalls Frost. “At this point I had never heard her sing.”

Meccia’s voice remained a well-kept secret for some time after she joined the Mike Frost Band. Once Frost heard her sing, however, her vocal talent became an integral part of their performances. “Lauren was playing saxophone in my band,” says Frost. “Someone made a request for the song ‘Bye Bye Blackbird’ and Lauren said she could sing it. As soon as I heard her, I knew we had something special. I was blown away! I started to change all the band’s instrumental arrangements to feature her voice at that point.”

The addition of vocal arrangements to the Mike Frost Band’s repertoire was so well received by audiences that the pair knew an album featuring Meccia’s voice was in their future. Integral to the album is the work of Vega on the piano. For Frost, the collaboration with Vega was a reunion of old friends.

“I met Donald on tour with Jesse Colin Young. During the tour, we became friends,” says Frost, recalling another type of collaboration during those touring days. “Ron Carter called Donald to offer him a gig with his trio, and Donald borrowed my phone to call him back because he couldn’t get a signal.”

Vega did get the signal when he answered Frost’s call to join the pair in South Carolina to create a sound equally at home in venues rich in jazz history in New York, Chicago or San Francisco. For more information about *Inside Your Eyes*, Lauren Meccia, Mike Frost and the Mike Frost Band, and to hear sample tracks, visit <http://mikefrostband.com>.

-Andrew Warfield, Editor, Lake Norman Citizen