

# NO COVER

EVENT GUIDE



FREQUIS

THE FANS HAVE VOTED PICK THE COVER WINNER

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# FREQUIS

Interview - FREQUIS - November 15, 2011

By Michelle Leach, Feature Writer

Congratulations to Frequis on their win of the December Cover. Based in the desert of Phoenix, Arizona, Frequis was formed with female fronted, Cassandra Aguiar on vocals, Chris Nastro on lead guitar and keys, Brian Morris on rhythm guitar, Jared Johnson on bass guitar, and Peter Crapiga on drums. This dynamic combination has hit the local music scene with such force that they took the cover with the most votes ever. No Cover Magazine caught up with the band to discuss their music, fans, and No Cover win.

**No Cover:** First of all, how does it feel to win the Cover of the December issue of No Cover National with the most votes ever at 25,960? That's a hell of a fan base.

**FREQUIS:** It feels awesome to have won! It just goes to show that hard work pays off. When the other bands in the contest were ahead of us we really put the word out to our fans to get everyone they know to log on and vote. We had voting parties, we passed out flyers with instructions at shows, and we utilized social networking sites. This contest has actually helped us expand our fan base quite a bit.

**No Cover:** Can you give No Cover a little insight on how the band was formed and what the meaning of Frequis is to you?

**FREQUIS:** The band was formed in 2009, but has gone through many member changes since. The Frequis that exists now isn't just a group of talented musicians, but a family. To us, Frequis means the five members of Frequis rocking out and having a great time!

**No Cover:** The music Frequis produces seems to be a combination of many different genres, how would you classify it to your fans?

**FREQUIS:** We all come from different musical backgrounds, so our music is a combination of different styles. We like to think of it as a blend of rock and metal, with catchy choruses that even your grandmother could like.

**No Cover:** Tell your readers the general concept of creating one of your songs from the writing of lyrics, riffs, to producing.

**FREQUIS:** We all work together writing our songs, but they usually start with tasty guitar riffs and bass-lines. Then Pete adds his awesome drums, Cassie works her magic writing catchy melodies and lyrics, then we top it off with some flashy, yet melodic guitar solos, and you've got a Frequis song! We leave the producing to legendary record producer Jim Wert. We like to think of him as the sixth member of the band.

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**No Cover:** What is your secret on self-promoting? There isn't a place in Phoenix you can't go without finding a Frequis demo.

**FREQUIS:** Well that is no secret. It is just tons of hard-work, time and money. We make all the promo disks, flyers, and posters ourselves and we hit every venue that has live music. If you want to make it in this industry you can't sit around waiting for a lucky break, you have to go out there make it happen, one fan at a time!

**No Cover:** If you were to tour with a National Act, what bill would you pick to be on?

**FREQUIS:** We would choose to travel back in time and tour with the original members of Queen!

**No Cover:** What is your most memorable performance and why?

**FREQUIS:** Our most memorable show, without a doubt, would be our CD Release this past July at Joe's Grotto in Phoenix. The place was packed with fans and everything went right. It was a magical night that we will never forget. It was the day Frequis was released to the world!

**No Cover:** What do you see happening with Frequis in the next five years?

**FREQUIS:** Five years from now we will have all quit our day jobs, released a few more records and Frequis will be a household name. We will be touring the world playing our music to thousands and you will hear Frequis on the radio every day. Life will be good!

**No Cover:** Is there anything you would like to tell your fans and the readers of No Cover?

**FREQUIS:** Our fans are our life blood and we love you! Thank you for all of your love and support and helping us win this contest. As for the rest of you get online right now, check us out on the Frequis Facebook page, and become a fan! You can check out FREQUIS at [www.everrotation.com/frequis](http://www.everrotation.com/frequis).

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