

NEWS+NOISE

FAT MIKE & ERIN:
Fat fidelity for Fat people.



HOW THE @#%\$% DO I?

STARS SOLVE YOUR **DIY** DILEMMAS

THIS MONTH:
Fat Wreck Chords owners **FAT MIKE** and **ERIN BURKETT** and the Flaming Lips' **WAYNE COYNE** advise couples on how to keep love alive on the road.

Sure, dating or being married to a rock star can be exciting, but it has its downsides, too. Long periods apart, groupie temptations and missed holidays. Come to think of it, coupling with a rock star blows! But in the spirit of Valentine's Day, we've tracked down a few veterans of rock and love to show you how to keep your love alive when touring schedules keep you apart.

COMMUNICATE: Talk about what to expect first, and try to make a plan to call at a certain time and to see each other. "And, I think their wife or girlfriend should have an itinerary," says Burkett, who's been married to Fat Mike for 11 years and together with him for 15. "It just makes you feel like when you need to reach them, you can find them." Both Coyne and Mike check in with their sweeties once a day when they're on the road. You should too!

SEND STUFF: Send your rocker off on tour with a pre-paid phone card, pre-written and pre-stamped postcards to write you, or a little something extra-special from home. Burkett suggests, "Put sexy photos of you in their suitcase." Mike, who's logged countless road miles in NOFX and Me First And The Gimme Gimmes, likes that one. Coyne, who's been with his common-law wife Michelle Martin for 15 years, agrees: "I carry around some photos of her naked as often as I can."

EASY GOES IT: It takes an easygoing, understanding, flexible non-psycho to handle a relationship like this. If that's not you, then date an accountant. "You cannot be a jealous type, because it's not going to work," warns Burkett. "Yeah," agrees Mike. "You have to have faith, and you have to have trust."

BE SPONTANEOUS: "I picked him up at the airport one time dressed up in a corset and latex coat, and I met him at the gate in that," says Burkett. "It was awesome," beams Mike.

WORK IT: "You have to make some effort," says Coyne. "If you try to make it work, it will probably work. But if you're not trying, it probably won't work. To me, it's as simple as that."

KEEP IT HOT: If you don't want your partner to cheat on you, you'd best be hot as hell for him or her when the tour's over. "Erin makes me very happy sexually, so I when I'm on the road, I'm never tempted by other women," says Mike. "Phone sex helps, too," adds Burkett. —Carrie Barzillo-Vrenna

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