



TIPS FOR STAYING SANE  
IN A BAND

**THIS MONTH:** MAINTAINING FRIENDSHIPS AT HOME WHILE ON THE ROAD WITH **OMAR ZENERY** (GUITAR) OF **HIT THE LIGHTS**.

One of the main reasons we started our band was to get out of the middle of the Ohio cornfield where we lived. You can only hang at the parking lot outside T.J.'s Pizza so many times before you wonder what's going on outside county limits. If you're lucky enough to go on tour, it can be a shock to your friends' systems—and you've *got* to remember that your *real* friends are the ones back in that parking lot. Make sure you're the same person you were before you left home. Your real friends won't give a shit about what you've been doing, eating or seeing in L.A. if you come back thinking you're the bee's knees. And always stay in touch with the kids who know you the best because what goes up (like hype and popularity) must eventually come down. You never know when your bassist is going to want to go back to school or when your drummer is going to knock up Charlene. And those things put your ass back in the factory faster than you can say, "Third shift." **alt**

*Did you miss Hit The Lights on tour this spring with All Time Low and the Secret Handshake? Don't fret. Pick up their debut full-length This Is A Stick Up...Don't Make It A Murder out now on Triple Crown Records.*