

SAD PUNK

issue #1, january 2026



monthly recap

to be honest, january was exhausting and seemed to last forever, but i survived, because that's what we do. that's not to say there weren't good moments. the year began with my parents in town; in fact, they ended up staying longer than planned due to the weather. we had tons of snow (and ice) all month, which is becoming increasingly rare as the planet warms. i saw saturdays at your place and carly cosgrove live, i enrolled in a1.2 swedish, and i founded two lit mags. i also started binging "dark" (finally), took a break from drinking, got back into the habit of taking daily walks, and bought a sketchbook to start practicing drawing.



current obsessions

winter walks

dogs in sweaters

sunshine on cold days

asmr from walking on
fresh snow

lazy weekends

fahrradstrassen
(streets where bikes
have priority over cars)

being sober curious

establishing new habits

beavers
(the instagram
algorithm seems to
think this is what i most
need to see right now)





nouns as identity

i've been thinking a
lot about the ways
we choose to present
ourselves to the
world, and the nouns
we use to describe ourselves.
one thing i find cool about
the german language is that
nouns are capitalized
(shocking, i know, coming
from someone who has been
writing in lowercase since
discovering e.e. cummings in
the late '90s). but i like that
using a capital letter gives
a word a certain kind of
weight. and using an
adjective says something
much different than using a
noun. an adjective says
"this is how i am,"
while a noun says
"this is who i am."
and you? how do
you choose to
describe yourself?

books i read



snapdragon by kat leyh

wild dark shore by charlotte mcconaghy

hum by helen phillips

kansas city gothic by alex tretbar

max und muriel by margit auer



new year, new me?

i'm not much of a resolution maker,
but i always start the year with
"goals" because i'm a sucker for a
clean slate. i try to always keep it
simple and realistic though.

in 2026 i want to:

- journal every day
- finish writing my
debut poetry collection
- find a publisher for
said collection
- prioritize sleep
- read 100 books
- go on my walks and
bike rides
- start a drawing/sketching
practice

it's like a vortex in our chest



i just do! — girlpuppy
leona street — pool kids
deads in the van — sydney sprague
t&a — blondshell
spine — jetty bones
the world, so madly — ratboys
touching yourself — the japanese house
dead end — snail mail
pavement — mallrat
astral projection — yumi zouma
healthcliff — snocaps
stay all summer — momma
sgl — now, now
place of my own — purity ring
not enough — daughter

<https://www.makemeamixtape.org/mix/its-like-a-vortex-in-our-chest>



made in germany
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