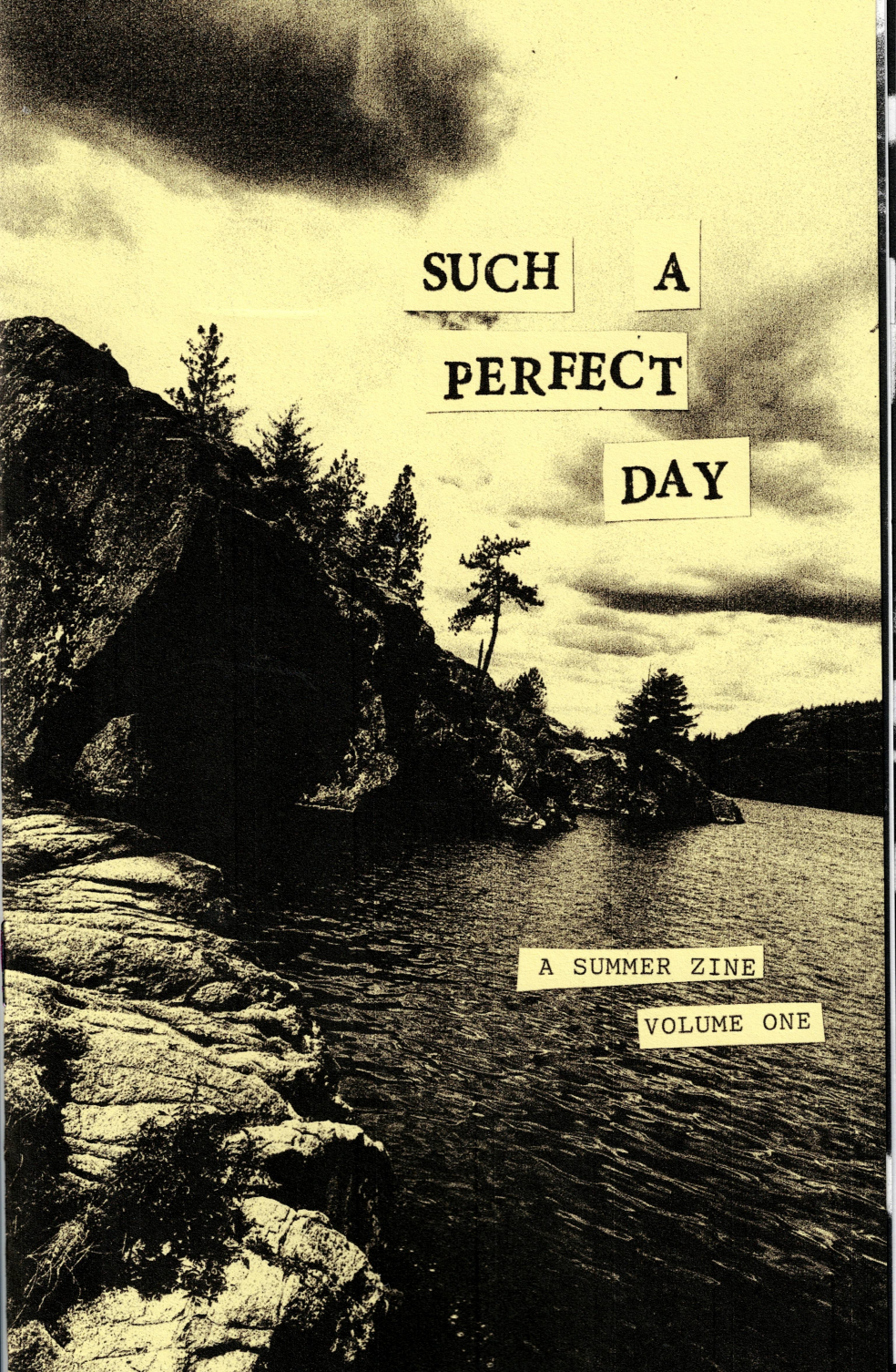




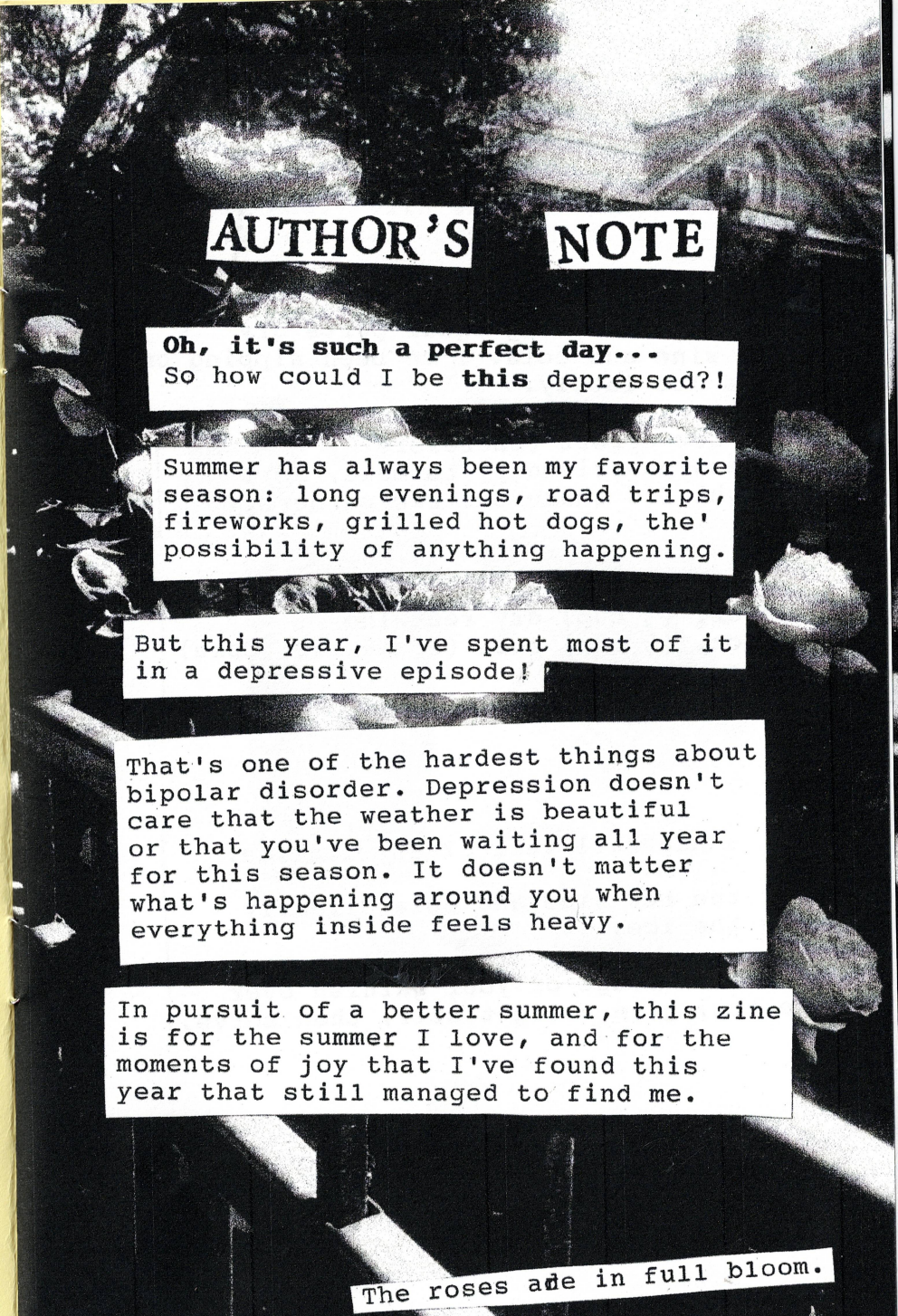
SUCH A

PERFECT

DAY

A SUMMER ZINE

VOLUME ONE



AUTHOR'S

NOTE

Oh, it's such a perfect day...

So how could I be **this** depressed?!

Summer has always been my favorite season: long evenings, road trips, fireworks, grilled hot dogs, the possibility of anything happening.

But this year, I've spent most of it in a depressive episode!

That's one of the hardest things about bipolar disorder. Depression doesn't care that the weather is beautiful or that you've been waiting all year for this season. It doesn't matter what's happening around you when everything inside feels heavy.

In pursuit of a better summer, this zine is for the summer I love, and for the moments of joy that I've found this year that still managed to find me.

The roses are in full bloom.

CALIMOCHO

a recipe

A calimocha is a refreshing cocktail made by combining equal parts dry red wine and cola. I've been sipping on it a lot lately.

It's low-effort (therefore depression-friendly) to make, so I thought I'd share the recipe here.

4 oz. ($\frac{1}{2}$ cup) dry red wine
4 oz. ($\frac{1}{2}$ cup) cola (I use Diet Coke)
Ice cubes
Lemon/lime/orange for garnishing

Fill a highball/tall glass with ice.

Pour the red wine and cola directly over the ice.

Squeeze a wedge of your garnish over the top, give a light stir, then serve.

Since the cola is naturally sweet, any dry red will do. Personally I go a little heavy with the wine, but this is up to personal preference...



so good!



Y TU MAMÁ TAMBIÉN

a very short review

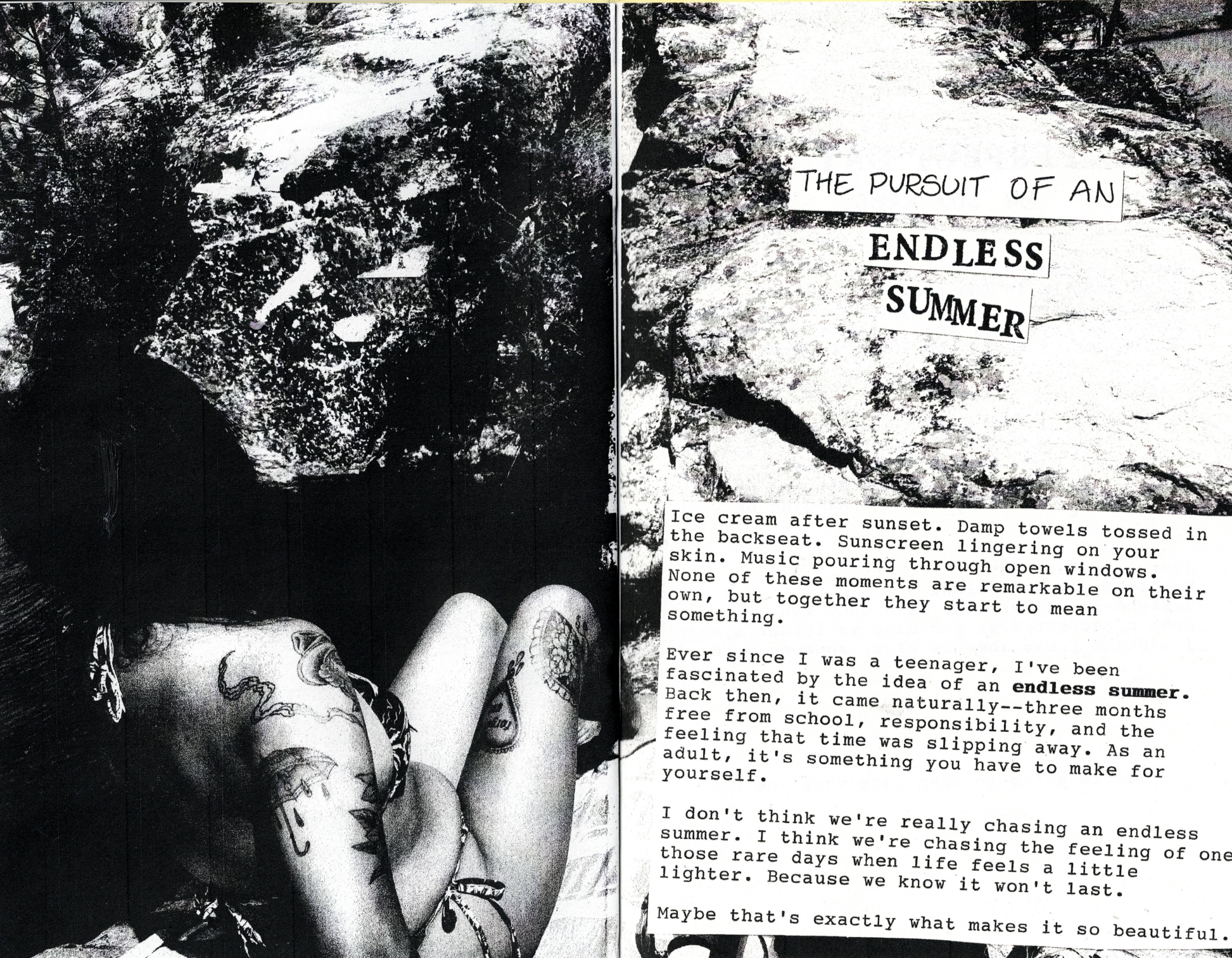
In pursuit of finding the horniest movie ever made (lol), I watched this with friends. It follows two teenage boys and an older woman on a road trip to the Mexican coast.

It just might be the movie of the summer for me. It left me in a kind of trance that I still can't fully describe!

In some ways, it reminded me of the summers I had at their age--charged with the feeling that anything can happen. I haven't had a summer quite like those since, though I can dream of getting close. Does anyone have these summers anymore?



NO NOTES!



THE PURSUIT OF AN

ENDLESS

SUMMER

Ice cream after sunset. Damp towels tossed in the backseat. Sunscreen lingering on your skin. Music pouring through open windows. None of these moments are remarkable on their own, but together they start to mean something.

Ever since I was a teenager, I've been fascinated by the idea of an **endless summer**. Back then, it came naturally--three months free from school, responsibility, and the feeling that time was slipping away. As an adult, it's something you have to make for yourself.

I don't think we're really chasing an endless summer. I think we're chasing the feeling of one of those rare days when life feels a little lighter. Because we know it won't last.

Maybe that's exactly what makes it so beautiful.

PERFECT DAY

BY LOU REED

Just a perfect day
Drink sangria in the park
And then later, when it gets dark, we go home
Just a perfect day, feed animals in the zoo
Then later, a movie too and then home

{ Oh it's such a perfect day
I'm glad I spent it with you
Oh, such a perfect day
You just keep me hanging on
You just keep me hanging on }

Just a perfect day,
Problems all left alone
Weekenders on our own, it's such fun
Just a perfect day, you made me forget myself
I thought I was someone else, someone good

You're going to reap just what you sow

i'm glad
i spent it
with you.

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