

ISSUE 1 2026
COMPILED BY
WARGUNK



KNEEDLZ N PYNZ
THE RETURN

KNEEDLZ N PYNZ

Kneedlz N' Pynz is a DIY zine based out of Long Beach, CA. Originally started in 2019 with the goal of shining a light on musicians and creators within local scenes. KNP exists to give creatives and anyone with a voice a platform to spread their messages and ideas. No creative will ever need to censor themselves for the sake of acceptance within KNP. We believe creators should be able to share what they create and have it be seen. KNP always has been and always will be for the community.

KNEEDLZ N PYNZ

**DEDICATED TO
SAMMY "PAPA" TRUJILLO
FOR ALWAYS SUPPORTING
AND BELIEVING IN ME.
REST IN POWER.**



**Welcome to The Return. Issue 1
of Kneedlz N' Pynz. Thank you for
taking time**

**out of your day to give this
zine your attention.**

**I have enjoyed every
moment of compiling this
and hope you enjoy every
moment of reading it!**

**Thank you to every musician
and creator who has taken
part in the creation of this issue.**

**This would not be possible
without you.**

CONTRIBUTORS

Wargunk

T.U.C.K

Mackenzie Elm

Zodiac

Gumby

Jordan Belding

Dani

Violent By Nature

Evan Lopez

Larry The Cable Guy Back

Shots

Melina G

CFA

Salem Plascencia





**By Mackenzie
@sknxdisease**

T.U.C.K: TRANS UNITED CIS KILLERS

WRITTEN BY: WARGUNK

TUCK: A duo hardcore punk band based out of Ventura, CA that puts on a unique and thrilling performance. The band was formed in August of 2024, consisting of Rue on bass, guitar AND vocals and Myles on drums.

How did the two meet? Well, “I’ve been going to shows since 2021 and around that time Myles was hosting shows in his backyard.” Rue explains, “ I went to one of those shows and someone was advertising wanting to start a band.” From this came a band under the name ‘Crucial Thought’. This was their first band together that disbanded in 2023. Rue and Myles didn’t quite end their music endeavors there. Rather, they began jamming together and in turn came the first TUCK demos.

The name TUCK is an acronym for ‘Trans United Cis Killers’. Originally posed as a joke by Rue, the name stuck. You’ll find their lyrics focus on topics such as trans/queer liberty, U.S. funded genocide and proxy wars, internalized hatred and depression. With their powerful lyrics and performances, TUCK will have you sucked in.

Currently released is their demo titled, '4 Track Demo' which it quite literally is. From this, " I have to say 'Pride' is my personal favorite." Rue continues, " Just because it is pretty personal to me being that I'm a raging fag." Rue suggests this track to first time listeners as it demonstrates their song formula well: fast, a little sloppy and RAW.

The goal for TUCK is not making it big or going far, it is for the music to reach those who need it - those who need a reminder that they are not alone in this struggle. Through this experience playing and writing music, Rue has learned that she is surrounded by a larger queer community than she previously thought. "Being in TUCK gives people a safe space to talk about these things with me and that makes me endlessly happy." States Rue.

There are many moments that drive Myles and Rue to continue this pursuit - traveling and meeting new people, as well as playing shows with other bands in their community. For Myles, a proud moment was playing with international acts like 'Urin' , a band from Germany. As for Rue, she states playing the Harry Drumdini benefit show as her proudest moment, " False Confession are one of my

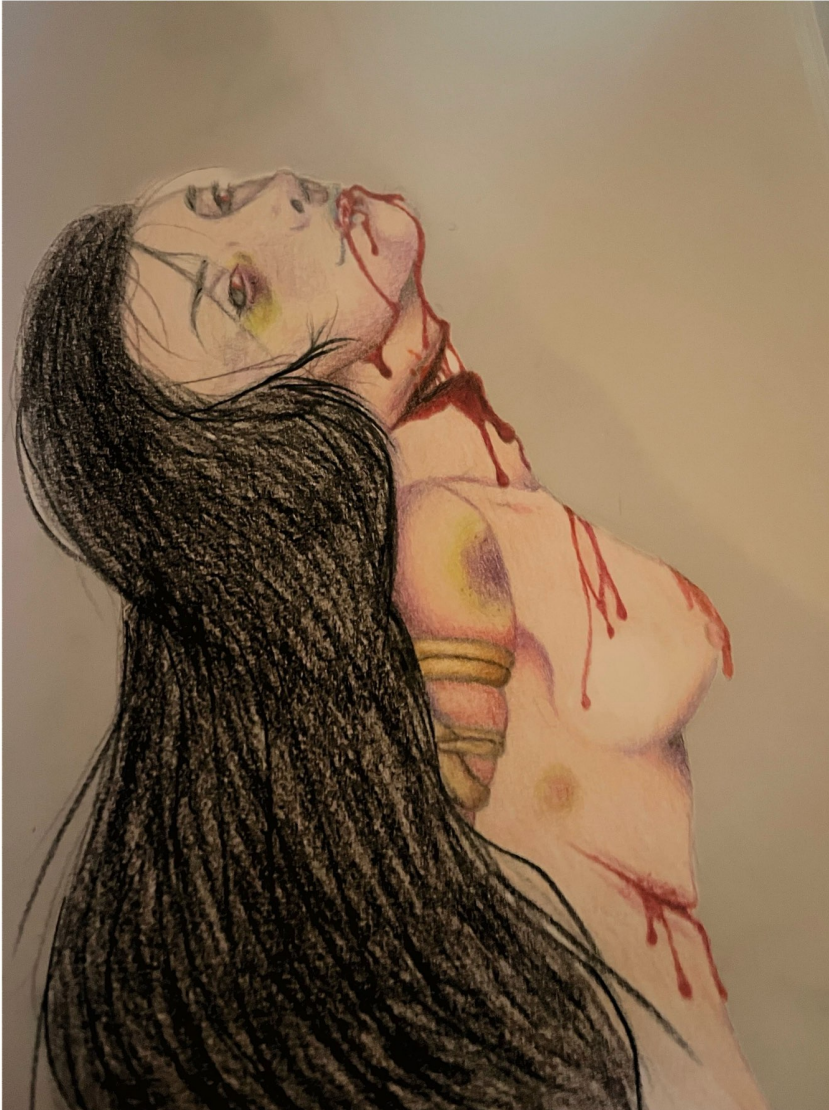
805 favorites" she tells, "and getting to play something to help them out was unbelievable."

These proud moments of course are accompanied with moments that leave them wanting to step down from the stage. "I experience a lot of self doubt and things of the sort." Rue explains, "It's a hard time to be a tranny and that alone can make me want to hide away from the world." Although these struggles leave Rue wanting to stop, Myles and her - as she lovingly told us - 'lovely partner Roial' help her overcome these hurdles.

Being in the scene has helped Rue on her journey of finding herself in making music. Therefore, TUCK hopes to be able to give that same support back. They encourage others to make an impact by going to shows, organizing, protesting, creating; finding a way to make sure those who govern us are forced to listen.

You can find TUCK on every music streaming platform. A full length LP is in the works and set to be released in 2026. For now, you can stream '4 Track Demo'. To keep up to date with music released and show dates, you can find them on Instagram @TUCK_hc.

By Dani
@emo.ghast
“Option 4: Faun”



I drew this piece while in an abusive relationship that I felt trapped in. It got to a point where I wasn't even trying to get out, I was just waiting to die, and thats what I tried to convey through this piece.

ZODIAC: WHERE POLITICS MEETS DRAGON BALL.

WRITTEN BY: WARGUNK

Zodiac is a 4 piece grind core project based out of Pomona, CA. The band formed in February of 2025 with Max (Distro) on drums, Isaac (Zodiac) on vocals/ guitar, Damien on guitar and Ben on guitar/bass. The name comes from Isaac's curiosity surrounding true crime, specifically the Zodiac Killer. Although they make it clear they do not condone or support the actions of the Zodiac Killer.

This band began as Isaac's solo black metal project. This endeavor felt stagnant to Isaac so after meeting Max at a show in Bloomington, the two tried playing together. The pieces came together from here on out. With Damien joining shortly after as Isaac didn't feel well versed enough in his guitar playing yet. They began jamming together and 'Dead or Alive' was written. They pushed on from there.

For first time listeners, Zodiac describes their music as, “a mix of grind, mince, hardcore and punk.” The cherry on top being their incorporation of Dragon Ball Z. With bands like Death, Misfits and Gutsfuck as their largest

musical inspirations. Lyrically, Isaac explains that “We like to focus on political distress in our country but we also like to have our fun and talk about Dragon Ball.” You can find Zodiac on every streaming service and if you’re lucky, catch them at a show!

Zodiac aims to spread their messages to bigger and farther audiences. To be able to be the voice of the people, “there are many big bands who choose to be silent about the politics of our world right now and it’s not right.” Isaac told. The band is committed to speaking out for their community. They firmly believe in raising awareness, donating to charities and attending protests as a way for others to make an impact. Thoroughly encouraging listeners to speak their minds on what they believe in. They hope that their messages will be heard and spread throughout every community.

In the coming year, Zodiac is looking to play shows fundraising for those affected by the ICE raids as well as those in Palestine fighting to survive. They encourage everyone to continue raising awareness, “Just because it’s not trending doesn’t mean you should stop talking about what is being done by the Israeli government.” Implored Isaac. Zodiac strongly

pushes their audience to use their voice for the better.

Support from their community is what drives Zodiac to continue playing. This includes messages asking about future shows and new music as well as lively crowds such as the crowd they got for their show ‘Zodiac Grind Fest’. “It was so amazing to see so many people come to a show for us!” Isaac said in regard to Zodiac Grind Fest, “Having the crowd scream along and even have them do a live cover of ‘Ozaru’ was insane.” In the time that Zodiac has been around, they have gained a devoted following in the scene. All this despite only forming just under a year prior to this interview.

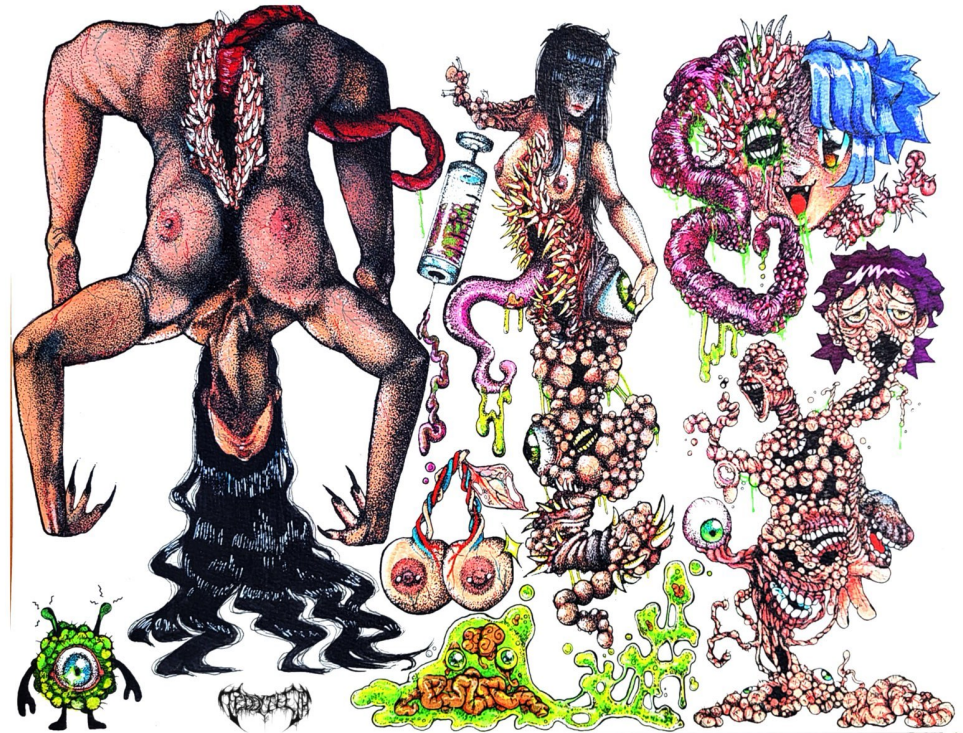
The disheartening side to making music is coming to find that some of the new individuals they have met aren’t as nice as they came out to be or the shows that just don’t land well. “We had a good string of shows where we sold basically no merch and people didn’t watch our set or stay for us.” explained Isaac. Following this string of shows, Zodiac took the time to pause and rethink what they were doing. In turn, they have had great shows with amazing crowds since. Despite feeling low in those moments, Zodiac persevered.

As previously stated, you can stream Zodiac on all major streaming platforms. They are hoping to release a new single before the end of 2025. Given that you will be reading this in 2026, that single is hopefully available for your listening pleasure! Be sure to follow Zodiac on Instagram @Zodiac_grind to keep up to date with new music, shows and more.

**We love each and everyone who supports us. Our DMs are always open so don't be afraid to hit us up for whatever you need! Stay True, Stay strong, we love Dragon ball and hate Trump.
-Zodiac**



**By Salem Plasencia
@teddy.teeth**



**“This piece doesn't have a name it's a sheet of tattoo designs I did to test myself and what I could do traditionally since a majority of my art is done digitally, I made a lot of mistakes but it was still a fun process.”
-Salem Plasencia**

LOOKING FOR PATCHIES? LEATHERWORK? ZINES? CHECK THESE OUT!

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@shrimp.punk.distro
@utopiaburnsboutique

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@rott3n_tooth
@562.dystro
@slitwristsdistro
@thepeasantsrevolt
@emilionukum

Custom pins:

@pinnedup77

Harm reduction/mutual aid:

@mars.collective.LA
@rebel.harmreduction
@vegas_critter_collective

Stickers:

@Small.town.crust.distro

Zines

@civfucks
@drawnpoorlyzine
@zines.diy
Dsdistro.noblogs.org (18+)

Jewelry:

@keepiedolly
@sacro.culto
@gaz_rattlehead_jewelry

Hair cuts

@iwontletyoucutmyhair

Nails

@klawedbycookie
@nailedddbyjay
@saturnstixx



'Means To An End'



By Bloom

@asmassgravesfill

VIOLENT BY NATURE

WRITTEN BY: WARGUNK

Returning readers may remember Violent By Nature's first interview with us back in 2020, since then VBN has released their album 'To Live And Die In LA' as well as a single and an EP back in 2022. New faces have also since entered VBN's lineup. Currently VBN has Thor Thatcher on vocals/lead guitar, Seth (Doc) Waggoner on bass/ backing vocals, Jose Garcia on drums and David Salcedo on lead guitar/backing vocals. Thatcher met the other 3 members of VBN over the last 7 years of attending and playing shows. The original purpose of VBN was to satisfy Thatcher's want to play music and entertain people, although Violent By Nature has grown to be much more.

Violent By Nature takes inspiration from bands like Metallica, Megadeath, Annihilator and Sodom; continues but just to name a few. Thatcher describes their sound as a mix of everything from punk and hardcore to old school and extreme metal. VBN's lyrics are raw, loud and anti-government. They also focus on their life experiences, frustration from encounters with other. Thatcher adds that this list goes even further with the new songs. Each member has their own opinions on which of their songs is their favorite, Garcia favors 'Afterbirth' as its one of their most intense tracks whereas Salcedo favors 'Rampage'

for being one of their more structurally dynamic tracks. As for Thatcher, "Plagued Society as it shows how I currently see the world and the state it's in." Thatcher is adamant and vocal when it comes to issues in our society.

Although unsure of what caused it, Thatcher has always spoken up for what he thinks is right. Urging others to question their government and its doings. This happens to be one of the things VBN wants their audience to pick up from them, "Don't trust the government, neither side, and find more young bands to listen to," Thatcher told, "not just us (but us please) and give them attention." Thatcher encourages others to use their wallet and their attendance to help make an impact, stating that those two things can carry more weight than one might typically think.

A significant struggle that VBN notes is coming up with the funds for recording, touring and such. "It's difficult up to a certain stage due to pay not being much and in the streaming era, the money from people listening to music is almost nothing." Thatcher explained. This, having bandmates leave or having to fire people, periods where progress is not being made are moments that add up and halt the band's drive to continue. Regardless, Violent By Nature persists, driven by this want to finish what was started and see how far the band can go while proving some people wrong and creating this lasting connection with audiences that will last far

beyond their existence.

Violent By Nature aims to see how big they can get- how many people they can possibly connect with. They have met a great deal of amazing people since their formation. Opening for larger acts like Destruction and the Calaveras being some of their prouder moments on top of producing their first record. With new music in the works and tours being set in place, keep up with Violent By Nature's shows by following their instagram, @VBN_la. This January they will be doing a Northern California tour you do not want to miss. Above all Violent By Nature urges their audience to do what they wish while being cautious and smart about their actions, never forgetting to have fun and keep away from drama- which can be difficult at times. "Overall keep your eyes and ears open for everything VBN has coming," Thatcher closes with, "don't trust the powers that be, and be kind to each other." You can find Violent By Nature on all steaming services! Follow along on Instagram for music releases and show dates!



Use it for any month:

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



By Melina G
@deathbaits

POEM BY GUMBY

Talked with the moon last night
Made me want to change
My ways of passing days
Do what that man says
and you will get paid
while he will just get laid
Disgusted and Broken
Rip my heart open
Put me on the ground
Don't let me make a sound
Paralyzed by fear
Don't you dare come near
My ragged brain appears
Showing me my fears
Wipe away my tears
Scared of saying no
Please just let me go
I'm better than this
I deserve bliss
Do I deserve this?
What is my purpose?
Is it just for my surface?

I'm not just a toy,
you silly little boy you can't play with me
Bruises underneath

My shattered belief
of what a good man's supposed to be
You ruined that for me.
so I'll go along with it and play your little bit
out of pity
Feeling shitty
You don't even want me
You want my pretty little body
I'm not just a tool,
you stupid fucking fool you can't use me
or abuse me
no longer.

Gumby
@contradictthestrict

LARRY THE CABLE GUY BACK SHOTS

WRITTEN BY: WARGUNK

Larry The Cable Guy Back Shots: your next folk punk obsession. With Audrey Plath on guitar, Wrenna Nocturne on banjo, Kale on percussion and Ryan on accordion, this 4 piece will wreck your heart and make you jump with their high tempo, high energy performances. They are fast and they are loud, ready for their audience to scream along with them.

LTCGBS formed in the winter of 2024, originally under the name 'Centsless Violence'. The transition from Centsless Violence to Larry The Cable Guy Back Shots is an interesting one. Kale explains that they and Audrey were tripping on shrooms at X-fest 2024 and, "After our set we were hanging out with John Warmb, Dan Apes, and Feather Collector." They continued, "Somewhere in our delirium, after discussing if we should "eat the horsey-gorsey", the image of Larry the Cable Guy RECEIVING backshots from Oprah Winfrey was birthed into one of our minds." The two knew immediately that they needed to change their name. "Ya my original name sucked. Lol." Audrey added. The new name became more memorable among their audience and has stuck since.

From musicians like Doom Scroll and Pat The Bunny to Zounds and Spazz to Asking For It and 100 Gecs; LTCGBS is all over the place yet uniform in the best ways. They are revolutionaries to the core. Kale explains that writing music is a healthy coping mechanism for the band personal issues, self care and revolutionary action. "Revolutionary action and finding hope in a fucked situation." Audrey adds, "We're queer, we struggle with mental illness and trying to build something in an environment that is constantly crushing us." Audrey emphasizes the importance of being militant and holding on to what makes you want to do better for yourself and those around you.

Each member has a different song they favor and suggest to new listeners, for Audrey and Ryan it's their track, 'Burn Bright'. Audrey goes on to say, "It was the first song me and Kale wrote together and I think it encapsulates what we are all still feeling as a musical project." Audrey continues, " We are living in a fascist nation that is deteriorating and we are all fucked. But there is a spark we gotta keep holding onto and we gotta at least go out defiantly or in a struggle to kill the system that is destroying itself and us." Ryan chose this track because it was the first track he heard before joining the band and immediately fell in love, stating it is a great song to scream along to. Wrenna describes

their track, 'Wash Ur Ass' as their favorite to jam to and she feels it is an uplifting song. For Kale, they landed on 'Target Pride Collection' for being fast, loud and the lyrics cover everything they wanted to say with the song. They also point out that Audrey's mixing on the track is beautiful. Another interesting feature of this track is Kale's use of their HAM radio on the recording to create some extra noise.

Audrey notes that the scene has helped shape her to be who she is today, explaining that she would like to be able to do the same for others with their music. "It showed me you don't have to be perfect or know music to start making it. I want them to pick up an instrument and scream with us." Audrey added. Kale also begs others, especially BIPOC kids to pick up an instrument and make your voice heard. "I want people to know, truly, how free they are. Laws and violence have always been used against us, but we cannot give those things the power they demand." Kale goes on, "I wish to preach that through resistance, our will becomes reality, and their will becomes nothing more than words on a page." Kale finds writing music as a fun experience, adding that it is a beautiful thing to see a piece of art to completion. It is worth noting that Kale loves playing shows most of all, it gives them a sort of high that is unique to this experience.

Through the years of creating music and playing shows, it has taught LTCGBS that to organize and accomplish what you must - you are really just talking and connecting with those around you and remaining consistent. The most important thing is taking action. "Most people talk revolution, or about projects they wanna do, or things they wanna see in their scene, but too many people don't take any action on these things," said Audrey. "And it's really a great scene for when you are trying to do stuff because so many artists and community members are down to help and give advice or pull resources." What truly makes each member proud in what they do is playing for their friends and community, having the crowd sing along and the way the band grows artistically together. What is clear is how heavily each member values the support and community that surrounds them.

LTCGBS hopes that if their audience can pick up anything from them it's the notion that you carry much more power than you might think. "Start fighting. Seriously. Throw punches with your friends." Audrey urged, "We are in a violent world that wants us dead and we need to fight." The power of taking action and being involved in protesting and organizing is heavily emphasized and encouraged. Audrey adds that the biggest turning point for her was being involved in a protest where the power of the

people was greater than the power of the police,
it helped her realize that it truly is possible to
smash their illusion of control.

**“Don’t despair,
Radicalize.”
-Larry The Cable Guy
Back Shots**

**You can find Larry The Cable Guy Back Shots
on Bandcamp and follow them on instagram
@LTC.backshots for updates on tours, music and
anything else you might be curious about!**



CVNT FACE PRODUCTIONS

**Hi my name is Rando
I'm 23 based out of
Northern AZ I started
this out of a love for film
And the unknown.
I like to blend the genres I
love With A lot of nonsensical yet beautiful
stories making sense or no sense
My goal is for you to interpretate at your own will.**

**Find me on YouTube and Instagram
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‘Aliyah’



**Paintings by
Evan Lopez**

@evan_fullmetal on Instagram

CFA: RIALTO PUNK

WRITTEN BY: WARGUNK

CFA has gone through various versions and forms since they originally formed. Today, CFA is a two piece punk band composed of two brothers: Adrian (guitar and vox) and Ariel (drums and vox) Otero based out of Rialto, CA. This current variation has been the lineup since around 2018. The name CFA stands for ‘Cherry Flavored Antacids’ which came from the lyrics of Pennyroyal Tea by Nirvana. The brothers' love of music from a young age inspired the two to start making it. CFA remains a two piece and finds that being family making music together makes staying a band easier, “when it’s family, we can put up with more before it pushes us over the edge.” said Ariel. Despite only being a two piece, CFA manages to maintain a complete, rounded sound.

Over the years, CFA has drawn musical inspiration from a plethora of bands such as Nirvana, Minor Threat, Flipper, Crass and Conflict. Nirvana specifically has had large impact on the brothers. This impact holds strong and apparent, especially in tracks like ‘The Endz’ and ‘Lip Service’ which can be found on their EP “The Endz”. Lyrically CFA focuses on a variety of topics, mainly focusing on daily and personal events in their lives. “At the end of the day we love to provide some music so everyone can create their own meaning.” explained Ariel. CFA aims to continue creating and playing music until they physically can't anymore.

Adrian and Ariel carry a huge love for creating. Driven by their love and admiration for music. Whether they are playing for nobody but themselves or a crowd of people, the brothers are joyed to be playing at all. "I think we just love music so much and are happy we can create our own and have that be something we can showcase." Ariel noted. CFA tries to use their music to drive change in society. Ariel also notes that their lyric may not always directly speak on politics and humanity but their overall message is to fight for basic human rights and to question what is considered "normal".

This act of questioning the societal norm has been instilled in the two from a young age. "I think since we were children we always had that mindset to question the norm," Ariel continued, "we never just accepted ideologies just cause it's the standard and always helps exploring the world and embracing new cultures to expand your mind." CFA highlights the current mistreatment of immigrants in the United States and how its administration's abuse of power has become normal in today's climate.

CFA contributes as often and as much as they can when it comes to building a better future. They do so by donating funds and even music at times, supporting local fundraisers and trying to be a voice for their local and global communities. They believe others can make a difference by using their voice. "Even at a local level if you speak up or have an open minded conversation with those that don't have the same views." Ariel advised. "Maybe you can be the catalyst for a better tomorrow." They believe that even small efforts make an impact. Reminding others to never think their

voice or actions don't matter. CFA hopes to see more bands helping each tiger out and fewer 21+ shows in the future. They advise anyone looking to start making music to take the step to go out and do it, letting go of the fear of failure and being different.

CFA just released their new 4 track EP, 'Divisions' on January 6th of 2025. You can find this EP along with CFA's previous releases on all streaming platforms. For updates, shows and later releases you can follow along with CFA on Instagram @CFAtheband.



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Their Lives"

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Scan to donate to Carie's fundraiser
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Defendingourneighbors.org
Chirla.org
Give.projecthope.org

HEY! CHECK OUT THESE SONGS!

¡No Mas! - Nerve Hooks

**Sick One - Bedroom
Addiction**

Stoner Witch - Hobo Wizard

Arm The Poor - Switchblade

**Wasted N' Dazed - Full
Offense**

Snake Eyes - Wasted

Void - Bubba Soundsystem

Peace By Piece - D.O.V.E

Bodies - Hero Injection

Black Swan - Krimson

THANK YOU



@I NEED A PYNZ