

A black and white collage featuring a repeating watermark of the text "cleanshirt_chronicles.r01" in a large, bold, sans-serif font. The watermark is repeated across the entire image, covering various screenshots of a computer interface. These screenshots include a file list with columns like "Name", "Artist", "Album", "Date Added", and "Play Count"; a log or history page with numerous entries; and a shutdown confirmation dialog box. The overall aesthetic is technical and digital.

**cleanshirt_chronicles.r01**

RELEASE NAME	:	cleanshirt_chronicles.r01
AUTHOR	:	Clean Shirt
FORMAT	:	Zine (.pdf / photocopy)
RELEASE DATE	:	27.04.2025

ABOUT:

A monthly zine from a forgotten way of life, thrust into the modern day against its will.

Personal insights, snapshots into the daily life, discussions on albums old and new, and an overwhelming refusal to let the aging tech of Y2K and the early 10s seek the death it so clearly desires.

For people who miss forums and still burn CDs (shout out Acidmods).

FILES INCLUDED IN THIS RELEASE:

- ▶ README.nfo
 - ▶ status_update.rtf
 - ▶ sleeve_notes.txt
 - ▶ memory_card.raw
 - ▶ backlogged_and_loaded.db
 - ▶ frame_dump.jpg
 - ▶ journal_entry_[18042025].log
 - ▶ dog_log.txt
 - ▶ about_me.doc
-

INSTALL INSTRUCTIONS:

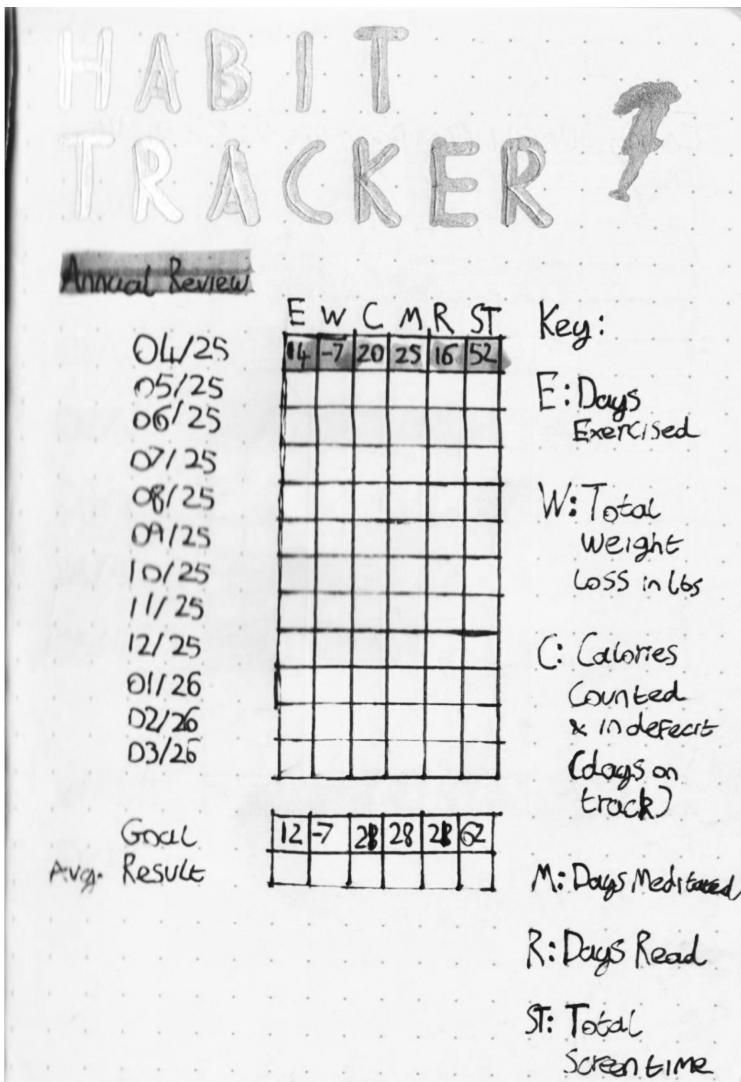
1. Buy it, find it, steal it.
 2. Leave your phone in another room.
 3. Read like it's 2007 and you're grounded for knicking a B&H Silver from your mum.
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CONTACT / TRADE / HIGH-FIVES:

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Music recs, zine swaps & tech ramblings always welcome.

status_update.rtf

April 2025



Month 1 of tracking the new routine... a mixed bag, to be honest. I let life get in the way (read: I made excuses) far more than I would have liked. However... success on losing weight, reducing Screen Time and the Couch to 5K program.

Still, pretty good showing on reading, and the meditation metric shows that I stuck to it for the majority of the time.. and one thing I noticed, meditation really does help!

La Dispute

Somewhere at the Bottom of The River between Vega and Altair



The incredible debut album from the Michigan post-hardcore band may actually be my favourite album of all time, and seems like a fitting way to kick-off Sleeve Notes. Released in 2008, it was noted for Jordan Dreyer's unique vocal style and poetic writing, and it's loose recounting of 'The Cowherd and the Weaver Girl.'

sleeve notes.txt

I was actually introduced to this band through a friend I had on MSN back in the day. I'd met him through console modding forum Acidmods, and he had actually introduced me to Graphic Design and a lot of incredible music, including Justice and Thomas Bangalter's solo house work.

Around this time I had started my discovery of heavier music styles, specifically bands like Slipknot and Bring Me The Horizon. Much like the Grime and Drum and Bass I had grown up with, I was drawn to the sheer aggression of the music. I've always been a little socially awkward and self conscious, but the "I don't give a fuck" attitude of these bands really stirred something in me.

Anyway, my friend's music taste typically did not delve into the heavy guitar driven music that I had been becoming enamoured with. However, I think that the band's Here, Hear series had hooked him, and he shared how he quite liked this album. So, I opened up BearShare and downloaded it, and then it went straight onto my mint green iPod Nano (3rd Gen).

I think the thing that pulled me in first was the bluesy guitars in Damaged Goods. It was familiar, yet brand new for me. I find that once I find something to 'hook me in' to an album, that's when I let my guard down and fully expose myself to it. I'm so glad I did.

This soundtracked my walk to school for many, many years, and to this day continues to be an integral part of my rotation. Just two weeks ago, I extended my dog Jimmy's morning walk as I was half-way into the album when I got near my house - and with my trusty companion by my side and my phone still back at the house, I couldn't think of anything better than seeing out the incredible journey of The Last Continent whilst meandering through the local streets on a sunny Sunday morning. When I got home, I downloaded Barry Hughart's Bridge of Birds and finished it in a couple of days.

It's not an album for everyone. My girlfriend finds it too abrasive and depressing, which I understand. I still remember when my headphone became unplugged from my phone in English during the intro to Fall Down - and everyone laughed.

But, for me, it's as close to perfect as an album can be.



Oddworld: Abe's Oddysee Oddworld Inhabitants / PS1

90's cinematic platformer with heavy themes of consumerism and environmentalism, with 3D graphics from a team of Hollywood veterans who fleshed out gorgeous alien worlds with an incredibly subtle and moody soundtrack to boot... How could you not love that? Also, you can possess the bastards that shoot you and your friends and make them explode. And there's a fart button.

memory_card.raw

Where do I begin with Oddworld: Abe's Oddysee? I remember my brothers playing the first couple of levels and the aesthetics really grabbed me. Specifically, the hazy skies in the stockyards and all of the machines with faces on them, always watching you.

It terrified me, but I was obsessed. I believe we played it on a demo disc, but my mum bought me a copy a couple years down the line - I think around the time the PS2 had come out. The obsession never died down, and even through the rockier recent years of Oddworld Inhabitants post-hiatus, I've played anything they came out with. I also actually really enjoyed Soulstorm, and go back to it periodically.

I got a Miyoo Mini Plus recently and I've been revisiting this gem with the aim of finally saving all 99 Mudokons. I am using save states.. but to try and achieve that without them would be a little too stress inducing. The controls are pretty clunky, but when you're a kid you push through, and the timing is muscle memory for me now. The soundtrack and all of the sound design is just as amazing as it was in the 90's and the message hits harder than ever before.

This game evokes such a strong sense of nostalgia even on what must be my 20th play through. It's design is gross in the best way possible. Harsh lighting, blood on the walls, manky posters and carcasses rotting away in the background - it sets the scene in an unforgettable way. And then you get out... and it's beautiful. Life the way that nature had intended it. But you're not done yet...

It's trial and error, brutally difficult, and frustrating to the point of profanity ridden screams of rage. But the payoff is 100% worth it and I would recommend it to anyone looking for basically any game to play.

A quick look at some of the albums I've been listening to this month, specifically new releases and those in my backlog that I've never given a fair crack at listening to.

These are personal opinions, not reviews. Scoring art is a pointless endeavour. It's all subjective, which is why we love it.

Backlogged



Black Country, New Road - For The First Time

Oh man this got me. I'd tried 'Ants from Up There' a couple of times, and whilst I appreciated the musicianship and pure technical and creative ability on show, it just didn't strike a chord. But I thought I'd try again on one of my morning walks with Jim, and by the time Sunglasses was over, I knew this would be a regular to come back to. The massive crescendo at the end of that track was all I needed to hook me. Very, very cool album, and one I would definitely recommend



Modest Mouse - The Lonesome Crowded West

For some reason I thought this was going to be some Boards of Canada style chillout music. I was wrong, and I'm so glad I was. It's brash, but it's got groove. I've played it a few times over the last couple of weeks and it's definitely one I'll continue to put on occasionally.

Perhaps not a greatest of all time for me personally, but I do get the hype.

Loaded



Jane Remover - REVENGESEEKERZ

Over the top, in your face, and sometimes just outright difficult. I didn't like it, but I couldn't stop listening. Probably the most chronically online album I've listened to this year. But the hooks are just so damn catchy. I've been walking around the house saying 'I've got demons on my ass' for the last two weeks. I sound like I'm being negative on this - it's not my intention, . I just don't understand why I like it. It's an incredible display of maximalism.

Skrillex - F*CK U SKRILLEX YOU THINK UR ANDY WARHOL BUT UR NOT!! <3



This is exactly how an electronic album should be executed in my opinion. DJ Smokey's continued commentary is stupid and over the top and exactly what this album needs. It doesn't take itself too seriously, and if it did, I wouldn't bother listening again. It's fun and silly, but also incredibly produced - and if 'Slickman' was released as a full length single, it would be on my USB ready to go.

frame_dump.jpg





Bloody good day today! My Miyoo Mini Plus arrived today so I've been playing around with & setting it up the way I want it. Impressive little device! All of my music has been transferred on to YouTube Music, so that I can access all my stuff in a pinch - and also to help me build out my running playlists. I also managed to bring back my iPod from the dead. She was absolutely fried and I'm still not entirely sure how I revived it.

A little cross body bag also turned up today and it's just small enough to force me to be more intentional with what I bring with me when I go out. Notepads and my iPod can always come with me, but I will need to pick between my Kindle and my Miyoo. However, I'm going to try and make a concious effort to prefer the Kindle - reading is one of my goals this year, playing my silly little games is not.

Me & my girlfriend Liv finally got round to building the Lego flower that my brother Leon got us for Christmas. I really enjoyed spending some time together engaging in an activity instead of just a movie or a new TV Show. Don't get me wrong, I love chilling out to the "brand new 6 part Danish Crime Drama", but I definitely want to do more stuff like this of an evening.

Next up - learning to play Chess!

dog.log.txt



We recently took Jimmy back to one of the first walk's we did when I got my camera and started getting in to photography. Dogs are so much easier to photograph than people. We made a couple of discoveries on this particular walk:

- Turns out it's private land. Oops.
- Hare's are a lot bigger than I realised.
- They're also a lot faster than I expected. Jim managed to locate a couple, and he is fast - but boy are they faster.

All in all, it was a fun walk, and we're lucky to live somewhere with so many different scenic environments. Beaches, woodlands, open countryside, lakes... all within a mile or two radius. As this is the first dog log, I should probably share some history on Jimmy. He's a rescue - an ex-street dog from Bosnia who was rescued from a kill shelter. Story goes that they are held for 7 days before they are culled. And lucky Jim was on his seventh day when he was rescued (shout out Rocky Road Rescue!). Now he lives the life of luxury - even if he often prefers to try and eat plastic over his actual dinner.

W Microsoft Word - Document1

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about me



Name: Clean Shirt

Location: On the Kentish coast

Summary: I used to make weird noises for kiddy teenagers, and sometimes still do. I got burnt out on the whole concept of 'making it' somewhere back in 2020, and since then I've been trying to find my way of distilling myself into some form of cohesive work, in order to 'leave my mark' on the world. The end product is this zine – my way of talking about the niche things I love that my friends aren't particularly interested in.

These days I'm mainly focused being present in my day to day, fannying around with devices way past their sell-by date, focusing on my self improvement journey, and saying things like *"I'll give you 5 minutes back to your day"* in my corporate job.

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