

UNCLOUDEDXFOCUS

THIS IS THE FIRST EDITION OF UNCLOUDEDXFOCUS, WHICH IS A HANDOUT ABOUT CHOOSING TO LIVE A SOBER LIFESTYLE. CLAIMING EDGE, HARDCORE MUSIC, VEGANISM AND THE STRAIGHT EDGE IN GENERAL.

SOME PEOPLE MAY NOT KNOW WHAT THE WORDS 'STRAIGHT EDGE' OR 'CLAIMING EDGE' MEAN AT ALL. SO WITH THIS HANDOUT I'LL TRY TO SET THINGS STRAIGHT (HAHA) AND EXPLAIN IN AN EASY WAY WHAT THE 'STRAIGHT EDGE' IS IN GENERAL AND WHAT IT MEANS TO ME AND WHY THIS LIFESTYLE IS A REASONABLE CHOICE.

I CHOSE THE NAME FOR THE ZINE FROM A SONG NAMED 'NOTHING (TO YOU)' BY THE GERMAN STRAIGHT EDGE BAND SPARK (RIP) WHICH INTENSELY RESONATES WITH ME FROM THE FIRST TIME I LISTENED TO IT.

'UNCLOUDED AND FOCUSED - MY ONE TRUE DRIVE' - THESE LYRICS

DESCRIBE PART OF MY ATTITUDE AND THE REASONS WHY I CHOSE A SOBER LIFE. SO IT KIND OF STUCK WITH ME AND MAKES QUITE A NICE NAME. I GUESS.

#1

X

HARD
CORE

VEGAN

STRAIGHT EDGE IN GENERAL:

STRAIGHT EDGE (OR STRAIGHTEDGE OR SXE OR XXX) IS A LIFESTYLE CHOICE ROOTED WITHIN THE HARDCORE/ PUNK MUSIC SCENE WHICH INCLUDES THE ABSTINENCE FROM DRUGS, ALCOHOL AND SMOKING.

TO SOME EXTENT IT'S ABOUT NOT ENGAGING IN PROMISCUOUS SEXUAL RELATIONS, NOT DRINKING CAFFEINE AND/OR BEING VEGAN WHICH IS MOSTLY LINKED TO INDIVIDUAL INTERPRETATION OF SAID MINDSET. SOME OTHER ASPECTS CONNECTED TO SXE ARE A STRONG DIY ETHIC, A POSITIVE MENTAL ATTITUDE (PMA) AND A LEFT-WING POLITICAL BACKGROUND.

PEOPLE WHO CHOOSE THIS LIFESTYLE 'CLAIM EDGE' AND CALL THEMSELVES STRAIGHT EDGE AND WHEN EXTENDING THEIR CHOICE TO LIVING VEGAN, THEY ARE CALLED VEGAN STRAIGHT EDGE (VXE OR XVX).

XXX

WHY CLAIM EDGE?

I AM NOW STRAIGHT EDGE FOR ALMOST 12 YEARS. IT MEANS I DON'T DO DRUGS, SMOKE OR DRINK ANY ALCOHOLIC BEVERAGES.

IT'S SOMETHING I DON'T OFTEN TALK ABOUT - SINCE NOT EVERYONE'S OPEN MINDED TOWARDS MY ATTITUDE. I HATE DISCUSSIONS AND OFTEN I FIND MYSELF IN ONE WHEN OPENLY TALKING ABOUT MY MINDSET.

WHEN PEOPLE ASK ME WHY I DON'T DRINK, I OFTEN THINK OF A QUICK RESPONSE - BUT IT'S WAY MORE COMPLEX WHY I DECIDED NOT TO CONSUME DRUGS IN THE WIDER SENSE.

WHEN I WAS YOUNGER I DID NOT DRINK VERY OFTEN BUT WHEN I DID IT WAS EXCESSIVELY. PASSED OUT, BLACKED OUT, ALMOST DESTROYED RELATIONSHIPS - DUE TO BINGEING ALCOHOL AND/OR RECREATIONAL DRUGS. SMOKING WAS NOT A BIG DEAL FOR ME JUST A SHORT TERM HABIT. TAKING DRUGS NEVER FELT GOOD TO ME DUE TO A FAMILY MEMBER

SUFFERING FROM DRUG ABUSE AND ITS FOLLOW UPS.

I DID NOT WANT TO GO DOWN THAT ROAD EITHER.

BUT WHEN I WAS CONSUMING I OFTEN LOST CONTROL.

ALL MY CONSUME OF NUMBING STIMULANTS CAME TO GRINDING HALT WHEN I FIRST CAME INTO CONTACT WITH THE STRAIGHT EDGE MOVEMENT AND ITS MINDSET.

I DON'T WANT TO GO TOO MUCH INTO DETAIL, BUT MEETING THE RIGHT PEOPLE AT THE RIGHT TIME CAN CHANGE YOUR LIFE - AND FOR ME IT WAS MEETING SOMEONE AT A HARDCORE SHOW WHO HAD SAID MINDSET.

I GATHERED INFO ABOUT BEING STRAIGHT EDGE AND IN THE PROCESS I FOUND A TRUTH HIDDEN INSIDE MYSELF - I NEVER FELT IN CONTROL WHEN CONSUMING DRUGS. I NEEDED TO STAY IN CONTROL. I NEEDED A CLEAR MIND. I DECIDED TO BE STRAIGHTEDGE.

THE LAST TEN YEARS THERE WERE DAYS I STRUGGLED AND NEARLY GAVE UP. THERE WERE DAYS I ALMOST LOST CONTROL. BUT TODAY

I CAN SAY IT WAS WORTHWHILE - I STILL AM IN CONTROL. FOR ME IT WAS ABOUT BEING IN CONTROL OF MY BODY AND MY MIND AND ALSO A FORM OF INDIVIDUALISTIC EXPRESSION.

FOR YOU STRAIGHT EDGE CAN BE ANYTHING YOU WANT IT TO BE. A LIBERATION FROM CONFORMITY. BECOMING/STAYING SOBER FROM ADDICTION. A MEANS TO ACTIVELY BE POLITICAL IN YOUR CHOICES OR SIMPLY TO BE IN CONTROL OF YOUR SENSES.

WHEN YOU ABSTAIN FROM INTOXICATING SUBSTANCES YOU ACTIVELY STOP SUPPORTING EXPLOITATIVE INDUSTRIAL BRANCHES LIKE THE ALCOHOL OR TOBACCO INDUSTRY AND IF YOU CHOOSE TO BE VEGAN FURTHERMORE YOU STOP YOUR SUPPORT OF ANIMAL CRUELTY.

BUT SXE IS NOT ABOUT BEING BETTER THAN OTHER PEOPLE OR FEELING MORALLY SUPERIOR. IT'S ABOUT DOING WHAT'S BEST FOR YOURSELF. IT'S ABOUT BEING UNCLOUDED AND FOCUSED.

- FRONT -

DIY

DIY

THERE IS A NEW BAND ON THE RISE
(WHICH I DO THE VOCALS FOR):

HANDSHAKE
HANDSHAKE
HANDSHAKE

WE ARE HANDSHAKE. A MUNICH AND KAUFBEUREN BASED HC BAND WITH A STRONG SXE
BACKGROUND - EVEN THOUGH NOT ALL OF US ARE SXE - BUT THE HC SPIRIT IS WHAT
CONNECTS US AND FUELS OUR CREATIVE PROCESS IN MAKING MUSIC.

ONE OF THE FIRST SONGS FROM OUR DEMO IS 'HEAD TRUE NORTH', A SONG WHICH
EXPRESSES OUR DETERMINATION TO REACH OUR GOALS AND LET OTHERS FEEL WHAT WE
FEEL - EMPATHY IS SOMETHING THAT IS THE BEST GUIDELINE FOR OUR BEHAVIOUR
TOWARDS OTHER BEINGS AND A BETTER FUTURE CAN JUST BE CREATED BY CHANGING
THE WAY WE ACT AND BEING MORE COMPASSIONATE.

'PLEASE REACH OUT' IS ABOUT THE HARDSHIP OF LIFE AND THE IMPORTANCE OF
ASKING FOR HELP IF YOU ARE IN A BAD PLACE, FEELING DEPRESSED OR EVEN
THINKING ABOUT SUICIDE.

IF YOU FEEL THIS WAY, DON'T BE AFRAID TO ASK FOR HELP. PLEASE REACH OUT.

POSITIVE
MENTAL
ATTITUDE



MORITZ - VOCALS



MARKUS - GUITAR



MAIK - BASS



KAY - DRUMS

FOUR INFLUENTIAL RELEASES I NEED TO MENTION HERE ARE:

SPARK - SUPERNOVA

FURY - PARAMOUNT

OUTSPOKEN - THE CURRENT

HAVE HEART - SONGS TO SCREAM AT THE SUN

THIS WAS
UNCLOUDEDXFOCUS
GREETINGS.

MO X

HARD CORE
MUSIC RULES!

-BACK-