



Massacre: The New American Dream Executive Orders Restricting Trans Rights are Already Harming Youth

By Xander Averill
Staff Writer

Ever have a shirt that doesn't fit right? Too tight, no matter how much you pull it away from yourself? It clings and suffocates you, regardless of what you do. And you like this shirt, you want it to fit, you want to feel comfortable in it because it's a great shirt and it's yours.

Now imagine that feeling for almost eight years. Day in and day out. And it's not a shirt, but your own skin, the body you possess. The mirror laughs at you, and your skin is far too tight on your body.

Eight years.

I have lived with a body that is not mine for eight years.

I had the chance to make it my own. To make it fit right.

But President Trump's new executive order has ruined that for me and thousands of other transgender adolescents across the nation.

"It's both a mix of hilarious and absolutely horrifying," said Charlie, a transgender teen from North Carolina, who decided not to give his last name for privacy concerns. "It's almost funny to see the sheer stupidity of it, the obnoxious hatred and lack of science; but remembering this is our reality now makes me sick to the stomach."

Eight days after his inauguration, President Trump signed an executive order titled "Protecting Children from Chemical and Surgical Mutilation," which focused on limiting and in some cases outright banning gender affirming care for minors. These policies come with major backlash from the trans community, human rights groups, and many others. It's not only a matter of bodily autonomy — which has been in question since Roe v. Wade was overturned — but deals also with keeping kids happy, healthy, and alive.

"I'm sure kids even younger are [absolutely devastated] too," said Charlie. "I know myself and my trans friends spent at least 3 weeks after the inauguration living in fear and depression, and, frankly, still feel that way."

Trump's order includes restrictions such as prohibiting the distribution of federal research grants to institutions that offer and continue gender affirming care to minors, and directs the Department of Health and Human Services to end gender affirming care.

The result has been hospitals and institutions around the country putting a pause or a permanent close on giving this type of care to their patients out of fear of the repercussions.

What does gender affirming care include? Things such as surgeries, hormone replacement therapy and puberty blockers. To be specific, surgeries are very rarely conducted on minors without informed consent by both parents and the child, it includes, even in the most blue of states, countless hoops to jump through with both insurance and the provider. It is not something given out freely or easily by any means, contrary to what the current ad-



Protest sticker spotted in Upstate New York (Hoerricks Photo)

ministration believes.

Another point of fear that drives this order is puberty blockers and hormone replacement therapy. Puberty blockers are just as they sound, a medication that simply prevents and puts off puberty and its effects for any individual who may need it — gender non-conforming or not, as some cisgender kids may get puberty early might want to put that off until they're older. Puberty blockers are reversible, if you stop taking them, their effects will stop and puberty will take place, there is no ill effect on the body or permanent damage. Hormone replacement therapy works the same way. Using myself as an example, the effects of testosterone are majorly reversible, and the effects that aren't, such as voice dropping or other bodily growth, only fully takes effect almost six months after steadily taking hormones. Everything else will naturally revert back to the way it was if you stop taking hormones.

So it turns out the big scary monsters that Trump is banning, aren't that scary, nor are they permanent.

But let's talk about what gender-affirming care is able to do for our youth.

In a study conducted by Diana Tordoff, Jonathon Wanta and Arin Collin, it was found that 60 percent of youth found lower odds of moderate to severe depression, and 73 percent had odds of suicidality lowered after receiving affirming care. If that's not enough, take it from a doctor — in a 2021 article by Tori Rodriguez titled "Addressing the Mental Health

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Sports Injuries on the Rise Why? It's Complicated

By Beckham Zizza, Bradyn Lopes, & Adam White, Staff Writers

Triton Athletic Trainer Mike Ruzycky has seen a rise in injuries since he began working there in March 2021. However, he points out that this increase could be due to multiple factors.

"Athletes and coaches are more familiar with me and comfortable coming to see me for any injuries, which increases the amount," he explained.

Additionally, improved injury tracking tools and methods contribute to the apparent rise in cases. Sports injuries have always been a reality for athletes, from the professional level to high school sports. But in recent years, the question stands: Are injuries becoming more frequent? Data from various sources suggest that the number of sports-related injuries has been increasing since 2020, but the reasons behind this trend are more complex than they may seem.

According to the National Safety Council (NSC), sports and recreational injuries have been steadily rising, with a 20 percent increase in 2021 from 2020, followed by a 12 percent rise in 2022 and a 2 percent uptick in 2023. This trend is mirrored in professional sports as well. A report from the Men's European Football Injury Index found that top European soccer leagues recorded 4,123 injuries during the 2023-24 season, a 4 percent increase from the previous year and a staggering 37 percent rise compared to the 2020-21 season.

Ruzycky provided data from Triton, which showed that the number of injury evaluations fluctuates across seasons but has generally increased. For instance, fall sports saw 100 injury evaluations in 2022 and 120 in 2023. Winter sports also saw a rise from 47 evaluations in 2022-23 to 54 in 2023-24. These numbers suggest that injury rates are rising. The factors behind the rise in injuries are countless. Ruzycky notes that each season brings different trends in injuries, requiring constant adjustments.

"Two years ago, we saw a rise in forearm fractures, which led to changes in safer sports techniques and a greater emphasis on strength and conditioning as well as nutrition to increase bone density," Ruzycky said.

Concussions, ankle sprains, and even skin infections have also fluctuated in frequency over the years. The real kicker to an injury is the recovery. An athlete would like nothing more than to return to their sport as fast as possible before the short season ends. Triton graduate and current athletic trainer Tessa Boyle shared some insight on what it takes to determine whether or not an athlete can return to play.

"Every injury is different but there's tests that we perform to help us rule out or in certain aspects to help us make that call," Boyle said.

The tests include range of motion (ROM) evaluations and checks for swelling and maneuverability. If the athlete does not

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Baseball, Baseball, Baseball

By Adam White & Beckham Zizza,
Staff Writers

With spring just around the corner, the Triton Vikings are starting tryouts mid-march including boys baseball.

Preparing for the season has started prior to tryouts with captain's practices already taking place indoors, on the weekends.

"I think we'll be really strong this year," said senior captain Josh Penney.

The program has been focused on indoor work for extra reps so students can be in tip-top shape for tryouts, and be prepared to play when the weather lightens up. The program is especially dense this year, with waivers allowing 8th graders to compete alongside the rest of the high school players. The 8th graders were added to try and complete the freshman team for the season.

"It's always good to see new faces in the program," said Penney

A standout feature of any program are of course the players. With most of last year's

team returning, Varsity is densely packed with solid talent that already have some team chemistry built up from last season, which head coach Kyle Priest stressed will be what makes or breaks the Triton Vikings.

"Team chemistry is the thing that separates good teams from championship teams, you have to play for something bigger than yourself and have full trust in the guys around you that they're doing the same," said Priest.

Varsity's top hitters include Senior captains Josh Penney, Connor Rumph, and Josh Hersey.

The ability to win baseball games is kindled well before the players hit the field for their first game, which is why it is so important that there is clear leadership amongst the coaches and players.

"We need our seniors and our leaders to hold everyone to that standard and expectation from day one of tryouts," Priest said.

Triton's leadership is much stronger this year, with new assistant coaches Nick Palma

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Triton Varsity Seniors: Liam Friis, Nick Bonasera, Adam White and Beckham Zizza (Credit: AM Photography).

Post-Punk Molchat Doma Brings Belarus to Boston

By Harry Pike & Mike Coco
Staff Writers

The bellowing synths shake the building, rattling the bones of thousands of concert goers as multicolored lights glide and strobe over the audience.

On February 15th, 2025, three Triton Voice reporters along with two other students made the trek in the midst of a snowstorm from Byfield to Boston to see the synth-pop, post-punk band Molchat Doma. As a long time fan of the band, Matthew Mollica was extremely excited to finally see them live, and it did not disappoint.

"It was one of the best concerts I've been to in terms of energy," said Mollica. "How small the venue was made it a little more personal, it was kind of a cool connection to the culture because the band doesn't speak English."

Molchat Doma, formed in 2017 in Minsk, Belarus, is composed of three members; Egor Shkutko (vocals), Roman Komogortsev (guitar, synthesizer, drum machine), and Pavel Kozlov (bass guitar, synthesizer). This is a band many have probably never heard of, likely due to their fan base being mostly Russian because all of their lyrics are in Russian.

Despite the lyrics, the band is comprised of chilling deep monotone vocals from Egor, and heavy-hitting synths that you can feel throughout your whole body. Their sound is often compared to the sound of bands like Joy Division, New Order and The Cure. Direct comparisons have been made to Joy Division specifically because of the lead singer's voice which is similar to Egor's of Molchat Doma. The band was formed in 2017 which is the same year they released their first studio album, "С крыш наших домов" which translates to "From The Roofs of Our Houses." However, it wasn't until 2020 when their song Судно blew up on TikTok and they finally started to get the recognition they deserve.

Like most people, we first heard of Molchat Doma when they exploded in 2020 on social media. Since then we have been loosely following and listening to their music.

It wasn't until days before the concert that we found out Molchat Doma was performing in Boston. We found out from a friend who saw them in concert four days before we did in Washington, D.C., and posted about it. We were quick to jump at the opportunity to get tickets since they were almost sold out, which



Image of Molchat Doma performing live. Photo from concer-tarchives.org

may be one of the best decisions we ever made.

It was apparent from the moment we got into the car and it started snowing that this was going to be a special concert.

The concert venue, Roadrunner Boston, was the perfect place to experience a concert like this. It was like a small bar with general admission as well as balcony views, which you had to pay extra for. We made our way to the front of the general admission area to experience the opening band, Sextile, which was not our cup of tea. There was a long pause between the opening band and Molchat Doma, and during that time we saw that there was nobody regulating who went up the stairs for the balcony view. Sure enough we were able to get up there just in time for Molchat Doma to come on. The concert was a surreal experience for us five friends.

"Their music really makes you think," said William Hight. The way the band controlled the atmosphere in that small theater with their lasers, lights and deeply striking sounds was like nothing we have ever experienced.

The standout performances were their songs Сон / Son and Дискотека / Discotheque. When the song Сон / Son came on I remember thinking, I have no idea what he is singing about but for some reason it's still the most beautiful thing I've ever heard. The chilling, gut-wrenching vocals, accompanied by the beautiful synths made for a great performance. The song Дискотека / Discotheque really got the whole place moving, it's an upbeat dance song and everybody there was feeling it.

The concert really had a profound effect on everyone there, and we have been thinking about that experience everyday since. If you have never heard any of Molchat Doma's music, please check it out, you will not regret it.

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Needs of Transgender Youth," Dr. Ralph Veters discussed anti-transgender legislation being passed across states. Veters, a pediatrician and medical director at Sidney Borum, Jr. Health Center in Boston, is part of a program of Fenway Health and a service I frequently use.

"The evidence shows that treatment of trans and gender-variant youth with hormones and puberty blockers decreases suicidality, self-harm, depression, anxiety, substance use, and gender dysphoria," Veters said.

Transgender and non-binary youth are at a higher risk for depression, anxiety and suicidality, the article states. There is a 2-3 fold increase in these traits from cisgender and heterosexual youth to gender-nonconforming, with 75 percent of them experiencing these symptoms. Transgender, non-binary and gender-nonconforming adolescents are also more likely to experience violent victimization than their peers. These numbers would go down if gender affirming care was widespread and available to them, while victimization of transgender youth would likely go down if care was provided and allowing them to "pass" as cisgender. (Granted, you do not need to "pass" in any capacity, it is only for the sake of safety or comfort that one might want to "pass").

On top of this, trans youth are also more likely to deal with substance abuse and increased risk behaviors. A group of people already struggling are going to struggle further with these bans; these struggles lead to suicidality, endangering behaviors and higher risks for abuse.

There is no way to say that gender affirming care is not life saving to those who need it. It's simply a matter of connecting the dots: An adolescent is troubled with anxiety/depression for just being part of the younger generation →



Bottles of testosterone line the window, shadowed by the transgender pride flag. (Averill photo).

They experience gender dysphoria → Gender dysphoria increases these symptoms → Gender dysphoria isn't able to be relieved by surgery or care due to executive orders → Gender non-conforming youth are at risk of suicide or violent attacks → Kids will die.

Studies conducted by the Trevor Project – a non-profit organization for struggling LGBTQ+ youth – show that LGBTQ+ youth are four times more likely to attempt suicide than cisgender and heterosexual peers, who's suicide rates are already high – in fact they are the *second leading cause of death among youth* after car accidents.

On the flip side, one of the studies conducted by the Trevor Project found that transgender and non-binary youth who were met with acceptance from their family, friends and peers as well as affirming care had "significantly lower odds" of attempting suicide. More than 1.8 million LGBTQ+ kids consider suicide every year and one attempts every 45 seconds. That means that by the time you've finished reading this article, at least a few of my trans peers have died by their own hands. Do you want their blood on your hands?



By Luke Sullivan & Sophia Chapman
Viking Voice Podcasters

In the latest episode of Sophie Chapman and Luke Sullivan's *Viking Voices* podcast, we dive into the underlying issues that affect students today: tardiness, sleep schedules, and phone use. Hosts Sophie and Luke explore how these factors impact academic performance and students daily lives. With relatable discussions from peers, this is a must listen.

This week, we're happy to welcome guests Beckham Zizza, Adeline Stapleton, and Sophie Stanley, all of whom share their personal experiences and strategies for managing their time effectively. Together, we discuss the challenges of balancing time management, sleep, and addiction to our phones. Listen in for an engaging conversation that will surely resonate with students and give helpful insights on ways to improve these issues.

— This podcast and many others can be found on the *Triton Voice* news website, tritonvoice.co. Look for the *Viking Voices* Logo!



Trainer Mike Ruzycky helping student Christian Conroy. (Lopes Photo)

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pass these tests they can be referred to a doctor for further evaluation and eventually treatment. If an athlete cannot return to play immediately, the next step is rehabilitation.

"The basic components of protocols include stretches and strengthening exercises that are designed to meet the intended goals of the treatment," said Boyle.

Rehab can be exhausting and mentally debilitating, which is why the prevention of injury in the first place is so important. Ruzycky emphasizes three key areas that athletes should focus on to reduce their risk: strength training, proper nutrition, and quality sleep.

"A consistent and regular strength training protocol can reduce injury rates anywhere from 30-50 percent," Ruzycky explained.

Proper nutrition helps athletes recover between competitions, and sleep ensures the body can repair itself effectively. Beyond high school athletics, experts suggest the increased pace and intensity of sports could be contributing to the higher injury rates. *The Guardian* recently reported that hamstring injuries in the English Premier League accounted for 24 percent of all injuries from game weeks 1 to 26 this season. The congested game schedules, along with disruptions like the pandemic and the winter World Cup, may have increased players' susceptibility to injury.

Looking ahead, the future of sports injuries will largely depend on how well athletes, coaches, and medical professionals implement injury prevention strategies. Ruzycky remains hopeful.

"Each year will bring new injury trends and patterns," he said, "but overall, I am confident that injury rates will continue to decrease."

However, data from professional and amateur sports suggest that the issue is far from being solved. With evolving game schedules, increased intensity, and new athletic challenges, the road to fewer injuries will require continued education, better conditioning programs, and advancements in sports medicine. For now, athletes at all levels must remain vigilant, prioritize injury prevention, and take the necessary steps to keep themselves healthy and in the game.

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and Nick Lapiorre working alongside head coach Kyle Priest. Both coaches are specialists from Antonelli Baseball Club. Palma focuses on hitting whilst Lapiorre focuses on pitching. This is a great addition to the program as players will have access to specialized coaching depending on what they need help with. As for player leadership, Priest looks towards legacy players to pick up the mantle.

"You can't win anything without having great senior leadership," Priest said.

Senior captains Josh Hersey, Connor Rumph, Josh Penney, and Nick Bonasera have worked tirelessly to organize the captains' practice to give players extra reps and looks, and they will continue to organize behind the scenes as the season progresses. They predict the biggest rival team to be against Newburyport, a real roadblock in the way of what can be a great run for the CALs.

"It'd be awesome to win over Port this year," said Bonasera.

With the season just beginning, the Vikings look to hit the ground running and make a real effort to seize the CAL championship and leave their mark on the baseball diamond.