



Issue 4  
Nov. 2023



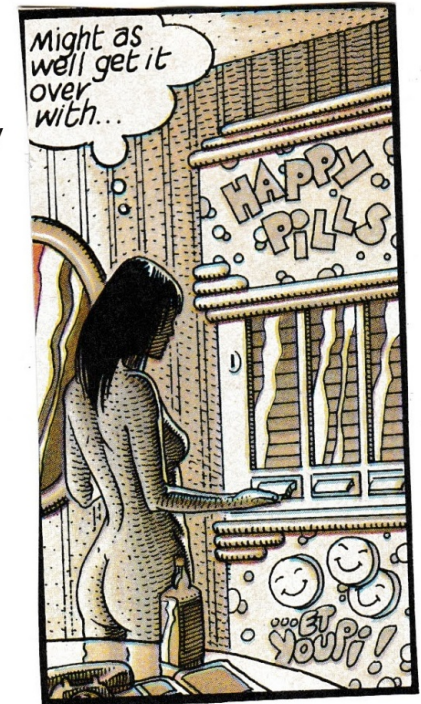


## ***Making your own***

Making your own HRT is possible but risky. If you don't have training with chemistry or pharmacy it's easy to make medicine that either doesn't work or harms you, and the above methods of getting HRT pose much less risk to your health. It may end up being just as difficult to obtain ingredients and tools and learn to use them as getting standard manufactured HRT.

However, even though we believe in staying safe and don't encourage self-endangerment, we do encourage building your own shit to survive when society fails you. So, with the above warnings in mind, it is possible to create your own HRT as a last resort. It was once standard to synthesize estradiol from the urine of pregnant horses, and the process for doing so is documented in scientific literature, if you happen to have access to horse piss. There are less gross methods of synthesis that involve other chemicals like cholesterol, but we don't understand chemistry enough to actually explain those; if you're a bio or chemistry major please feel free to find out more.

Hopefully those of you who are considering HRT will have the courage to make the leap. The decision of when to start it, how much of it, whether to use it at all, is entirely yours. We hope that you can all regrow your wings <3



**Curated by,**

**Error**

**The Open Source Sex Android  
Young Frankenstein**

**The Foreskin Collector**

**The Hidden Cowboy**

**The Concept Understander**

**Radiowhore**

**The Peoples' Harlot**





**Transmasculine Note:** Unfortunately, testosterone is a scheduled drug (illegal to get without a prescription). So don't do any of this if you want testosterone, use legal methods instead. Promise me you won't use any of this advice to acquire testosterone okay pls. Pls. Pls. 😞

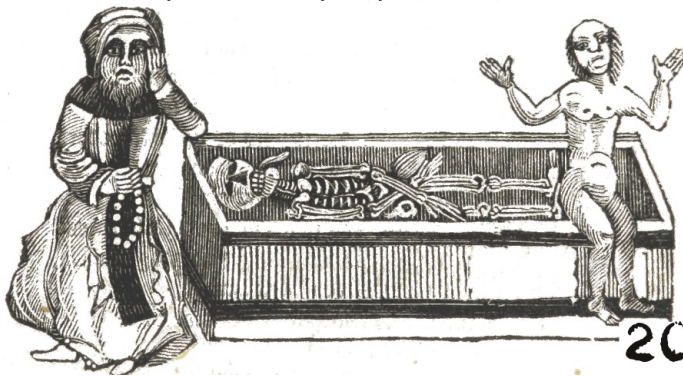
For those using estradiol, *transfeminine science* is another communally maintained website that contains scientific literature on medical transition written by and for transfems. It's also highly recommended to use a burner email account on an encrypted service like proton mail to communicate with vendors.

### Side Effects

Like all medications, HRT (of either type) can have conflicts with preexisting conditions or other prescription drugs. If you get a prescription the doctor will fully inform you of all the HRT side effects as part of the informed consent process and discuss any potential risks with you. However, if you're going DIY, research specific medications you're taking or conditions you have to find if there's a potential harmful conflict and see if it's possible to mitigate it.

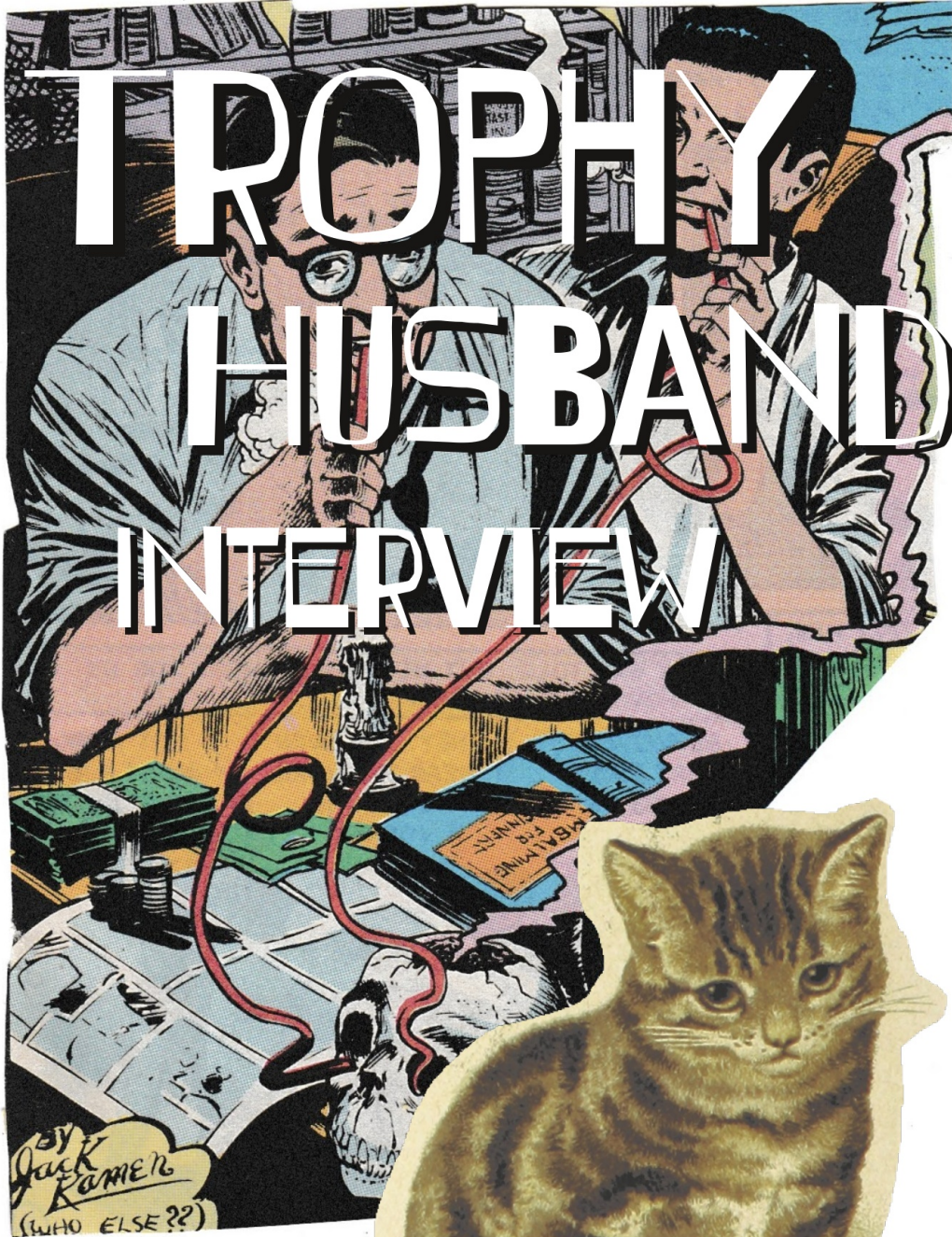
There's lots of people out there who present HRT side effects as horribly destructive to your health-they're lying. They don't care about your health, they just want to prevent people from transitioning.

Don't let anyone stop you from becoming who you want to be.





# TROPHY HUSBAND INTERVIEW



## ***Therapists v.s. Psychiatrists***

Therapists are unable to prescribe things, but they can make referrals to psychiatrists to do so, and you may be able to get a psych to prescribe HRT for you.

## ***Doing it Yourself***

It's possible to do HRT completely outside the medical system using online resources. This can be more expensive and inconvenient, but can be an effective option depending on circumstances (no insurance, need to keep it secret, etc.) Prepare to learn a bit about endocrinology, so you can...

## ***Be Your Own Doctor***

You'll need to substitute the regular processes that doctors do with in-home and mail-in techniques. There's a few fundamentals tools you'll need:

The drugs themselves: There are online businesses that will sell you HRT without a prescription. Paying for it can be inconvenient, involving direct bank wires, cash, cryptocurrency or other unusual methods, usually because they're based outside the US and thus not tied into the American financial system. It may feel sketchy but it works! [diyhrt.cafe](http://diyhrt.cafe), [hrt.coffee](http://hrt.coffee) and [diyhrt.market](http://diyhrt.market) all contain community-vetted lists of sellers, each one assessed for reliability and safety.

Hormone level monitoring: If the levels of E and T in your blood get too unbalanced, it can result in mood swings, drowsiness, and other side effects, so it's useful to periodically monitor your hormone levels. Again, the above sites list some private blood test services and the proper levels for the gender you're going for.



## ***The normal prescription way***

Ever since the (very based) Gender Recognition Act of 2021, New York has been an Informed Consent state: No psychological assessment is required to get access to HRT, you just need to read a list of the effects and potential side effects and then sign some forms. This has made getting HRT through the medical system much easier.

## ***Planned Parenthood***

Planned Parenthood gives out HRT prescriptions on appointment. They have locations in Albany, Troy and Hudson. It's easy to get from our experience—call them for an appointment, go to the office to answer some health questions and talk about your health, and walk out with a starting prescription. You'll go back every three months to monitor hormone levels and adjust the prescription. (check what insurance they accept and if they accept you without insurance)

It's really easy in general but a word of advice: refills are annoying. A prescription refill is dependent on attending the check in appointment—if you miss it they won't refill it until you make it. You also have to call the planned parenthood office directly to get it refilled rather than the pharmacy. Annoying! But getting started is really really simple.

## ***Regular ass doctors***

You can get HRT through a general practitioner if you ask. This is unfortunately somewhat dependent on how cool your doctor is. Ask around other trans folks to try to find a decent trans-friendly doctor or check out online resources such as: <https://www.raialbany.com/directory> or <https://lgbtqhealthcaredirectory.org/>

(This interview was done in early June, when Trophy Husband's tour took them to Albany to play at the Dojo (RIP Dojo). Some things in this interview referenced as present or future events are now past. -editor)

Ben: I want to point out that I am smoking weed right now.

Error: Thank you. Thank you.

Donnie: We're Boston's premier not-straight, all-Jewish boy band. Well, boys-ish band.

Error: Nice!

Donnie: Yeah, that's the only reason we hang out (laughter). Barukh.. Someone pass it along..

Chef: Ata...

Max: Adonai...

(One impromptu Hebrew lesson from the band later)

Frank: Ok, do you want to introduce yourselves and your instruments, what you do?

Donnie: That's Chef, he plays Chapman Stick.

Chef: That's Donnie, he plays guitar.

Max: That's Ben, he plays drums.

Ben: That's Max, they play bass.

Slightly discordant unison: weee're trophy husband!! (laughter)

Frank: So y'all are on tour right now, how's that going?

Max: Swell!

Ben: Pretty swimmingly, I'd say.

Donnie: We swam yesterday, actually.

Max: We're doing mostly weekenders, and had pretty solid shows so far. And good crowds, lot of really great bands that we've played with.

Chef: Yes, they're all crazy good.

Frank: Shout some out, shout some out

Donnie: Kind of Kind, People Food..

Max: Make it Stop, Chewy...

Donnie: yeah, Chewy.

Ben: CPS, Shark Earrings..

Donnie: Our next shows are all with CPS, we fucking love them!

Error: What are some of your favorite places you've been so far?

Ben: Wonderland is like our homestay, Bug Jar is amazing.

Max: Toon Lagoon is amazing, that's Shark Earrings' place.

Donnie: Bug Jar is in Rochester, that's a bar with a decent sized stage, it's really fucking cool. It's got an upside down kitchen on the ceiling in the main room and giant plastic bugs on the fan over the bar.



Error: oh that's sick.

Donnie: Toon Lagoon is New Jersey, that's the house show that our friends in Shark Earrings own.

Max: Wonderland is Boston, where we're from. We play there a bunch, they love us, we love them.

THC: Speaking of touring: Does dinner hit different on the road?

Donnie: When you're at my house, yeah!

Max: When we're at Donnie's? Donnie's dad knows how to COOK. not just make food. Cook.

Donnie: Last night was fuckin pulled turkey, he made two kinds of BBQ sauce.

Frank: He made his own BBQ sauce?

Max: What was that chicken called?

Donnie: He calls it "sloppy poppy chicken". When I was little we watched Between the Lions a lot and there's a song in the show where they fill a pool with slime and call it "sloppy poppy" or something. He named the chicken after that because it's this really loose barbecue sauce.

Max: *delicious*.

Frank: So it's like a pulled pork?

Donnie: Pulled turkey, and then it's regular bbq chicken.

Error: Should they make a cigarette that's good for you?

Donnie: They did. It's called American Spirit.

Chef: It's called Newport Menthol.

(laughter)

Frank: You released a live studio version of Banana Split, are you going to do more live recordings of songs on What Would You Like For Dinner?

Donnie: We keep arguing about that.

Ben: We are back and forth. We don't play three of them anymore because they don't fit our sound-

Chef: one of them was a joke.

Max: the other was a "joke".

Ben: So we'd like to release Super Salad but we've got a lot of other releases planned before that.

Donnie: We've got a standalone single with a friend of ours, Aristotle Jones, who's a rapper. (*this song is Jury Duty, their latest single, out now -editor*) Then we're finishing an album, but I think after we've finished the album we've talked a lot about redoing the whole EP.

## ***What is HRT?***

Trans people are born as fallen angels into a world that wants to deny us our divinity. Hormone Replacement Therapy (HRT) is alchemy that helps us regain our wings.

This ritual of the spirit takes a transfeminine and a transmasculine form: the former uses a combination of estradiol (via either injection, patch or sublingual pill) and an antiandrogen (such as spironolactone or bicalutamide). The latter is done using testosterone also via pill, patch or injection.

## ***Should I get on HRT?***

We recommend it! From personal experience, going on HRT has been a life-changingly positive experience. If you're discontent with your body in one direction or other, if the feel of your skin and the shape of your body gives you unending psychic pain, HRT may be for you. If it turns out to not be for you and you, stop within a few months [double check this amount] and the changes will wear off. (The idea that it's "irreversible" is a common misconception, which transphobes love to weaponize). Being trans/nonbinary without any kind of medical transition is a valid way to be, but keep HRT in mind- it could be the greatest experience of your life.

We'll talk about two ways to get on it: the normal prescription way, and slightly sketchy but still effective DIY ways.



# HRT!

## You deserve it!



Written by, Error

Frank: Is your next album also dinner-themed?

All: No.

Donnie: it's like inside joke-themed. But nobody gets it (laughter) every single song title is a different joke between the four of us.

Max: Wanna list them off?

Frank: Give us a little lore.

Chef: Well, we don't tell a lot of people this, but we have a song called Downtown Cleveland. And, one night I was using The Substance, as they call it, y'know, in my home, and stuff, and, I text you-

Donnie: (reading text) "we're not in Cincinnati yet" is said after a small fart, usually in reference to an impending larger fart. "We're in Cincinnati" is said after a large fart, and "we're in downtown Cleveland" is said after a shart.

Chef: Yeah, so that song's about shittin yourself.

Donnie: Because we were writing it and had a couple friends in the room while we were writing it, and have a really big melodic line. Our buddy Colin started singing along: "Ill just shiiiiit my fuuucking paaants". So we named the song after that.

Frank: I love that!

Max: All the other songs' names have their little jokes. I'm not gonna explain these, but we have the Adventures of Ray Mysterio, Washington Song Title, Scenes from a Waffle House..

Donnie: That's just because I fuckin love Waffle House.

Error: As we all should.

Chef: We've got Monroe's Moogida Boogida, to be written.

Max: And also Ghost Bones, and Got a Lighter.

Frank: I'm so hype for this album, do you know when you're putting it out?

All: (laughter)

Donnie: We gotta finish writing it.

Max: Probably sometime in the Fall.

Error: So I listened to a lot of prog rock when I was younger, so I hear you guys and think, you're doing cool prog shit in the present day. So I'm wondering, how is it like being a prog band in the current day?

Max: We don't really identify as rock, really.

Donnie: I have some choice words about this subject: **Fuck. Genre.**

Error: Nice.



Donnie: I disagree with the concept entirely. I think because we're not a specifically defined genre- we call it "prog funk", because a lot of our stuff is more funk-rooted than rock-rooted-

Chef: Prunk.

Max: Prunk.

Donnie: - Prunk - I think there's genuinely a lot of opportunities for bands in our area that we don't have access to because we don't fit into one of the boxes that they're looking for. Like, there are programs through our school that are like, are you Rock, Metal, Country, or Pop. And Jazz. And we don't really work with any of that.

THC: There's so many other kinds of music, though...

Donnie: I know! There's very specifically metal-only shit, and we don't count as metal for that.. We can't book in fuckin Connecticut. Tried and failed so many times because they're only looking for metal or hardcore.

Ben: We can only start just now.

Donnie: Yeah, it's just frustrating. People want shit they've heard before.

Frank: Yeah, makes sense. Which is wild because even if you want a show where you can fuckin Get Down, like, you can get down to Trophy Husband.

Max: Appreciate it!

Donnie: You should've seen our pit in Philly. That shit was terrifying.

Chef: ohhh my god, Philly can *mosh*.

Max: Philly was strange. People just showed up out of nowhere, we had a wall of death, it was disgusting.

Ben: You can throw down to our stuff, or you can do the Horah to our stuff

Max: y'know, on google our original EP[*'s genre*] is Hanukkah Music.

Ben: When you upload it to distributors, they make you click the category that it fits in, and it didn't fit anything, so we were just like, Hanukkah Music!

Error: Anything can be Hanukkah Music if you play it during Hanukkah.

Donnie: That's true!

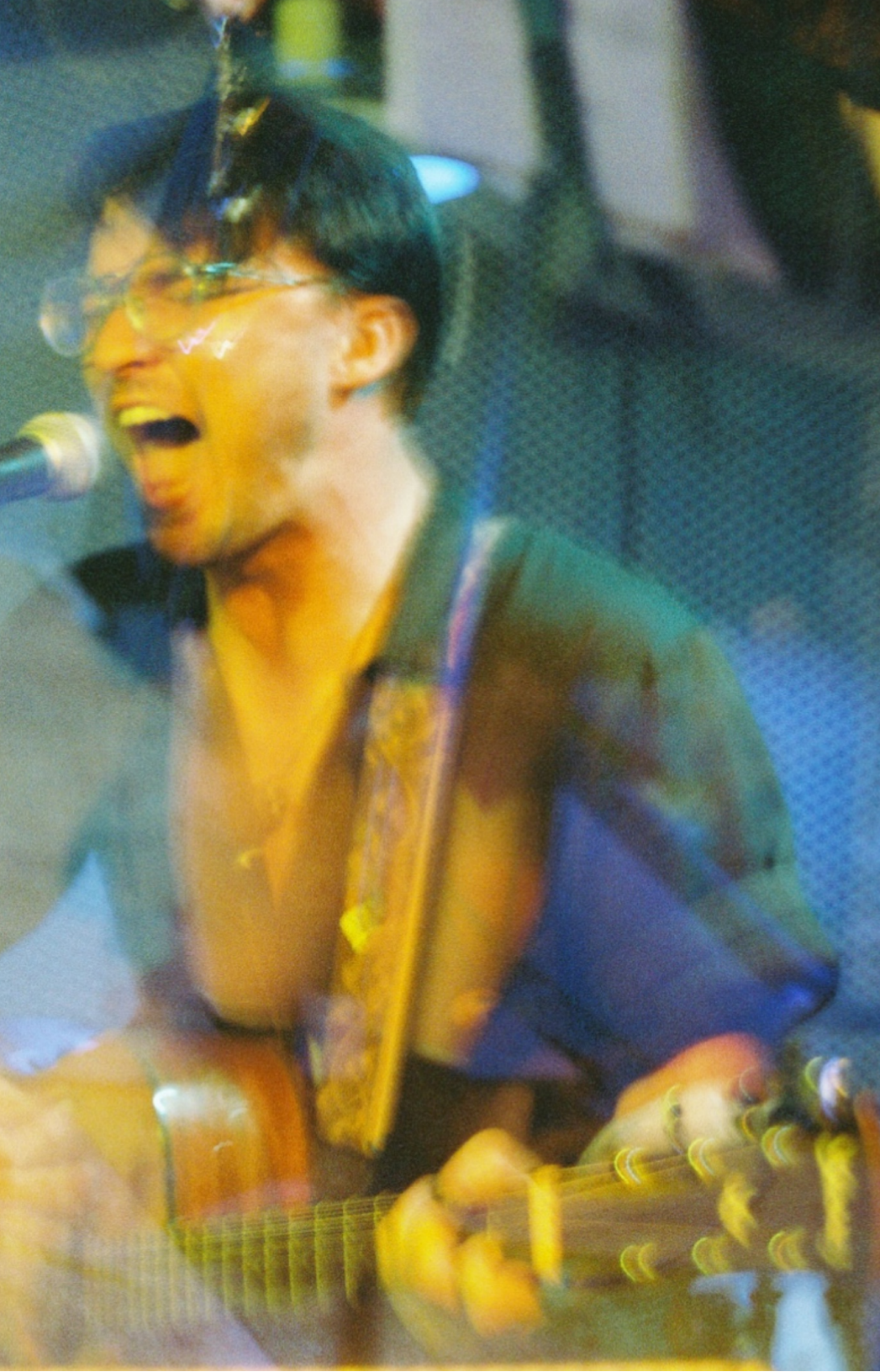
Max: We should book a show at a synagogue.

Donnie: I bet my synagogue would book us. My mom was president, I used to lead services...

Ben: Are we having a band meeting during an interview?







Max: Here's our thing with interviews, we get so sidetracked...

Chef: I would start talking about my chocolate chip omelette horror stories.

Error: You have chocolate chip omelette horror stories?

Max: OH no

Chef: ohh boy. So, when I was a wee lad, my father made me a pancake one time with chocolate chips in it. And, great pancake, I really enjoyed it. I said to my dad, can you make this a little bit more, I want this like all the time. So being the little crazy dude that he was, instead of making it a pancake, because you don't want to have pancakes every day, he made an omelette and put chocolate chips in it and presented it to me as a pancake. And it took about three years until I figured out that those weren't pancakes, those were omelettes. (a million tangents about weird food and cool dads later)

(The Jerry Springer Story has been redacted for national security concerns)

THC: So, on this topic of Fuck Genre, can you tell us a bit about your creative process?

Max: We argue with each other for hours and slam our heads against walls multiple times over until we come up with something that's vaguely passable.

Ben: Someone will play something cool and then someone else plays something cool and then someone else argues that what they played isn't cool and then we find something cooler.

Donnie: No, hold on, wait-

Max: Washington Song Title, we had to fight for an hour about which chord we wanted to end on. It's one chord.

Ben: It's very very specific-

Chef: Are we arguing about arguing?  
(laughter)

Donnie: Yes, it's four Jews in a room, so there's eleven opinions.

Ben: There's a lot of arguing, but it's great because we eventually come up with a really really refined result.

Donnie: Generally what happens is that someone comes in with a large chunk of song. Like someone has an idea that they flesh out and then we kind of fill in around that.

Max: Or we cut it up and paste it around.



Donnie: Right. One of the songs Chef just kinda wrote on guitar in Logic while we were hanging out at my friend's apartment. Banana Split, Max just wrote and gave it to us. Super Salad, I was making fun of Polyphia in rehearsal and Ben said it sounded cool. Everyone throws out idea after idea after idea because we're all violently ADHD and then we argue about it.

Ben: I'm not.

All others: Yes you are!

Ben: I'm incredibly OCD.

(A million more tangents about weird food later)

Frank: Y'all are working with CZR right?

Max: Yeah, it's great!

Frank: I've heard talkings of a CZR connection with Boston?

Max: I'm the person talking about that! I've started working with Zeke on doing some booking stuff with some of the bands for CZR, and we've started talking to a local Boston band. I won't say their name yet, but they have a house venue that they're opening up, and I'm going to try doing some cross-pollination between the Albany scene, the Boston scene, the Vermont scene, and hopefully the Jersey and Philly scene as well.

*(this is about The Beatroot, a CZR-affiliated DIY venue in Allston, MA that opened about a month after this interview happened -editor)*

Error: Love to see it.

Donnie: That was our only straightforward answer. (laughter)

Chef: we didn't even get to talk about our fake car dealerships!

THC: Two more questions: where can people find your shit?

Donnie: Spotify, Apple Music, Napster, Deezer...

Ben: In the back over there, there's a guy who's secretly selling.

THC: Would you rather Piss, Shit or Cum at Caesar's Palace?

Ben: All of the above.

Max: All of the above.

Donnie: I already did all three at the same time.

Chef: Ever go #4? It's when you sit like a gargoye on the toilet scene and vomit, shit, piss and cum all at the same time.

Frank: Hell yeah I love doing that!

Error: Okay, I think that's all the questions. Thanks so much! That was highly entertaining.







WE'RE EACH UNHAPPY IN OUR OWN SPECIAL WAY.

do do do

do n't wast  
do n't wa  
do n't was

do

pace.



"I'M GOING TO KILL YOU"

"YOU

DON'T DESERVE TO LIVE!"



*the best sex happens alone*

MACHO MALES' CLUB



BY FRANK





