



MARCH 2021

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Rooster Media
Group...

Bubbles the Barbarian welcomes
you to our world!



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“INTO THE HATE”



SCOTCH N SPORTS





SCOTCH N SPORTS IS A WEEKLY SPORTS COMEDY PODCAST. WE COVER EVERYTHING IN THE WORLD OF SPORTS THAT WILL BRING YOU UP TO SPEED ON MAJOR EVENTS. JOIN US AS WE EDUCATE YOU ON SCOTCH, PLAY OUR WEEKLY SEGMENTS AND HARD HITTING ANALYSIS.

EPISODE 39--COVERED IN GREEN--MARCH MADNESS, NFL FREE AGENCY & ST. PATTY'S DAY. JOIN THE BOYS AT SCOTCH N SPORTS AS WE DISCUSS ALL OF OUR ST. PATTY'S DAY PLANS (OR LACK OF), ANALYZE ALL OF THE MOVES IN THE NFL FREE AGENCY, AND GIVE OUR PREDICTION FOR DIVISION WINNERS AND BREAK DOWN MARCHCH MADNESS.

GREEN SPOT (TWO WORKDS), KOVAL BOURBON WHISKY, AND WAYNE GRETZKY LAGER.

WE GOT YOUR SCOTCH, WE GOT YOUR SPORTS. JOIN US WEEKLY FOR NEW EPISODES DISCUSSING ALL IN THE WORLD OF SPORTS AND THE WORLD OF SCOTCH. VIEWS ARE OUR OWN. FIND US ON TWITTER @SCOTCH_SPORTS.

Come get your comedy!
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**EY EVERYONE! DADS ON DAYQUILL PODCAST
HERE. WE ARE YOUR 3 NEW DADS. HUGS WILL
BE MANDATORY, FORCED OR NOT; YOUR
CHOICE. WHAT BETTER WAY TO GET TO KNOW
US A LITTLE BETTER THAN CHECKING OUT OUR
NEWEST EPISODE. YOU CAN GET OUR NEWEST
EPISODE ON ANY PODCAST PLATFORM. DID I MENTION TO COME
AND GET TO KNOW US?! OUR NEWEST EPISODE IS Q&A, BUT
CRANKED UP A DOSE OR TWO. COME IN AND JOIN THE FUN AND
WEEKLY COMEDY WE BRING YOU EVERY HUMP DAY!**

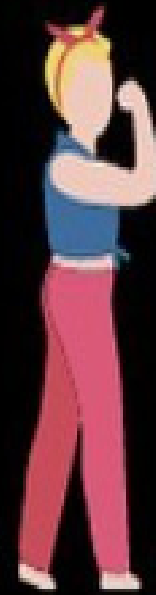
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Liberated



Ladies



LIBERATED LADIES

Hosted by Amber &
Tina!



ARE YOU SINGLE AND FED UP WITH THE ONLINE DATING SCENE? THE LATEST EPISODE OF LIBERATED LADIES SHINES A LIGHT ON HOW YOU CAN FIND LOVE AMONG THE SEA OF TRASH. TINA SHARED THE STORY OF MEETING, FALLING IN LOVE, AND ULTIMATELY MOVING IN WITH HER MAN DAVID. IT'S A SWEET AND HILARIOUS RIDE THAT WILL LEAVE YOU FEELING HOPEFUL ABOUT FINDING YOUR OWN LOVE ONLINE.

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FEATURED I

The Bub and Gobbz Show's Five Pillars of Being a Man.

BUBBLES THE BARBARIAN - CEO/OWNER/WRITER
GOBBZ THE BUILDER - COO/OWNER/WRITER

In the age of information and technology--where social media drives the thought of modern society--the image and concept of the word "MAN" has undergone many re-imaginings, leaving manliness and masculinity lacking in terms of definitions (not all real men like to drink their coffee black); therefore, the bros of The Bub and Gobbz Show would like to define once again what it truly means to be a MAN in 2021.

The concept of a "REAL MAN" can vary from person to person, man to man, based on their beliefs or upbringings, along with location and their perspective social climates. To keep things simple, Bub, Gobbz, and Floof have come up with five basic principles or qualities every man should demonstrate in this modern world. For more detail, check out this month's episodes of THE BUB AND GOBBZ SHOW, available on most major podcasting networks, as well as directly on thegerooster.com.

We call these The Five Pillars of Manliness:

PILLAR ONE - HONESTY AND INTEGRITY

The first pillar of manliness involves basic core values, or, "In layman's terms, your word is your bond," according to Gobbz. A real man is a man of his word, according to this pillar. Many people would rather hang out with someone who it true to his word--an honest man--rather than someone who just talks anks and talks...in other words, the jibber-jabber. There's the age-old adage that talk is cheap, and this quality reaffirms it. Be a man of action, someone others can look up to and strive to emulate.

Honestly, honesty is only one half of the equation. For this first pillar to truly hold meaning, a man must also show integrity. "Integrity is more than just telling the truth, it's doing the right thing when no one's watching," says Gobbz. Doing the right thing is one thing, especially when there's either an incentive involved or someone (your boss, maybe) is watching; REAL integrity, however, means doing it just to do it, because it's the right thing to do. Along with HONESTY, INTEGRITY is a crucial value most men should strive to not only exemplify, but teach to younger generations.

PILLAR TWO - BE RESPECTFUL

It's something your parents should have taught you from a young age, be respectful to those around you, follow the golden rule: treat others the way you wish to be treated, "Or, in Bub & Gobbz's words: Don't be a dick!"

"Basically, my version of the bible is four words: Don't be a...dick." Floof explains. "It's a simple philosophy..."

If you do find yourself being a dick, call yourself out on it, own it, learn from it, and use that to create a

better man, one who shows respect not only for those around him, but to himself as well. For one to love/respect others, he or she must learn to appreciate the person looking back in the mirror.

When discussing the respect of those around you, the bros decided to get a little deep with their listeners. "Don't be a judgmental dick kind of falls in this nature," he explains. "Politics aside...there's a lot of people being judgmental dicks...If it doesn't affect you personally, who cares? Let others live their lives." Not everyone is the same, looks the same, acts the same, thinks the same, and so on...and that's ok. A respectful man knows this and not only celebrates it but defends it. Sure, you may disagree on things from time to time, that doesn't mean you automatically have to hate that other person.

We should celebrate what makes us different, for it opens many doors and opportunities for new friends, colleagues, adventures. "Variety really is the spice of life," says Floof. "If everyone was the exact same, how boring would this life be?"

PILLAR THREE - HANDLE YOUR BUSINESS

What does it mean to handle your business? It could involve any aspect of a man's life, from their job, their personal life, all the way to their own hygiene. A real man handles his business. This could be shown when a man provides for his family, takes his kids to school or soccer practice, or brings over a get-well card for his sick mother.

When it comes to your career, be willing to put in the long hours, to do the work. It may not always be the most fun, but hard work can and will set you up for success in the future.

Handling one's business can also reflect on a man's personal life, his emotions, and with social media at your fingertips, it can be easy to make your frustrations known, regardless of what they're about. Before taking to the keyboard, ask yourself if there's truly some merit in your frustrations, or are you just upset that perhaps things didn't go the way you'd hoped? "There's a difference between complaining and expressing your frustration or your emotions," says Gobbz. "Complaining is just whining to whine."

If work is going rough, it is ok to express your frustrations about it; however, it all comes down to how you plan to tackle said frustrations. How are you going to make this better? Do you work harder to climb up the ladder? Do you further educate yourself? Or do you look for a new job/career all together?

Think of the first two pillars. Do the right thing and be respectful to those around you; be the example everyone should look up to. Stand up for those who cannot.

There is often an in-house or unspoken "rule" that a real man should stand up and fight, to solve problems with their fists rather than words. Some of this can be boiled down to general biology, as boys' emo-

tions may take over due to the rise in testosterone during a conflict. A real man--while not always perfect--works to control his anger, and chooses not to fight, unless he absolutely has no other choice. Even if you know how to fight, that doesn't mean you're more manly than the man who chooses words over fists.

To handle one's business doesn't always mean fight, quite the opposite, in fact. "Show me a man who resorts to violence, and I'll show you a man who has run out of good ideas," says Bubbles, who stole that quote from an episode of DOUG (an old Nickelodeon show, for the younger generation).

PILLAR FOUR - DO WHAT IS NECESSARY

This may sting for many people, but the truth of the matter is, you really don't 'deserve' anything unless you're willing to go out and work for it, as the bros explain in their fourth pillar.

Sometimes you must get your hands dirty. A real man who handles his business knows that he must be willing to put in the time and hard work to conquer his goal(s). This means you may have to literally crawl in the dirt and the muck to get the job done, you may have to get those calluses on your hands and/or feet before you get the cushy desk job. Everyone starts at the bottom. Things don't just land in your lap, and if they do, they're not truly worth it. Something can be said about the feeling of accomplishment you can feel after truly conquering your goals due to the time you've put in.

It's not always that simple, though. Perhaps you've run into a situation where you can't quite get the job done yourself--maybe you don't have the strength needed to perform certain actions--and you'll either have to find a workaround or ask for help. While this also ties into our next pillar, a real man knows that he must do what is necessary to accomplish his goal(s). In situations such as this, what can be done to improve the outcome? If you're not strong enough to complete a task at work, do what's necessary to build yourself up; train your body, your mind, whatever you need to do.

Even still, if the job still needs to get done, and you can't do it by yourself, DO NOT BE AFRAID TO ASK FOR HELP.

It's MANLY MONTH!

PILLAR FIVE - KNOW YOUR LIMITS

Just as the example above explains, don't ever be afraid to ask for help. For physical tasks, not only can it be smarter and safer to get help performing certain actions, but it also shows that, as a man, you have the strength to ask for assistance, rather than risk injury or worse from trying to act macho.

On the physical aspect, it's ok to test your limits, or even push past them; however, doing it just to try to seem macho defeats the purpose, making you look and act like a dick, and potentially putting yourself in harm's way. If you want to push the limits, do it for the right reasons, and do it the smart and right way; do not go out and try benching 405 pounds when you can barely do 10 pushups, or when you've never walked into a weight room, that's just asking for disaster.

At a work site, trying to act macho, rather than asking for help, could result in all kinds of disaster, including those where someone could get hurt, or worse...

Knowing a man's limits also stretches into the realm of mental and emotional health, which for many, is where the true challenge lies. Pride can blind men from dealing with what goes on in their head, thinking themselves as weak for not reaching out when something isn't right. The truth is, however, that it takes more strength, more manliness, to reach out for help when you're struggling.

Depression is a real thing, and it can be kryptonite for the strongest supermen alive. Many who battle this--along with other issues such as anxiety--try to keep it to themselves, in fear of seeming weak, which couldn't be further from the truth. **DO NOT BE AFRAID TO ASK FOR HELP.** This can be said for the emotional aspect for those in relationships, or perhaps someone going through heartbreak. Trying to keep it close to the chest creates the potential for a bottle effect--bottling everything up inside until one day it explodes--which can be harmful to not only yourself, but to those you hold dear. Know your limits, never be afraid to say anything.

A real man is not afraid to ask for help when he needs it.

These are the **FIVE PILLARS OF MANLINESS**, according to **THE BUB & GOBBZ SHOW**. For more detail and content surrounding Manly Month, along with every other episode, check out thero-guerooster.com for links, or look us up on any major podcast platform! New episodes every Tuesday. Also, don't forget to check out **BUB & GOBBZ: COFFEE SNOBBZ** on Instagram every Monday and Friday morning!



