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The Dangers of Low Testosterone (Low-T) Drugs

Thousands of men put on testosterone therapy (Low-T drugs) for treatment of low testosterone have reported serious, potentially fatal side effects. Studies have found that Low-T drugs may cause an increased risk for cardiovascular events that potentially can be deadly. If you or a loved one has taken or is taking Low-T drugs, this is an article to read and pass along.



Read more >>>

Knowing these Common Texas Car Accidents Could Keep You Safer

The four most common vehicle accidents in Texas are single-vehicle accidents, intersection collisions, head-on accidents and rear-end accidents. There are several conditions that can cause these crashes and sometimes they're unavoidable, but in many cases, a car accident can be avoided by being alert at all times and driving defensively.



Read more >>>





Tips to Build Your Credit after a Divorce

For spouses who did not have a credit history prior to marriage and did not develop one while they were married, divorce can be especially hard. Renting an apartment, financing a car -- anything that relies on credit can be hindered when you don't have credit of your own. But hope is not lost! There are simple measures to take during and after divorce that will help you



begin building your own credit so you can thrive after divorce. Read more >>>

Recipe of the Month

June 25th is National Catfish Day! This southern delicacy is easily found in muddy rivers and lakes and typically served up fried in fillets with a side of hush puppies. Check out this deep-fried catfish recipe with a flavorful batter that gives a delicious crunch to this slightly oily fish. Get the recipe here.



Dallas April Events

June 3-15: Mamma Mia!

(http://www.dallassummermusicals.org/shows_mammamia.shtm)

Dallas Summer Musicals presents Mamma Mia! for two weeks at Music Hall at Fair Park. This classic musical features a heartwarming story told through the music of ABBA. Tickets are on sale now on the website and at the box office.

June 7: 20th Annual Dog Day Afternoon (http://www.kintera.org/faf/home/default.asp?ievent=1111816)

Operation Kindness holds its 20th annual Dog Day Afternoon this month at Flag Pole Hill Park at White Rock Lake, where we'll celebrate man's best friend. Bring your pups for live entertainment and free goodie bags, or if you don't have a pup of your own, fall in love with your new companion at the adoption tent!

June 7 – July 26: Safari Nights at the Dallas Zoo

(http://www.dallaszoo.com/safarinights/)

Every Saturday night through July 26 can be spent among the animals in a special evening concert series at the Dallas Zoo. Each Safari Night will feature an original songwriter or tribute band, as well as encounters with some of the stars of the Zoo's Animal Adventures outreach program.

June 25: Flavors of Dallas

(http://go.liverfoundation.org/site/TR?fr id=4082&pg=entry)

The first annual Flavors of Dallas culinary experience will delight your senses with an elaborate dining experience. Enjoy the culinary creations of top chefs from the Dallas-Fort Worth area as they serve up a five-course dinner with wine pairings. Ticket proceeds benefit the American Liver Foundation.