



### SUMMER TIME SAFETY

**Heat Safety:**

- **Stay Cool:** Seek shade, take breaks from the heat, and spend time in air-conditioned spaces during the hottest parts of the day (usually between 10 a.m. and 4 p.m.).
- **Stay Hydrated:** Drink plenty of fluids, especially water, even before you feel thirsty.
- **Recognize Heat Illness:** Be aware of the signs of heat exhaustion and heatstroke, such as dizziness, headache, or nausea, and seek medical help if needed.

**Sun Safety:**

- **Protect Skin:** Use a broad-spectrum sunscreen with SPF 30 or higher and reapply every two hours, especially after swimming or sweating.
- **Seek Shade:** Minimize sun exposure during peak hours.
- **Wear Protective Clothing:** Wear sunglasses and a wide-brimmed hat when outdoors.

**Water Safety:**

- **Supervise Children:** Never leave children unattended near water, including pools, lakes, and even bathtubs.
- **Swim with a Buddy:** Avoid swimming alone and be aware of local hazards.
- **Use Life Jackets:** Always wear a U.S. Coast Guard-approved life jacket when boating or participating in water activities.

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- ✓ The Law Office Of Carlos L. Williams Is A Full Service Law Firm In Tulsa, Oklahoma.
- ✓ Our Firm Handles Criminal Defense, Family Law, Immigration, And Personal Injury Cases.
- ✓ Attorney Carlos Williams is experienced Attorney. With Over Four Decades Of Combined Experience In Oklahoma Courts.

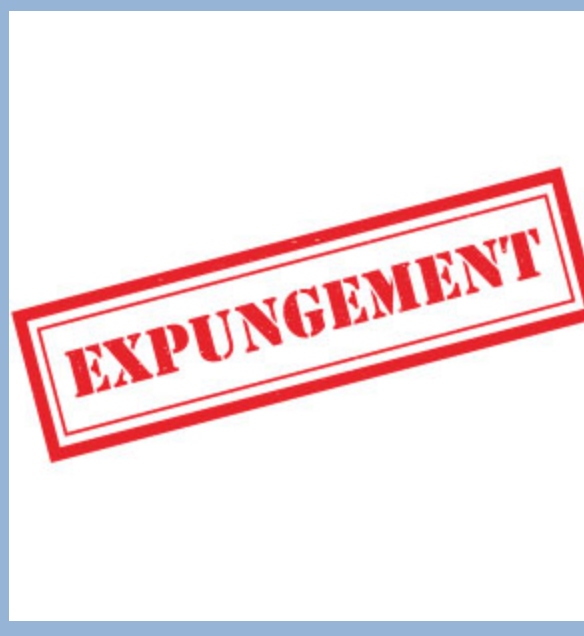
### Expunging Your Criminal Record In Oklahoma

Click [Here](#) to review the OSBI information and Contact our Tulsa Expungement lawyers by phone at **(918) 216-9644**.

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## Need Help or Have Questions?

If you or a loved one has questions or concerns about available relief, Adjustment of Status, or how the new changes to Immigration Policy impact you, please call our office for a FREE quick consultation at **(918) 582-9529**.

If you, a friend, co-worker, acquaintance or family member need legal help, click or touch one of the practice areas below:

- Personal Injury
- Immigration
- Criminal Defense
- Family Law

### RECIPE OF THE MONTH

#### Tuna Pasta Salad

INGREDIENTS:

- ✓ 3.5 oz pine nuts, toasted until golden
- ✓ 2 handfuls fresh, soft summer herbs, such as mint, basil, parsley and dill
- ✓ ½ cup extra virgin olive oil
- ✓ 2 tbsp lemon juice

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Reviews are the lifeblood of our firm and help us to provide top-notch legal service to more clients. Everyone needs a good attorney in their corner. Help us to help others with your honest review - thank you!

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