



February 1st To March 1st



Valentine's Day February 14th



Protect Your Mental Health

Due to the current state of our Country our people are facing "Gloom and doom due to news". It is the negative emotional impact of constant negative headlines, leading to anxiety, sadness, helplessness, and a pessimistic outlook, often fueled by a 24/7 news cycle and social media's focus on fear-inducing content, which can overwhelm our brains and even paralyze action despite genuine concerns like climate change. This pervasive negativity, known as "doomscrolling," makes people feel unprepared or overwhelmed, highlighting the importance of setting boundaries and seeking solutions-focused news.

Oklahoma's Updated Move Over Law

The law requires drivers to slow down and, when possible, move over to the next lane when approaching a vehicle with flashing lights. Failure to do so will now result in steeper penalties than before.

Oklahoma also bans texting while driving for all drivers and, as of **November 1, 2025**, prohibits holding a cell phone in active school and work zones. Only hands-free use is allowed in these critical areas.

Penalties for texting include a **\$100 fine**, with higher fines for repeat offenses. Violations in school or work zones may result in increased fines and potential license suspension if an accident occurs.

Commercial drivers face stricter rules, with hand-held phone calls banned statewide.

- ✓ We Pride Our Firm On Treating Each Legal Matter As If It Were Our Own.
- ✓ 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.

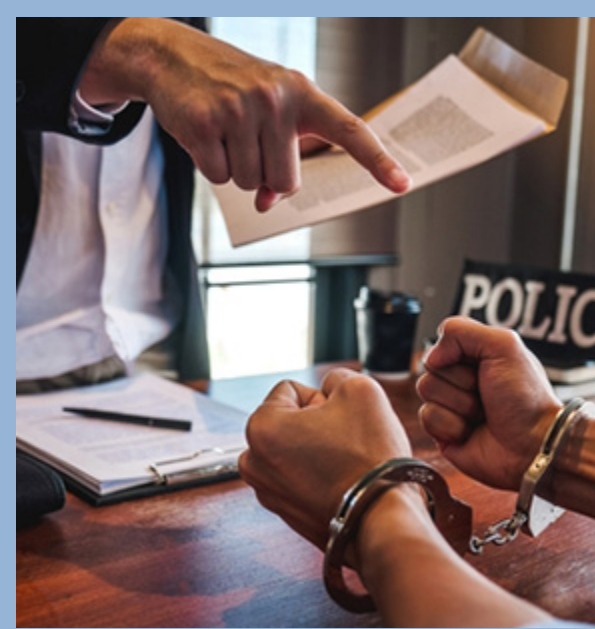
Expunging Your Criminal Record In Oklahoma

Click [Here](#) to review the OSBI information and Contact our Tulsa Expungement lawyers by phone at (918) 582-9529.

What Types Of Criminal Cases Does Your Firm Handle In Oklahoma?

Our firm handles mostly DUI. We also handle drug cases, theft, white collar cases, traffic tickets, juvenile matters, burglary, and robbery related crimes...

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Five Key Health And Nutrition Megatrends For 2026

Feeding the world in a way that supports both people and the planet – without compromising the future – is igniting bold innovations for 2026 and beyond. Moving towards an industry where nourishing, affordable, and sustainable choices are within...

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10 Best National Parks To Visit In February

February is a great time to visit National Parks if you want the parks to yourself. It's quiet since the holidays are over, but the weather gives you options to escape the cold or embrace a winter wonderland...

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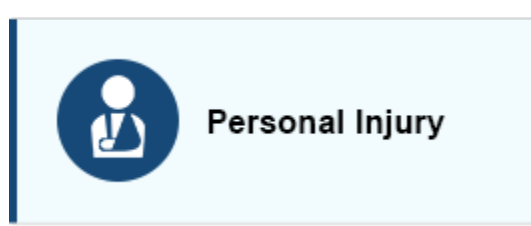


Need Help or Have Questions?

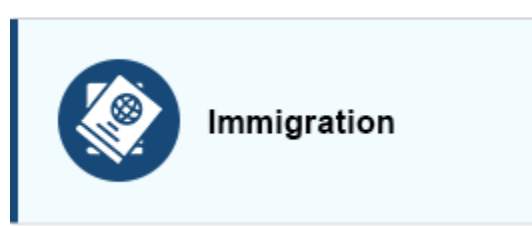


If you or a loved one has questions or concerns about available relief, Adjustment of Status, or how the new changes to Immigration Policy impact you, please call our office for a FREE quick consultation at (918) 582-9529.

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



Chicken Bacon Ranch Casserole

INGREDIENTS:

- ✓ 4 cups Boneless skinless chicken breasts (cooked, cubed or shredded)
- ✓ 8 slices Bacon (cooked, chopped)
- ✓ 3 cloves Garlic (minced)
- ✓ 1 cup Ranch dressing

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We Need Your Help...

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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