



March 4: Mardi Gras



March 17: St. Patrick's Day



March 20: Spring Equinox



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.

Filing Accident Injury Claims In Tulsa County: Steps, Challenges, And How An Attorney Can Help

Life can change in an instant after an accident. The physical pain, emotional toll, and financial stress can feel overwhelming, leaving you unsure of your next steps. If you've been injured in a motor vehicle accident...



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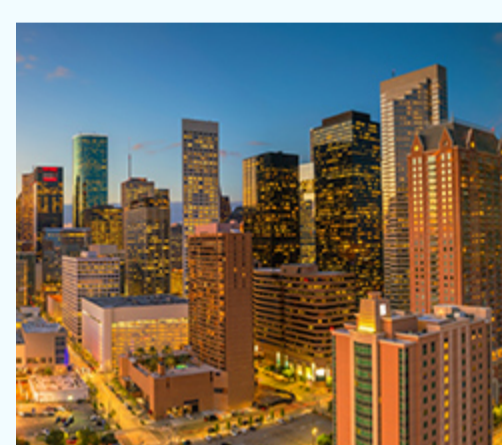
6 Healthcare Tech Trends For 2026

Healthcare technology enters 2026 smarter, faster, and more connected than ever. From creating digital twins of real people to artificial intelligence (AI) gaining momentum...

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15 Best Places To Visit In March In USA 2026

Looking for the best places to visit in March in the USA? These are the places you want to travel to this month, whether you're looking for the tail end of winter adventures, epic events, or a warm getaway...



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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



Eggplant Rollatini

INGREDIENTS:

- ✔ 1.5 lbs Eggplant
- ✔ 2 tbsp Olive oil
- ✔ 1/2 tsp Sea salt
- ✔ 1/4 tsp Black pepper

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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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