



Summer Smarts:

1. Use sunscreen
2. Drink plenty of water and avoid dehydrating foods
3. Choose your timing wisely
4. Avoid direct sun exposure when possible

Back to School:

Time to plan and shop for school supplies, clothes, shoes, uniforms. Start early don't wait until the last minute. Watch for sales and events that assist families in need. Basics like pens, markers, and notebooks are available for under a dollar, while tech, dorm essentials, and apparel have major markdowns. Major retailers are offering steep discounts.



Are you struggling with City of Tulsa Municipal Fines and Fees?
The Tulsa Financial Empowerment Center can help!
The FEC provides professional, one-on-one financial coaching at no cost.
• Get up to \$250.00 in court fines and fees waived after completing 3 sessions.
• Get an additional \$100.00 waived for each subsequent meeting with an FEC Counselor.
Call **918-802-7279** and let them know that the Municipal Court is the referral source.

- ✓ 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

The Expungement Process In Oklahoma: Can You Erase Your Criminal Record?

A past mistake doesn't have to hold you back forever. In Oklahoma, certain criminal charges and convictions can be cleared from your record through the expungement process...

[READ MORE](#)



Why More People Are Prioritizing Social Fitness Over Another Night At The Bar And Rethinking How They Spend Time Together

Weeknight nights out do not have to mean another restaurant reservation or a crowded bar. Open mics, improv classes, trivia and craft nights offer cheaper, more memorable alternatives that psychologists say may actually be better for your relationships and friendships...

[READ MORE](#)

Best Budgeting Apps Of 2026

We used a data-driven methodology to evaluate the top budgeting apps users can download for budgeting and spending analysis. We ranked budgeting apps based on critical features, like usability and customer feedback...

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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



Summer Salmon Cobb Salad

INGREDIENTS:

- ✓ 6 ounces thick-cut bacon (about 4 slices), cut into 1-inch pieces
- ✓ 3 medium-size ears fresh corn, husks removed
- ✓ 1 medium-size red onion, cut into 1/4-inch-thick slices
- ✓ 1/4 cup plus 1 tablespoon extra-virgin olive oil, divided

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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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