



Independence Day-July 4, 2026



HEAT SAFETY No matter where you live, there's a good chance you'll experience a hot 4th of July. This summer parts of the U.S. could see record-setting heat. According to and the climate crisis is causing heat waves to happen 67% more often compared to 1979, and last longer with higher temperatures than we experienced 40 years ago.

WHAT YOU SHOULD DO Slow down, stay hydrated and spend time indoors.

Beat the Heat: Limit sun exposure between 10 a.m. and 4 p.m. Use broad-spectrum sunscreen with SPF 30 or higher and reapply every two hours.

Stay Hydrated: Drink plenty of water throughout the day, even before you feel thirsty.

Prevent Bites: Use insect repellent containing DEET, and wear long sleeves and pants in wooded areas. Check yourself and pets for ticks afterward.

Water Safety: Always swim with a buddy and wear a U.S. Coast Guard-approved life jacket. Actively supervise children around pools and natural water sources.

Vehicle Safety: Never leave children or pets alone in a parked car, as temperatures can reach dangerous levels in minutes.

Fireworks: Enjoy public fireworks displays conducted by professionals rather than using DIY fireworks at home.

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

Top 4 Mistakes To Avoid When Applying For A U Visa

In Oklahoma and across the country, too many victims of serious crimes remain silent, afraid that coming forward might jeopardize their immigration status. Unfortunately, aggressors and criminals exploit this fear to keep witnesses quiet. What many people don't realize is that the U Visa was...

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The 22 Best Beaches In The U.S

From sea to shining sea, the USA features coasts and lakes that are littered with glorious stretches of sand. As well as the superstars grabbing the limelight (hello, Venice Beach), you'll find tucked-away, small-town gems that are the perfect location for a relaxing time with friends...

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How To Avoid Jellyfish Stings During Peak Beach Season

Nothing can ruin a day at the beach quite like a jellyfish sting. The stinging sea creature is a common occurrence in southern waters. Whether you are swimming in the Gulf, strolling along the Carolina coastline, or wading in Florida's shallow waters, encountering...

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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



Easy Bruschetta Chicken.

INGREDIENTS:

- ✓ chicken breasts
- ✓ olive oil
- ✓ fig preserves
- ✓ champagne or balsamic vinegar - I've been using peach balsamic lately

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We Need Your Help...

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