Health

Extreme heat can take a toll on the body

Joey Ross
WDN Reporter



As temperatures continue to climb across Oklahoma, extreme heat can become more than an uncomfortable part of summer. Prolonged exposure to high temperatures can place significant stress on the human body and lead to a range of health effects, from dehydration and fatigue to potentially life-threatening heat-related illnesses.

The body normally regulates its temperature through sweating and increased blood flow near the skin. During extreme heat, however, those cooling mechanisms can become overwhelmed, particularly when temperatures remain high for extended periods or when humidity makes it harder for sweat to evaporate.

One of the first effects people may experience is dehydration. Heavy sweating causes the body to lose water and electrolytes, which are minerals that help regulate muscles, nerves and fluid levels. Dehydration can lead to headaches, dizziness, weakness, dry mouth and increased thirst. If fluids are not replaced, symptoms can become more serious.

Heat exhaustion is another common result of prolonged exposure. Symptoms can include heavy sweating, weakness, nausea, dizziness, headache and a fast pulse. Without proper treatment, heat exhaustion can progress into heat stroke, a medical emergency that occurs when the body's temperature regulation system begins to fail.

Heat stroke can cause confusion, loss of consciousness, seizures and extremely high body temperatures. It can damage the brain and other organs and can be fatal if treatment is delayed.

Extreme heat also can affect the cardiovascular system. The heart works harder to move blood toward the skin in an effort to release excess heat. For people working or exercising outdoors, that added strain can increase the risk of serious complications, especially when combined with dehydration.

The effects of extreme heat can extend beyond physical symptoms. Heat can contribute to poor sleep, exhaustion and difficulty concentrating. People who spend long hours outdoors, including construction workers, agricultural workers, athletes and others with physically demanding jobs, face greater risks because of the amount of time they spend in hot conditions.

Certain groups also are more vulnerable, including older adults, young children and people with existing health concerns. However, even healthy individuals can become seriously ill when exposed to extreme heat for too long.

Taking precautions can reduce the risk. Drinking water regularly, taking breaks in air-conditioned or shaded areas, wearing lightweight clothing and avoiding strenuous activity during the hottest parts of the day can help the body maintain a safer temperature.

As Oklahoma experiences periods of extreme heat, understanding the warning signs and responding quickly can make the difference between a difficult summer day and a serious medical emergency.

Legals

IN THE DISTRICT COURT OF CUSTER COUNTY STATE OF OKLAHOMA

IN THE MATTER OF THE ESTATE OF KRISTI JO HILL, Deceased

NOTICE OF HEARING PETITION FOR LETTERS OF ADMINISTRATION, APPOINTMENT OF ADMINISTRATOR AND DETERMINATION OF HEIRSHIP
PB-2026-62
The Honorable Judge Hada

Notice is hereby given to all persons interested in the Estate of Kristi Jo Hill, Deceased, that on August 7th, 2026, Benjamin Dale Hill ("Petitioner") filed a petition praying that Letters of Administration be issued to him; that he be appointed Administrator of said estate; and that the heirs of decedent should be judicially determined. Pursuant to an Order of said Court, the petition will be heard on September 14th, 2026, at 11:00 a.m. at the Custer County Courthouse, Arapaho, Oklahoma, when and where all persons interested may appear and contest the same.

WITNESS my hand this 7th day of August 2026.

/s/Dana J. Hada
Judge of the District Court

Michael N. Clark,
OBA No. 19778
Taylor C. Gronlund,
OBA No. 35621
Amy W. Mueller,
OBA No. 35692
DeBee Clark & Weber, PLLC
1200 NW 63rd Street,
Suite 5000
Oklahoma City,
Oklahoma 73116
Phone (405) 232-7777
Attorneys for the Petitioner

(Published in the Weatherford Daily News August 15, 2026)
LPXLP

BEFORE THE CORPORATION COMMISSION OF THE STATE OF OKLAHOMA

APPLICANT: DUNCAN OIL PROPERTIES, INC. AND WALTER DUNCAN OIL, LLC

RELIEF SOUGHT: MODIFICATION AND AMENDMENT OF ORDER NO. 579404

LEGAL DESCRIPTION: SECTION 33, TOWNSHIP 14 NORTH, RANGE 18 WEST, CUSTER COUNTY, OKLAHOMA

NOTICE OF HEARING
CD-2026-002933

STATE OF OKLAHOMA TO: Diversified Production LLC; Farmers Royalty Company; Don V. Ingram c/o DVI Management, Inc; Don V. Ingram c/o Alice Ingram Mattox; JHMJR, Ltd; Kennedy Mineral Interest, LLC; MTB Enterprises, LLC c/o M. Thomas Buxton, III; OCM Denali Holdings, LLC c/o Diversified Production LLC; The Paul & Betsy Ache Family, LP c/o Hugh J. Ache; Raymond T. Duncan Oil Properties, Ltd; Ventana Exploration & Production II, LLC; and all persons, owners, producers, operators, purchasers and takers of oil and gas and all other interested persons, particularly in Custer County, Oklahoma, and if any of the individuals are deceased, or if any of the companies are no longer in existence, the unknown heirs, executors, administrators, devisees, trustees, successors and assigns, immediate and remote, of the named parties.

NOTICE IS HEREBY GIVEN that the Applicant requests the Commission remove Chesapeake Operating, Inc., PO Box 18496, Oklahoma City, OK 73154, Operator No. 17441, as operator under Order No. 579404, and designate Duncan Oil Properties, Inc., 100 N. Broadway Ave., Suite 2500, Oklahoma City, OK 73102, Operator No. 15876, as opera¬tor under said Order, as to the unit and common sources of supply named therein, insofar as subsequent wells drilled thereunder.

Further, Applicant has acquired the right to drill subsequent wells in the subject unit, and is seeking to be named operator under the above referenced pooling Order. There has been a change of conditions and change in knowledge of conditions which requires amendment of said Order No. 579404 in order to update fair market values.

NOTICE IS FURTHER GIVEN that this cause be set before an Administrative Law Judge for hearing, taking of evidence and reporting to the Commission.

NOTICE IS FURTHER GIVEN that this cause will be heard before an Administrative Law Judge on the Initial Hearing Docket at the Oklahoma Corporation Commission, Oklahoma City, Oklahoma, at 8:30 a.m., on the 31st day of August, 2026, and that this Notice be published as required by law and the Rules of the Commission.

Due to renovation work at the Jim Thorpe Office Building, the Commission's Oklahoma City office has relocated to the Will Rogers Memorial Office Building at 2401 N. Lincoln Blvd., in the Capitol Complex, Oklahoma City, Oklahoma 73105. All hearings, docket calls, and public meetings will be conducted in the Concourse Theater or additional courtrooms located in the tunnel between the Will Rogers Memorial Office Building and the Sequoyah Memorial Office Building. The specific room location, including updates, of each scheduled hearing or public meeting will be available on or before the day of the event at the information desk in the first-floor lobby of the Will Rogers Memorial Office Building and on the Commission's website at: https://oklahoma.gov/occ/court-dockets.html

NOTICE IS FURTHER GIVEN that the referenced hearing may be conducted via teleconference or video-conference. Before coming to the building for this hearing, please visit the Oklahoma Corporation Commission website at www.occeweb.com to determine the status of building access. Instructions for participating via teleconference or video-conference are available on the Commission's website.

NOTICE IS FURTHER GIVEN that with respect to the request to change the operator, any person desiring to protest this application shall file a written protest to the application during the protest period, which shall run for fifteen (15) days from the date on which the last publication of the notice of hearing is made. Failure to file a written protest within the fifteen (15) day period shall be deemed consent to the granting of the application as to the requested change of operator.

NOTICE IS FURTHER GIVEN that the Applicant and interested parties may present testimony by telephone. The cost of telephonic communication shall be paid by the person or persons requesting its use. Interested parties who wish to participate by telephone shall contact the Applicant or Applicant's attorney, prior to the hearing date, and provide their name and telephone number.

NOTICE IS FURTHER GIVEN that all interested persons may appear and be heard. For information concerning this action, contact Joe Ferguson, CPL, Land Manager, Duncan Oil Properties, Inc., 100 N. Broadway, Suite 2500, Oklahoma City, OK 73102, Office.405.272.1810, E-Mail: jferguson@wdoil.com; OR Eric Huddleston, Attorney, Two Leadership Square, 211 North Robinson, Suite 1300, Oklahoma City, OK 73102, Telephone: (405) 232-3722.

CORPORATION COMMISSION OF OKLAHOMA
Kim David, Chairman
J. Todd Hiett, Commissioner
Brian Bingman, Commissioner

DONE AND PERFORMED THIS 11th DAY OF AUGUST, 2026.

BY ORDER OF THE COMMISSION: Secretary

(Published in the Weatherford Daily News August 15, 2026)
LPXLP

IN THE DISTRICT IN AND FOR CUSTER COUNTY STATE OF OKLAHOMA

In re: APPLICATION OF CHIEF OF POLICE OF THE CITY OF WEATHERFORD, OKLAHOMA TO DISPOSE OF PERSONAL PROPERTY AND MONEY, 2026

NOTICE
CV-2026
Judge: Hada

TO: All persons claiming an interest in certain property in the possession of the Chief of Police of the City of Weatherford as described in the application on file in this case including but not limited to the following: electronic equipment, firearms, cash money, knives, bicycles, jewelry, telephones, sporting goods, lawn equipment, tools, cameras, appliances and miscellaneous personal property.

Persons apparently claiming some interest in the property include: See Exhibit "A" attached hereto.

The Chief of Police of the City of Weatherford, Oklahoma, has filed an application to dispose of certain property and money coming into possession of the Weatherford Police Department.

The property includes: electronic equipment, firearms, cash money, knives, bicycles, jewelry, telephones, sporting goods, lawn equipment, tools, cameras, appliances and miscellaneous personal property, all is more fully described in the application on file in the District Court of Custer County.

Any person claiming an interest in said property may appear and claim said property at a hearing on September 3, 2026, at 10:00 o'clock a.m. before Judge Hada, at the Custer County Courthouse, in the City of Arapaho, Custer County, Oklahoma. Failure to appear at the hearing to provide proof of ownership and establish tl1e right to possession of any money or personal property will result in a court order directing the Weatherford Chief of Police to deposit the cash money into the City of Weatherford general fund or ill1 order directing the property to be sold, destroyed or transferred to the City of Weatherford.

Date: 8-6-2026

/s/David D. Duncan,
OBA #2525
Weatherford City Attorney
P.O. Box 1648
Weatherford, OK 73096
(580) 772-3207
davidduncan@davidducan.law
Attorney for the City of Weatherford

Owner & Address

Brian Stevenson
1205 6th St
Shallow Water, TX 79363

Ethan Hollan
310 W Arapaho
Weatherford, OK 73096

Tommy Towler
718 E Main St Trlr #42
Weatherford, OK 73096

Skyler Heap of Birds
9355 N 2390 Rd
Thomas, OK 73669

Unclaimed
Finder Relinquished

Unclaimed
Finder Relinquished

Darian Breaux
1217 Avant Ave
Clinton, OK 73601

Myquesta Beal
118 S. Caddo St, Trlr# 1
Weatherford, OK 73096

Florin Ciocan
12820 Newbury Pl.
Chino, CA 91710

Viktor Saban
Homeless
Guatemala

Ray Miles
510 S Washington
Foss, OK 73647

Jonathan Williams
301 E Arapaho Ave
Weatherford, OK 73096

Unclaimed
Finder Relinquished

Khobe Austin-Johnson
712 W Davis, Apt# 4
Weatherford, OK 73096

Unclaimed
Finder Relinquished

Patrick Latronico
327 Beryl Dr.
San Antonio, TX 78213

Unclaimed
Finder Relinquished

Catlin Frazier
521 W Main St
Weatherford, OK 73096

Unclaimed
Finder Relinquished

Stephen Quartuccio
9301 E Tecumseh Rd
Norman, OK 73026

Unclaimed
Finder Relinquished

Dunyale Rainer
307 Ponderosa Ln
Amarillo, TX

Unclaimed
Finder Relinquished

Matt Smalley
800 1/2 W. Main St
Weatherford, OK 73096

Shane Carman
301 E Arapaho
Weatherford, OK 73096

Trey Farmer
302 Owl Way
Fritch, TK 79036

Abigail Marleny
4600 Emerson St
Hyattsville, MD 20781

(Published in the Weatherford Daily News 15, 2026)
LPXLP

PUBLIC NOTICE

Kaiser Mini Storage, 820 West Main, Weatherford, OK 73096

The following tenants must pay their past due staroage rent, balance in full, within 5 days of this public notice or contents will be sold and removed.

Kevin McGee

Chad Kisinger

(Published in the Weatherford Daily News August 15, 22, 2026)
LPXLP

We Would Be Glad To Help You With All Your Farm Loan Needs.
Bank of Hydro
ESTABLISHED 1903
MEMBER FDIC
146 W. Main • Hydro • 405-663-2214



ACE HOME CENTER
800 E. Main • Weatherford • 772-7781


HARMS
Insurance Agency, Inc.
CHAVAN SAMPLEY
1100 E Main St.
Suite 300
Weatherford, OK
580-772-2324
chavan@harmsinsuranceok.com
HOME • AUTO • BUSINESS
AGENT FOR GOODVILLE MUTUAL
www.harmsinsuranceok.com