

From the Desk of Mark Blane



**You May Have Under-Insured Motorist Coverage
But You May Still Be Under-Insured**

This month, in a departure from my regular book review, I want to highlight a video I recently made about the importance of under-insured motorist coverage.

As a car insurance consumer, you are not responsible for what others have in liability coverage, but you are in control and responsible for what you have in "UNDER-insured" motorist coverage. So, be pro-active—as opposed to reactive—and review your auto policy today to make sure you have plenty of "UNDER-insured" motorist coverage. If you really sit down and do the math, it is not that much more to get decent "UNDER-insured" motorist coverage compared to a premium reflecting a minimal amount policy.

I am a San Diego personal injury lawyer. If you have been injured, or someone you know has been injured, because of another person making an unsafe choice, be sure to grab my [FREE California Injury Legal Survival Guides](#), which are available on my website.

I take questions on injury cases every day, and I can be reached at **619.813.7955**. With that, I hope you enjoy the video, and as always, stay strong!

—Mark

P.S. Be sure to scroll to the bottom of this newsletter for my monthly smoothie recipe—it's healthy and delicious!

[Watch Now](#)

Success Story

Elderly Woman Obtains Justice in a Sidewalk Defect Case

Trip and fall cases are always challenging, but this was an extremely difficult trip and fall case against both a property owner and a construction company. The plaintiff was an 85-year-old woman who tripped and fell at a defect in the sidewalk of an outdoor strip mall in San Diego.

[Read More](#)

Feature Article

What You Need to Know About Wrongful Death Claims



The most tragic car accident is one where a victim dies from their injuries. If a family member was killed in an auto crash, nothing can take away the grief and intense heartbreak you are feeling over the loss of your loved one. The pain can be even more intense if their death was caused by a negligent driver. While nothing can bring your family member back, you can obtain a sense of justice and receive compensation for your losses.

[Read More](#)

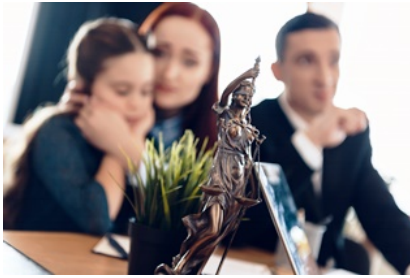
Stay in the Know



How long do I have to sue the driver who caused my bicycle accident?



Get the Answer



How much does it cost to hire a child injury accident attorney?

Get the Answer

Help for Accident Victims and Their Families



Attorney Mark C. Blane has written and published several legal help books for injured folks in California, and they're available to you for **FREE!**

These books are a great source of valuable legal information. They offer insider information on what you need to know before calling a lawyer as well as insights the insurance companies would rather keep to themselves!!!

Download a Free Book Today!

Smoothie of the Month



Non-Dairy Blueberry Smoothie Bowl

Start out the day light with a nutritious vegan, gluten-free, paleo breakfast. These delicious blueberry smoothie bowls are really simple to throw together. The frozen banana and soaked cashews make the smoothie extra creamy, but keep it healthy.

[Recipe courtesy of Loveleaf Co.](#)

Ingredients:

- 1 frozen banana
- 1/2 cup frozen blueberries
- 1/3 cup raw unsalted cashews, soaked overnight or at least 1 hour
- 1 cup unsweetened non-dairy milk, plus more if needed (protein powder can make the smoothie quite thick, so use your judgment).
- 1/4 teaspoon pure vanilla extract
- 1 serving vanilla or unflavored protein powder or collagen peptides
- 2 Medjool dates, pitted (optional, depending on sweetness of protein powder)
- pinch of sea salt
- sliced strawberries and unsweetened coconut flakes, for topping

Instructions:

- Add all ingredients except the strawberries and coconut flakes to a high-speed blender and blend until smooth and creamy. Add more non-dairy milk depending on desired consistency.
- Divide blueberry smoothie into two bowls. Top with strawberry slices and coconut flakes.
- Serve immediately.

Enjoy!

What Clients Have to Say About Working With Us

"I was on my way to work. I got into a major accident. I broke my wrist, and got a four-inch titanium plate with eight screws. My spleen and liver had been lacerated. So, all I remember is the helicopter ride was not fun. After I got out of the hospital, that is when I called Mark.... and Mark said, "You have a case." There was back and forth with the insurance company, and they said they were not going to pay for it. He took care of it really quickly. It is step-by-step... it is transparency... knowing what is going to happen, and what the options are. He is very calm, and very professional and to the point... that is what I liked about him. Integrity is what he has, and you really need to have someone with integrity."

- Ana Gomez, Vista, California

