

*From the Desk of Mark Blane*



**It is that time of the year again!**

As the sun sinks to its low horizon in the sky, the days grow shorter, and the nights grow ever longer...which can only mean one thing: "Samhain Festival," aka "All Hallows Eve," or today known simply as, "Halloween," is upon us at the end of the month!

Winter Squashes are now in season, so Jack-o-lanterns and bright orange pumpkins, symbolizing the return of the life-giving sun, pop up everywhere you go down your neighborhood streets, and local grocery stores. Both the sights and smells of fall is in the air!

Since this is Sophia's first "official Halloween," we dressed her in a couple of iconic outfits representing the celebration of the coming Autumn. A bright red lady-bug, and a wicked witch of the East. I am not sure which one she likes better, as she is still learning the world around her, but she sure had a good time dressing up, and looking at herself in the mirror!

—Mark

## Success Story

### Mount Soledad Bicycle Accident Victim Case Settles in Trial for \$475K

Our client was bicycling in Mount Soledad in La Jolla, CA when a car clipped him on his left side during an uphill ride. Our client was taken to the hospital and totaled his bicycle. When the insurance company tried to settle cheap, we took the next steps to earn our client a better settlement.

[Read More](#)

## Feature Article

### Why Children Suffer Tragic Injuries and Deaths in Pool Drowning Accidents



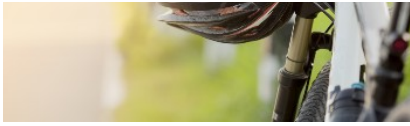
California is known for its sunny, warm climate. Because of this, there are many public and residential pools. However, pools can be dangerous, especially for children. According to the California Department of Developmental Services, drowning is the leading cause of death among children under five years old. If your child was injured or killed in a swimming pool drowning, it may have been caused by the negligence of the pool owner.

[Read More](#)

## Stay in the Know



**How long will it take to settle my bicycle accident case?**



Get the Answer



How long do I have to sue for my injuries in a motorcycle accident?

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**



**Creamy Pumpkin Pie Smoothie (Dairy Free)**

This creamy and delicious Creamy Pumpkin Pie Smoothie is great anytime of the day, and includes all of the flavors of autumn. It's the perfect fall treat that's Dairy and Gluten Free. [Recipe courtesy of Oh She Glows](#)

### **Ingredients:**

- 2 cups almond milk
- 1/2 cup rolled oats
- 2 tbsp chia seeds
- 1 cup canned pumpkin
- 1/2 tbsp blackstrap molasses
- 1 frozen ripe banana
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1.5-2 tbsp pure maple syrup
- Coconut Whipped Cream, for garnish

### **Instructions:**

1. In a medium-sized bowl whisk together the milk, oats, and chia seeds. Place in fridge for 1 hour or preferably overnight.
2. Add soaked oat mixture to blender along with the pumpkin, molasses, frozen banana, and spices. Blend until smooth. Add about 5 ice cubes and blend until ice cold.
3. Add maple syrup to taste. I found 1.5 tbsp was perfect for me.
4. Serve with Coconut Whipped Cream and a sprinkle of cinnamon on top!

Enjoy!

## **What Clients Have to Say About Working With Us**

*"I always walk in my neighborhood, and out of no where a dog came up...it went right to the leg and bit me, and he went back to attack me again. The neighbor called 911, the ambulance, the fireman, three police cars came. My husband said, you know what Yanina, there are laws against what happened to you. I called Mark, and he called me back personally. I felt very comfortable with him because he was so down to earth...simple...he is just like you and me...a normal person...I felt so comfortable that I opened up to him. After he listened to me, he said if you allow me, I will take your case. Mark does things by the book. He gave me an over all look of the process. He did everything, and then we just communicated...it was wonderful. Talk to Mark, he will take care of you. He did for me, and in my case I am very pleased."*

- Yanina Velez

