

From the Desk of Mark Blane



This month, I want to share a video I took while I was out jogging on Coronado beach just across the bay from San Diego. As I was running, a group of U.S. Navy Seal trainees came tearing out of the sand dunes on my left. They were getting into physical shape doing “sandy and wet” drills. These warriors are BUDS (Basic Underwater Demolition Seal) candidates, and this program is one of the toughest and most respected in the world.

These Seal candidates train, train, train, and then train some more to prepare for the obstacles they might face in the future. Watching those fellows running on the beach and getting “sandy and wet” was a pretty incredible experience, and it got me thinking of the parallels between that level of dedication, training, and preparation and what I do for my injury clients.

You see, preparedness through continued proper training is exactly what a good injury lawyer does for your case. We can’t wait until the end. From the very beginning, we have to prepare each case as if it is going to trial. Staying prepared allows us to navigate legal minefields, anticipate defense tactics, develop an offense that gains momentum, and advocate for our clients who have been injured because someone else wasn’t careful enough.

I’m not a Navy Seal, but if you’ve been injured in an accident, I am ready—and prepared—to be your voice when you need it most.

—Mark

P.S. Don't forget to scroll down for the smoothie of the month. It's one of my favorites!

[Watch My Video](#)

Success Story

Complex Negotiations Yield \$873,000 Settlement

My client, a passenger in a work truck, was seriously injured in a 10-vehicle interstate pile up caused by the driver of a Ford F-650. EMTs transported him by ambulance to the ER, where he underwent evaluation and testing. He followed up with his workers' comp doctor, who prescribed physical therapy. My client continued to have severe pain and eventually underwent spinal surgery, followed by weeks of additional physical therapy and chiropractic care.

[Read More](#)

Feature Article

Top 7 Causes of Bicycle Accidents



Many Southern California residents enjoy riding bicycles for exercise and as a means of inexpensive transportation. However, our roads can be congested, and many motorists engage in driving behavior that isn't safe—or even legal. Learn more about the top causes of bicycle accidents and the types of compensation you might be eligible to receive if you've been injured in a bicycle accident.

[Read More](#)

Stay in the Know



Is the driver following behind always at fault in a rear-end collision?

[Get the Answer](#)



Should I accept a quick settlement in my car accident case?

[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



Dairy Free Mylkshake

This is one of my favorite smoothie recipes. It's full of electrolytes, antioxidants, and carbohydrates, and it's creamy and sweet so there is no need to add in any refined sugar. Vegans spell the word "mylk" with a "y" to distinguish between dairy milk.

[Recipe](#) courtesy of Raw Vegan Ginger.

Ingredients:

3-4 bananas (fresh or frozen if you prefer it chilled)

2-3 Young Thai Coconuts (with both the water and meat)

Dates (about 5 dates for every 1 cup of coconut water or more, if desired)

1/2 tbsp vanilla powder or 1/2 of one vanilla bean scraped

Instructions:

Place all ingredients into a high speed blender like a Vitamix.

Blend on high for 10-15 seconds or until smooth.

Pour into a mason jar or tall glass and serve immediately.

Note: The Coco jack is an easy and safe tool for opening the coconuts, but you can also use a regular coconut opener or a Chinese cleaver.

What Clients Have to Say About Working With Us

"There was no way to stop...and all I could think of was protecting my face. After the impact I was hit by the airbag and knocked out when I was hit head on going about 55 mph. And then I was rear-ended about eight months later, and neither one of them were my fault. I initially met Mark at his law firm...after I gave him the information that was pertinent to the collisions, he took it from there. He made the communications easy; he went to doctors appointments with me because there were a couple of times where I felt I was not being heard. Mark is incredibly compassionate...he cares about his clients, and what is important to them is important to him. The financial settlement was more than I could have ever expected. I would definitely recommend Mark as he is a fantastic attorney, but as a person, as a teammate, as a person holding your hand and walking you through this, he went far, far beyond then what I ever expected legal counsel would ever go."

-Jenille Daly

