

From the Desk of Mark Blane



Introducing Sophia: My Capricorn Angel

This month, I have some exciting news to share with you: I'm a dad! (Swoon.) My baby girl was born on January 5, 2021, in San Diego. She weighed 5 pounds 5 ounces and was 19 inches long. We're all doing great, albeit a little sleep deprived, and we couldn't be happier as she has already brightened our days.

With Pride,

—Mark

PS. I couldn't resist sharing a few more pictures!



Success Story

We Maximized an Elderly Woman's Recovery In Spite of Victim Blaming From the Defense

My client, an 84-year-old Bonita resident, was directed by a store owner to go into another room to look for a pen. Unfortunately for my client, that room was poorly lit, and debris littered the floor. She tripped and fell, breaking her nose, cutting her face in multiple places, and injuring her spine.

[Read More](#)

Feature Article

Defenses That Could Be Raised in Your Dog Bite Case



You may be entitled to compensation for injuries if you're bitten by a dog in California—even if this is the first time the dog hurt anyone. However, the animal owner's insurance company could raise defenses when you file a claim to try to deny it or pay you less than you deserve.

[Read More](#)

Stay in the Know



How soon after my car accident should I be examined by a doctor?

[Get the Answer](#)



Are there any special rules that apply when a child suffers dog bite injuries?

[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



Banana and Walnut Non-Dairy Smoothie

This frosty drink is loaded with nutrients, flavor, and luscious creaminess. It's refreshing, wholesome, nutty, and completely satisfying! It makes a perfectly nutritious breakfast or a great pick me up snack when you need an energy boost.

[Recipe: courtesy of Giada De Laurentiis and the Food Network.](#)

Ingredients:

- 1 1/2 cups ice
- 1/2 cup unsweetened almond milk
- 1/2 cup coconut water
- 3 tablespoons walnut pieces
- 2 dried dates, pitted and coarsely chopped
- 1/2 medium banana, peeled

Instructions:

- Combine the ice, almond milk, coconut water, walnuts, dates and banana in the blender and blend on high speed until smooth.
- Pour into glasses and serve.

Enjoy!

What Clients Have to Say About Working With Us

"The first accident was 8 years ago, and a co-worker recommended Mark Blane. He handled my case and I was very pleased with his work. Last year, I got rear-ended coming off the 67 to get to the 8 Freeway. I was going slow but the guy was coming around the loop pretty fast. I knew he was not going to stop. The insurance person for the medical showed up at my front door wanting me to settle, and at that point, I decided that I was going to go back to Mark Blane. I know his work ethic, and I knew he would handle my case the way he handled my first case. And, he came out to my house that night...he sent me to a chiropractor, and a massage therapist... and, I know that therapy was the best. He will put his all in there for you, and he will not do you wrong. He has a good heart, and he enjoys what he does...and he really wants to do his best for everybody."

- Katrina I.

