

From the Desk of Mark Blane



Procrastination Can Negatively Impact your Injury Case in Different Ways

It is in your best legal interest to never wait too long to speak with an experienced San Diego personal injury lawyer after you have been injured by someone else. First of all, you need to both secure your medical care effectively and confirm liability (fault) of the other person(s) on a solid legal foundation. If you procrastinate on either, you unwillingly affect your injury case as a whole negatively. This is why speaking to an injury lawyer early on in the case, can place both of those foundations on "solid ground."

[Watch Now](#)

The 5 Big Benefits of Having Medical Pay on Your Car Insurance

Medical Pay in California is available under your automobile insurance in California as a "voluntary add-on." This means it is not required by California law, but rather elective by you. I ALWAYS recommend a person to have medical payments under their car insurance because it is like having extra health insurance under your car insurance that will pay for medical bills that require payment right away, to help to protect your credit. Sometimes your private health plan does not pay for everything, or you have co-pays that are owed. Yes, you will get a settlement at some future point, but sometimes your medical bills need payment right away.

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Success Story

Excellent Outcome for a Two-Time Car Accident Victim

I represented a 34-year-old restaurant manager who was injured in two separate car accidents that happened about 9 months apart. The first crash was a major front-end collision that occurred when another driver exited out of an "entrance only" parking lot. The second crash was a rear-ender that affected the injuries and treatment from the first collision. To make matters even more confusing, the second accident was a workers' compensation claim.

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Feature Article

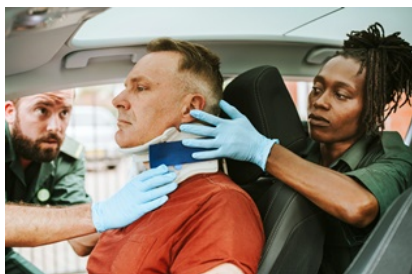
Evidence You Need If You Want to Win Your Pedestrian Accident Case



If you were injured in a pedestrian accident caused by a negligent driver in California, you are entitled to be compensated for your medical expenses, lost wages, property damages, and pain and suffering. However, you must prove the motorist's negligence and the amount of your damages.

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Stay in the Know



Do I have a right to compensation for my injuries if I can't remember how my car accident happened?

[Get the Answer](#)



What is an expert witness in a dog bite injury claim?

[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



Patriotic Smoothie Popsicles

It isn't a patriotic summer holiday in America without red, white, and blue plus some sparklers! After a yummy barbeque, these creamy popsicles are fun for the kids and adults to eat at the end of a hot day. Try them this 4th of July – or any day of summer – for a refreshing treat the whole family will love! Recipe courtesy of [Kelly Jones Nutrition](#).

Ingredients:

- 1 medium frozen banana
- 5 ounces plain dairy or cashew yogurt
- 1/2 tsp. vanilla extract
- 1/3 cup frozen wild blueberries
- 1/2 cup frozen strawberries
- 5 ounces strawberry dairy or cashew yogurt

Instructions:

- Pulse the banana, plain yogurt, and vanilla extract in a blender until smooth.
- Pour equal amounts into 3-4 ounce popsicle molds.
- Add 1/2 to 1 tablespoons blueberries to each mold, and stir around with a small spoon or popsicle stick.
- Place molds in freezer for 20 minutes.
- While the first half is in the freezer, rinse the blender before adding the strawberries and strawberry yogurt, and pulsing until smooth.
- Remove the popsicle molds from the freezer and top with the strawberry mixture.
- Add popsicle stick or the popsicle mold handle into the top.
- Place in freezer for at least 5 hours before serving.

Enjoy!

What Clients Have to Say About Working With Us

“We were doing about 55 mph. It was a lady that did not see us coming. After the impact, the airbags deployed and the windows shattered and we ended up on the other side of the street. A friend referred us to Mark. Right at the start he helped us understand the process, and he especially helped us in getting the medical treatment, which was critical. Within the next day, we were attending therapy sessions with a chiropractor. We were dealing with the accident, with the stress, but we were being taken care of immediately. And that was through Mark’s efforts. Mark’s office staff made us feel very comfortable. They were very responsive, and they kept us informed. Nobody likes accidents but we were very happy we had someone like Mark help us through this process.”

- Emmanuel A.

