

From the Desk of Mark Blane



How Frivolous Defenses Impact Your California Personal Injury Case

We have all heard of **Frivolous Lawsuits**, but how many of us have heard of Frivolous Defenses? We should all be equally against **Frivolous Defenses** as we are with Frivolous Lawsuits. Why? Because a Frivolous Defense gets no further to the truth than a Frivolous Lawsuit by not being fair, equitable or furthering the community interests of maintaining an impartial and balanced court system.

Just like we want credible lawsuits to move forward when necessary, we want credible defenses to those lawsuits when necessary. Just like in Contract law we have a fair "quid pro quo" ("something for something"), which created in Contract law the concept of not supporting "unfair advantage" in any contract dealing. In essence, our entire justice system is based on reciprocal fairness of the parties.

[Watch Video](#)

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



Should I represent myself in my car accident claim?

Get the Answer



How can witnesses help you win your California dog bite 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



Sweet Potato Smoothie

This special sweet potato smoothie, aka "Thanksgiving in Your Mouth" is perfect to keep you healthy & festive all through the fall. This smoothie is the next best thing to a pumpkin spiced latte... and WAY healthier. Serve with a dash of nutmeg on top. Recipe courtesy of [Simply Green Smoothies](#).

Ingredients:

- 1 cup spinach
- 1 cup almond milk
- 2 tablespoon water
- ½ sweet potato (cooked (see notes))
- 1 cup mango (frozen)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 serving Protein Smoothie Boost (optional)

Instructions:

- Blend spinach, almond milk and water until smooth.
- Next add remaining ingredients and blend again.
- Serve with a dash of nutmeg on top.

Enjoy!

What Clients Have to Say About Working With Us

"I had the best experience with the Law Offices of Attorney Mark Blane! I sent an inquiry to his office and was contacted in a timely manner. I appreciate Mr. Blane taking time to reach out to me directly. He is very kind, courteous and professional. Mr. Blane's advice, expertise, and experience helped point me in a good direction when I didn't know what steps to take. He is very down to earth and easy to communicate with. Thank you, Mr. Blane for the much needed assistance from your office! If you need a good attorney, I highly recommend reaching out to Mark Blane!"

- Donna Wallace

