

From The Desk of Mark Blane



Proposition 213 In Your Injury Case!

Proposition 213 is a law that prevents anyone who is a driver injured on the [California roadways](#), and does not have auto liability insurance in force at the time of the injury, is 100% barred from collecting "[pain and suffering](#)" damages. This is referred to as a "nudge" economic incentive to encourage all drivers to have valid liability insurance in force at all times while driving so that costs can be covered by insurance as opposed to being absorbed by the consumer. It makes financial sense, our [San Diego personal injury lawyer](#) explains, and if you don't know if your auto insurance is in force, you need to make sure before you take to the wheel in California.

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 payment right away.

[Read More](#)

Success Story

Jury Verdict Does Justice on a Minor Impact Soft Tissue Case

This case was a three-day jury trial for a minor impact soft tissue injury. Our client was side-swiped by the defendant during a double left-hand turn. With minor damage to the vehicle, and no initial medical care, the case went to trial to recover minor strain injury care costs.

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Feature Article



Why Multi-Car Accidents Happen and Why You Might Need Extra Help Settling an Injury Claim

One of the scariest types of motor vehicle accidents is a multi-car collision. You could suffer much more serious injuries due to the chain reaction of cars repeatedly

colliding. To make matters worse, it's often quite complicated to prove fault and determine liability for compensation, plus everyone involved in the crash is expecting a financial recovery.

Read More

Stay in the Know



How long will it take to settle my truck accident claim?

Get the Answer



What type of evidence do I need to win my truck collision 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



Rejuvenating Coconut Water Smoothie

This creamy coconut water smoothie will rejuvenate and rehydrate with strawberries, bananas, and coconut milk. It is dairy free and gluten free. Recipe courtesy of [Tori Avey](#).

Ingredients:

- 1/2 pound strawberries (fresh or frozen)
- 3 large ripe bananas, peeled
- 1 cup coconut water
- 1/4 cup coconut milk (regular or light), or coconut milk creamer
- Honey, agave nectar, sugar, or your favorite sweetener, to taste

Instructions:

- If using fresh strawberries, stem them and rinse them clean. Combine strawberries, bananas, coconut water and coconut milk in a blender. For a colder smoothie, you can freeze fresh strawberries prior to blending, or add a few ice cubes to the blender.
- Pulse, then blend until smooth. Taste. Add sweetener to taste, if desired. Blend again. Serve.

Enjoy!

What Clients Have to Say About Working With Us

Carlos Moya

"Mark and his team helped my wife and I to receive a settlement for a car accident we were involved in and we are so glad for his help. Mark helped us with setting up appointments with great doctors right away and we were able to recuperate from our injuries. It was nice to have peace of mind knowing that he was on our side to take care of all our legal matters. I recommend to give Mark a call if you were in involved in an accident, he is really nice to talk to and will be there for you every step of the way."

