

From the Desk of Mark Blane



Book Review: "Shadow Divers" by Robert Kurson

It is still Summertime and are you looking for a good book to read? Well, look no further as I just finished "Shadow Divers" by Robert Kurson, a 2004 best-seller, and I have to tell you, it is a real "page turner." If you like adventures, true stories, danger mixed with a mystery, this book has it all. And, the prose is well executed by Kurson which keeps and holds your attention as you are waiting for what is going to happen next. I definitely recommend this book!

In a nutshell, two americans, John Chatterton, and Richie Kohler, accidentally discover a mysterious German World War II U-boat wreck only 60 miles off the Coast of New Jersey. There was no Naval archival evidence in either the United States or Germany as to why it was there which makes its discovery all the while more mysterious. The divers that dive on the U-boat wreck start calling it the "U-Who." Also, the ability to even reach the wreckage is challenging because it is situated 230 feet on the ocean floor which means you have to be a heck of an experienced deep-sea diver to even reach the wreckage to explore it. Hence the title, "Shadow Divers" are deep-sea divers that dive so deep, there is no more sunlight penetrating the water, so you are in a real sense, "diving in the shadows."

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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

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.

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Feature Article

What You Should Do If the Insurance Company Offers You a Lowball Settlement in Your Car Accident Case



If you were injured in a car accident caused by a negligent driver, you will need to file a claim with their insurance company. You may expect them to treat you fairly and offer you what you deserve when settling your claim. Unfortunately, the insurance company is a business. As such, their focus may be on making a profit instead of your health and needs.

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What is an expert witness in a motorcycle collision claim?

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What should I do if the negligent driver offers me cash at the scene of my car accident?

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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!!!

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Smoothie of the Month



Chocolate Peanut Butter Banana Smoothie

Vegan or not, you'll love this smoothie - it borders on a shake. Rich and fortifying, this is perfect for vegans and those allergic to dairy, soy, gluten, and eggs to whip up for mornings, after a workout, or as a midafternoon refreshing snack. And kids love 'em too, so feel free to share them with your little ones. Recipe courtesy of [The Spruce Eats](#).

Ingredients:

- 2 whole, ripe bananas
- 3 to 4 tablespoons cocoa powder
- 1 tablespoon pure maple syrup
- 1/4 cup creamy peanut butter
- 3 cups vanilla almond milk, vanilla coconut milk, or another vanilla-flavored dairy-free milk alternative
- 1/2 cup ice cubes

Instructions:

- Place the bananas in a blender along with the cocoa powder, maple syrup, and peanut butter. Process until mashed and just combined.
- Add the almond milk (or any dairy-free milk alternative) and ice, and blend until smooth and creamy.
- Serve immediately, garnishing with shredded dark dairy-free chocolate, if desired.

Enjoy!

What Clients Have to Say About Working With Us

"Mark Blane looked after myself and my daughter after a terrible auto-wreck on the 805. He was thorough in his preparation and approach with the insurance company, and the damages paid far exceeded my hopes. Thank you Mark Blane."

- Robert Sands

