

From The Desk of Mark Blane



Are Slip and Fall Cases Dignified?

This video briefly explores the rationale of what really happens when someone slips and falls. First, when we all become adults, we pretty much have **"how to walk correctly"** down pat. When we are born, we don't know how to walk just yet. It takes time. But as we grow older, we know how to walk correctly and safely. So, when somebody falls down in a store or place made unsafe by someone else, that defies logic.

It really does not make sense until we focus on the facts of what really happened. We need to know why they fell, and when you analyze along these lines, you usually come to the undeniable conclusion that somebody chose not to follow the correct safety protocols to prevent the injury in the first place.

[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.

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Success Story

El Cajon Family Gets Justice Under Policy Limit Settlement

We represented a pair of brothers, and one sister, who got into a really bad car accident while picking up their sister from work. The at-fault car hit them at full speed of at least 50 mph after running through a red light. Thankfully, the person at fault carried a \$500K liability policy, and we were able to get medical pay benefits for the siblings as well.

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Feature Article



How a Police Report Can Help You Win an Auto Collision Claim

If you're involved in a car accident, you should always call the police and obtain a copy of the police report, no matter how serious the crash is. Even if you think it was only a minor rear-end collision with little property damage and you don't believe you were hurt, you should call 911.

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Stay in the Know



How soon after my car accident should I retain an attorney?

Get the Answer



Why do school bus collisions happen and what should I do if my child is injured in a crash?

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



Anti-Inflammatory Smoothie

Help calm your body and fight inflammation by blending up this vibrant anti-inflammatory smoothie that is loaded with vitamins, minerals, fiber, and taste! [Recipe courtesy of Simple Green Smoothies.](#)

Ingredients:

- ½ cup kale
- ½ cup beets (peeled and chopped)
- 1 cup water
- ½ orange (peeled)
- 1 cup mixed berries (frozen)
- ½ cup pineapple (frozen)
- 1 tsp. ginger root (peeled)
- 1 tsp. coconut oil
- 2 tbsp. chia seeds

Instructions:

- Place kale, beet, water, and orange into a blender.
- Puree until smooth.
- Add remaining ingredients.
- Blend again until smooth.

Enjoy!

What Clients Have to Say About Working With Us

David Cowie

"I experienced a crazy situation in that I was in 2 separate accidents less than a month apart during the summer of 2020. The first accident was when I was rear ended while traveling through Alabama. Then, about 3 weeks later, a car that I was a passenger in was hit here in San Diego. I was referred to Attorney Mark Blane by my chiropractor. I met with Mark and he instantly put my mind at ease and let me know that he would take care of me. He was terrific throughout the process and did a great job coordinating with my attorney in Alabama as well. Mark was very easy to work with and very communicative. He always kept me informed and was able to coordinate with my many care providers to help me to get a fair settlement. I would highly recommend Attorney Mark Blane to anyone needing help due to an accident or just legal advice."

