

# SOUTH DAKOTA LEGAL NOTES

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## Top 10 Survival Tips for Holiday Travel

Wherever you're heading, if you're traveling during the holiday season, you need to realize that everyone else in the world is too. Here are ten tips to survive the holiday travel season without a Frosty the Snowman-size meltdown.

### **Do your research**

Plan alternative trips if traffic makes your way home too overwhelming. Is there a scenic drive that might be longer but have less traffic? Break up a long drive by finding a few places to stop that will get the kids more excited than a truck rest stop. When flying, make sure you check the airline's restrictions ahead of time on carry-on luggage and fees for checked bags.

### **Stay connected.**

Stock up on the latest travel apps before you leave home. Flight Status gives you real-time updates on delays, baggage numbers and more, and GateGuru gives you approximate times you'll spend in security. Heading out on the road? Find the cheapest gas and cleanest bathrooms on the road with GasBuddy and SitOrSquat.

Pack snacks and drinks, so you and your family will be fueled up for a road trip. If you're flying, definitely get some grub before you board the plane.

### **Pack light.**

Avoid checking bags altogether if you can. You won't have to wait for your luggage on the conveyor belt, and you won't have to worry about your mom's Christmas present getting lost in Logan Airport. If you do check luggage, make sure you have all your medications and



important documents and a change of clothes in your carry-on in case your luggage gets lost. Here's a family packing list for more tips.

### **Pack earplugs.**

Short of doing yoga in the airport, the best way to mentally escape your stressful surroundings is to turn the volume down. And the easiest way to do that is with earplugs. Crying baby next seat over on the plane? Earplugs. Sister's music in the car driving you mad? Earplugs. And if you really want to check out for a bit? Bring an eye mask (as long as you aren't driving).

### **Don't get hangry.**

When your tummy growls, your mind can't think straight, and you could unknowingly get in the wrong line, take the wrong turn, or worse, upset an innocent flight attendant. Pack snacks and drinks, so you and your family will be fueled up for a road trip. If you're flying, definitely get some grub before you board the plane (check our GateGuru's Best Airport Restaurants),

so you won't have to rely on airline food if you're sitting on the tarmac for hours.

**Ship gifts or give gift cards.**

TSA suggests to ship wrapped gifts or wait until you reach your destination to wrap them, as they might have to unwrap a present to inspect it. Ship gifts ahead of time or bring the gift that can't go wrong: gift cards to their favorite store or an Amazon card.

**Travel on off-peak days.**

The Wednesday before Thanksgiving is the biggest travel day of the year and can also cause you the biggest meltdown of the year. A better option is to leave early on Thanksgiving Day and avoid the record traffic the night before. Same goes with flying: if you fly on

the actual holiday itself you'll be avoiding the long lines and hoards of travelers.

**Travel early or late in the day.**

Flight statistics show that planes traveling earlier in the day have a better on-time performance. And if your flight is cancelled, you will have the option of taking a flight later in the day. Also, there will be fewer lines at security. Best time to hit the road? When every one else is asleep -- early morning or late at night. You can always take a nap when you arrive at your destination or on the ride there (if you aren't the driver, of course).

**Plan for the unexpected.**

Have only a half hour before connecting to another flight? Traveling to Rochester, NY, during

snow season? Think ahead and plan accordingly. Leave extra time before flights to deal with security, extra time between connections and, for road trips, pack tire chains for snowy conditions, flashlights, and of course, a few band-aids never hurt either.

**Inhale. Exhale.**

The overly friendly person next to you on the plane, the cancelled flights, the luggage that fell off in the middle of the highway? All of it will make for great stories over dinner when you finally make it to your destination. After all, holiday travel stress is just as much of a tradition as pumpkin pie and regifting.



## Bill Blewett Appointed to South Dakota Bar Association's 2015-2016 Business Law Committee

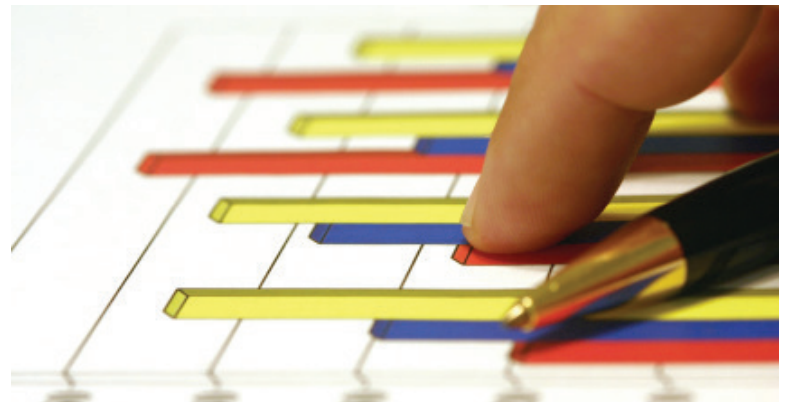
Bill Blewett of Swier Law Firm was recently appointed to serve on the South Dakota Bar Association's 2015-2016 Business Law Committee.

The State Bar Association's Business Law Committee serves as a forum to educate members on recent developments and current issues in all fields of business law; provides a vehicle for the business bar to communicate with the general public, the South Dakota Legislature, regulatory agencies, business trade associations, and other interested groups.

**Q:** In South Dakota, can I use a 1031 Exchange for personal property?

**A: No.** A 1031 Exchange is for investment and business property - not personal.

In other words, you can't exchange your primary residence for another.





# Seven Ways to Sneak in a Holiday Workout

With the holidays around the corner, most of us have travel on our mind. Many people find that during holiday travel, their workout regimen seems to get thrown out of whack. Fortunately, with a little proactive planning, you can maintain your fitness level, no matter where you are.

Here are seven tips on how to keep in shape during the holidays:

## **Do a “Condensed-but-Intense-Workout”**

Customize your own 30-minute workout combining three lower body workouts (squats or lunges) and three upper body exercises (modified push-ups or chair dips).

Warm up with exercises like marching or jogging in place, then do 10-20 repetitions of a lower body exercise and 10-15 repetitions of an upper body exercise. Follow this with a minute of jumping jacks or jogging in place. Repeat this routine two or even three times and then try a variation of abdominal crunches, low back lifts and stretches.

## **Rehearse Your Routine**

Practice makes perfect, so in order to be familiar and comfortable with your routine, do it as often as possible.

## **Get Active in Airports**

If flight delays leave you with extra time at the airport,

take advantage of it. Store your luggage in an airport locker and take a hike through the terminal.

## **Bring Tubes, Bands and More**

Don't leave out fitness equipment when you're packing for a trip. Bring fitness videos, comfortable walking shoes, a bathing suit or other gear that you can fit in your bag. Inspirational memos from a trainer or a motivational CD could help you get moving.

## **Get a Jump Rope**

Jumping rope is a great way to get in a few minutes of intense cardio workout and it can be done just about anywhere. If you don't have a jump rope, try climbing flights of stairs instead.

## **Plan to Relax**

Don't overdo it. Staying fit is important, but don't lose sight of the real reason for the holidays: spending time with those who are important to you. If you want to do both, involve the whole family in a yoga or tai chi exercise to unwind.

## **Ease Back Into Your Routine**

Depending on how much you worked out during your travel, you may need to gradually ease back into your old routine. You may want to consider using lighter weights or decrease the intensity or the duration of your workouts until you can return to pre-trip conditions.

**Q:** I am a business owner in Sioux Falls and believe I may have been the victim of fraud that took place four years ago. In South Dakota, when does the statute of limitations for a cause of action for fraud start?

**A:** Under South Dakota law, in an action for relief on the ground of fraud, the cause of action shall not be deemed to have accrued until the aggrieved party discovers, or has actual or constructive notice of, the facts constituting the fraud.



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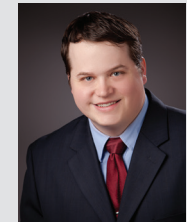
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