

NATIONALLY RECOGNIZED LEGAL SOLUTIONS

SOUTH DAKOTA LEGAL NOTES

SEPT/OCT 2018

SASHA FORRESTER

Joins Swier Law Firm As Director Of Community Relations



Swier Law Firm, Prof. LLC is pleased to announce that Sasha Forrester has joined the firm as its Director of Community Relations.

In this role, Sasha coordinates and supports the efforts of the firm's client and community relations activities, including deepening client relationships, increasing and expanding the firm's institutional reputation and goodwill, and bringing added value to the firm's clients and community partners.

Sasha is a native of Volga, South Dakota, and earned her undergraduate degrees in Mass Communications and History from South Dakota State University.

"The addition of Sasha Forrester allows our law firm to build upon its commitment to community service and transforms the firm's relationship between clients and attorneys from a simple, service-based relationship to a more meaningful partnership," said Scott Swier. "Sasha's experience and track record of building relationships is a perfect fit to cultivating lasting partnerships with our clients and communities."

Sasha's volunteer and networking activities include the Sioux Falls Area Chamber of Commerce and its Young Professionals Network and Business & Education Networking Committee, Dakota Dachshund Rescue, Dress for Success - Sioux Falls, and Business Networking International (BNI).

TEN QUESTIONS: Getting to Know Sasha Forrester

1. What do you do for the firm?
Director of Community Relations
2. What do you find most rewarding about your work?
Creating relationships and introducing people to the amazing work that Swier Law Firm does throughout the community.
3. Tell us about your family.
Husband Randy and stepsons Logan and Lucien
4. Tell us about your pets.
Liza - a miniature dachshund (but her level of sass is full-sized)
5. Where are you from?
Volga, SD
6. Favorite dessert?
Cheesecake!
7. Do you like to cook? What's your favorite recipe?
Bleu cheese bacon burgers with roasted sweet potatoes
8. Favorite TV show?
FRIENDS (no contest)
9. What's your favorite hobby?
Reading
10. What's the next thing you are going to do on your "Bucket List"?
Visiting all the Smithsonian museums in DC or flying to Manchester, UK to visit one of my good friends.

SWIER LAW FIRM WINS 50 BEST PLACES TO WORK AWARD

Swier Law Firm has been named one of 50 best places to work by Prairie Business Magazine.

The September issue of Prairie Business names and honors the 50 Best Places to Work in the northern Plains.

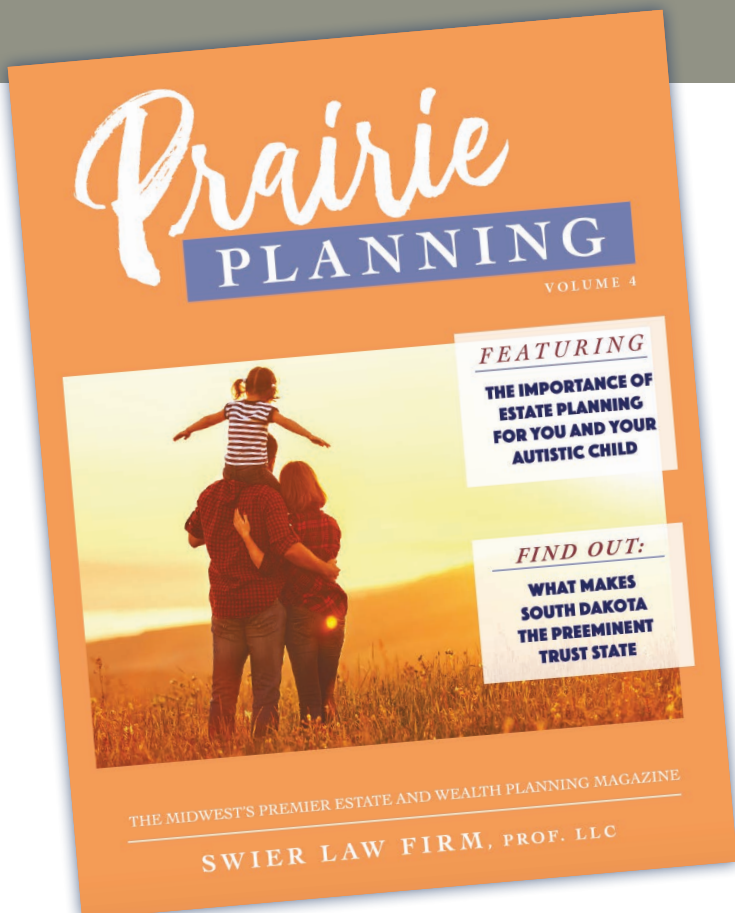
Earlier this year, employees nominated the organizations by submitting anonymous employee-satisfaction surveys, and Prairie Business used the survey results in selecting the 50 Best.

The survey sought input on each employer's benefits, workplace culture and employee morale, among other factors. And employees responded. Prairie Business received more than 1,300 nominations from employees from around the region, said Tom Dennis, Prairie Business editor.

"As organizations, the 50 Best Places to Work range in size from small businesses with a dozen or so employees, to national companies that are doing business in 48 states," Dennis said. "But they all have one thing in common: a workplace culture that inspires loyalty and enthusiasm among employees. We can all learn from the benefits, pay practices, management styles and other factors that set these successful cultures apart."



"I am humbled to be part of this incredible team who work tirelessly to create an exceptional client experience and positive work experience. Our culture is very important to me and I am very grateful the team members took the time to nominate the firm for this honor," said Scott Swier.



Prairie Planning Magazine Available

As we mentioned in the last newsletter, the Fourth Volume of *Prairie Planning* magazine, our quarterly estate planning magazine, is now available. This issue focuses on estate planning in general and includes planning articles for everyone of every age.

Some of the topics in this edition include:

- Retirement Fundamentals For Farmers And Ranchers
- Preparing For Family Business Transitions
- Navigating The Medicaid Maze
- Exploring Premarital Agreements

Download your free copy today at SwierLaw.com/Prairie-Planning or give us a call so we can send you a complimentary copy.

FRESH CORN SALAD



Tis the season for fresh, delicious South Dakota sweet corn! Sasha found this recipe from our friends at MidwestLiving.com and said her family "enjoyed the burst of flavors" in the dish. Thanks for the share, Sasha!

INGREDIENTS

- 1/2 cup cider vinegar
- 1/4-1/3 cup sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon coarsely ground black pepper
- 4 ears fresh corn
- 1/2 cup finely diced red onion (cut to same size as the clusters of corn kernels), soaked in ice water for 20 minutes and patted dry
- 1/2 cup cucumber, seeded, not peeled if unwaxed, then diced to same size of onions
- 1/2 cup red or orange sweet pepper, diced to same size as onions
- 1/2 cup cherry or pear tomatoes, halved or quartered
- 3 tablespoons parsley, finely torn
- 1 tablespoon basil leaves or buds, pulled apart
- 1 tablespoon fresh jalapeno, seeds and veins removed, very finely diced
- 1/2 teaspoon sea salt or kosher salt
- 1 -2 cups small arugula leaves

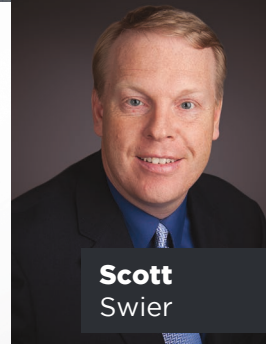
Directions

1. For dressing, in a glass bowl whisk together vinegar, sugar, the 1 teaspoon kosher salt, and black pepper until sugar is dissolved. Let dressing stand while preparing salad.
2. For salad, cut corn kernels from cobs. In a large bowl toss corn and remaining ingredients except sea salt and arugula leaves.
3. To serve, transfer salad to large serving bowl. Season with the 1/2 tsp. sea salt. Add the dressing; gently thread in arugula leaves. Serve immediately. Makes 8 servings

WHAT CAN YOU SAY ABOUT A PIECE OF SOUTH DAKOTA SWEET CORN?

BY SCOTT SWIER

Ask many people outside of our state what they think of when they hear "South Dakota" and the answer could very well be "sweet corn." South Dakota's corn is famous for its quality. But what if someone gets a bad piece of sweet corn? Could that person say that South Dakota sweet corn was "awful" or "not edible"? The answer is "yes," but that person may face a lawsuit for that comment.



Scott Swier

In 1994, South Dakota enacted the "Disparagement of Agricultural Food Products Act," which created legal liability for knowingly false statements made about perishable food products (like sweet corn). In essence, the Act allows South Dakota food producers to sue anyone making an allegedly defamatory statement about a particular food product. Therefore, if someone said that a piece of sweet corn was "awful," a South Dakota corn farmer may have a claim for agricultural disparagement or "veggie libel" against that person.

South Dakota is not the only state that recognizes these types of laws. Approximately a dozen other states currently have food-defamation laws. Most of these laws were passed after a 1989 controversy surrounding a "60 Minutes" report about the negative effects on children of Alar - a chemical frequently used on apples.

So, if someone ever gets a bad piece of sweet corn, they should think twice about saying that South Dakota has "awful" or "unhealthy" sweet corn. As it stands today, your sweet corn has the same legal rights in protecting its "reputation" as you do.



BUSINESS SPOTLIGHT

Vitality Chiropractic

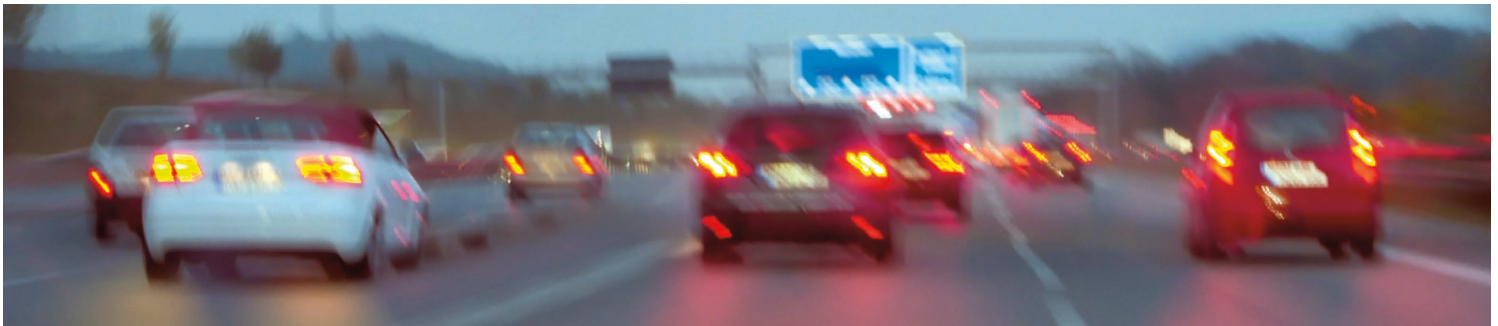
2121 W 63rd Place, Suite 300
Sioux Falls
605-323-1166 • www.vitalitydoctors.com

Dr. Hillary Pulse and Dr. Joe Moen customize each treatment plan knowing that every individual is different with their own personal stories and goals. The doctors see the person before the condition, and utilize state of the art Chiropractic techniques, muscle therapies, and massage care to get you back doing what you love to do.

Contact us today to experience better health and see how we can serve you!

*"Dr. Pulse and Dr. Moen are awesome!
They listen to our needs, work with us to help us feel our best but not overdo the treatments. We are so confident in their work that we bring our young daughters in to see them."*

~Mark and Loretta



3 TIPS TO RECOVER FASTER FROM A CAR ACCIDENT

by Dr. Joe Moen of Vitality Chiropractic

Being involved in a motor vehicle accident is never desirable, even minor collisions, and they are often more traumatic than we make them out to be. Immediately following a collision, the involved parties should always be examined by a medical professional to rule out the possibility of life-threatening or serious injury. But what are you supposed to do after you are sent home?

Here are 3 tips that can speed your recovery and get you back on your feet quicker:

1. Drink Extra Water - when you aren't drinking enough water, your cellular function actually slows down. That means that the more dehydrated you are, the slower your cells can perform the necessary processes for healing.
2. Light Movement - don't go out and run a marathon or lift heavy weights, but performing some light

cardiovascular exercises gets blood pumping through your muscles which will help circulate and process any inflammation that may have resulted from the collision. This can be as simple as going for a 20 minute walk outside, on an elliptical, or a short yoga routine.

3. Rest - The most obvious and the most important. Give your body some time to recover not only from the physical stress of being bumped around in the car, but also from the surge of adrenaline, cortisol and other hormones that send your nervous system into a state of panic. Any other stressors from your day (work, exercise, etc.) will only compound the mountain of stress hormones your body is already trying to deal with, and make it harder to slow down and get into a state of healing and recovery.

Would you like your business to be a Business Spotlight in our next newsletter?

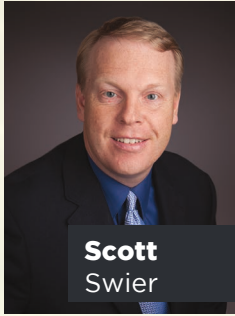
This is a **NEW** and **FREE** service we are offering! Please give Sasha a call at 605.275.5669 for all of the details!

Top 5 Questions About Crop Insurance

by Scott Swier

1. What Is The Purpose of Crop Insurance?

Agricultural crop insurance provides coverage for most Acts of God, diseases, and other causes of damages. It is an important risk management tool that the United States Department of Agriculture encourages farmers and producers to use.



Scott Swier

2. Why Should An Agricultural Producer Have Crop Insurance?

It is in the best interest of farmers and producers to have some type of coverage for their crops, livestock and farming structures, equipment

and machinery. In addition to the agricultural insurance policies that the USDA administers, private insurance companies can also provide farmers and producers with coverage that the USDA may not be able to provide.

4. What Is A Loss Adjuster?

A loss adjuster is the person sent by the insurance company to review the extent of damages or losses as contained in the claim filed by the producer.

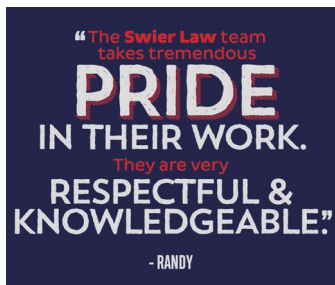
4. What Is An Insurable Yield?

An "insurable yield" is the maximum yield that is insured under a policy. It is usually expressed in percentage and the insurance company will review past production of the area to determine the potential yield.

5. What Is "Arbitration" In A Crop Insurance Claim?

A disagreement between a producer and his insurance company is usually resolved through "arbitration." Arbitration decisions are binding on the parties, but can sometimes be appealed to a federal court.

If you have questions about crop insurance or need help with your crop insurance claim, give us a call. We represent farmers across South Dakota and the United States fighting denied or disputed crop insurance claims



Thank you for the excellent review, Randy, we appreciate your kind words! We would love to know about your 5 ★ experience with us and would appreciate a few minutes of your time to let others know. Leave a Google review at SwierLaw.com/Review.

THE BEST OF BOTH WORLDS

In 2017, Swier Law Firm and Hoy Trial Lawyers announced a bold new strategic alliance to better serve our personal litigation clients throughout South Dakota and the region.

The attorneys at our law firms have a track record of handling complex and high-profile cases. This one-of-a-kind alliance provides a collaboration between our law firms' personal injury, workers compensation, wrongful death, and insurance bad faith practices and will allow us to provide each client with personalized, first-class legal representation.

Our law firms have literally "written the book" on personal injury cases

in South Dakota. *The South Dakota Automobile Accident Handbook* and *The South Dakota Motorcycle Accident Handbook* were

written by our experienced attorneys and are recognized as the premier resources in

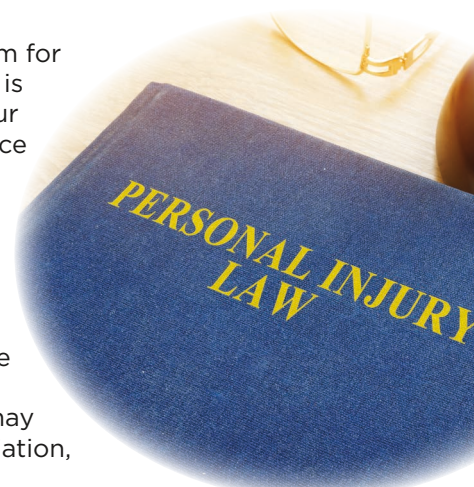
South Dakota to help accident victims and their families understand their legal rights, the insurance claim process, and the court system.

We have also authored an extensive online library that contains hundreds of articles for anyone who needs information regarding personal injury, wrongful death, insurance bad faith, and workers' compensation claims in South Dakota.



YOUR TRUSTED SOURCE FOR SOUTH DAKOTA INJURY CLAIMS

Selecting the best law firm for your personal injury case is an important decision. Our Personal Litigation Practice Group has experience providing exceptional legal services to clients in state and federal courts across South Dakota and the region. Our attorneys carefully review each case to determine the proper course of action, which may include negotiation, mediation, arbitration, or litigation.





Scott Swier

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Fleetwood Mac Concert Ticket Give-Away



Brooke Schloss



Jake Fischer



Mike Henderson



Amanda Work



Rebekkah Steinwand



Lindsay Harris



Taylor Hayes

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THE GREAT CUPCAKE GIVE-AWAY!

BRING IN THIS PAGE TO RECEIVE ONE FREE REGULAR SIZE CUPCAKE!

One free cupcake per customer/newsletter. Some restrictions may apply. Offer expires 12/31/18.

The Bridges at 57th
5015 S Western Ave
Suite 290
Sioux Falls
(605) 310-6742
ohmycupcakes.com



GOURMET CUPCAKERY

FLEETWOOD MAC GIVE-AWAY



We are having a Mac Attack and spreading the love!

Enter to win 2 tickets to the Fleetwood Mac concert in Sioux Falls on October 24!

ENTERING IS EASY...

- (1) Like the Swier Law Firm Facebook PAGE
- (2) SHARE the contest post to your page.
- (3) Tag a friend in the Comments

It's that easy to enter! Be sure to like our Facebook PAGE and watch for the announcement on October 19 at 9am (winner has 2 hours to respond or we will choose again).