CROUSE LAWRENCE D

Form 4

October 26, 2010

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB 3235-0287 Number:

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

January 31, Expires: 2005

OMB APPROVAL

Section 16. Form 4 or Form 5

SECURITIES

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

CROUSE LAWRENCE D			Symbol HEART [HTLD		XPRESS I	NC	Issuer (Check all applicable)			
(Last) (First) (Middle) RR1 BOX 82 (Street) BURKE, SD 57523			(Month/D	 3. Date of Earliest Transaction (Month/Day/Year) 10/11/2010 4. If Amendment, Date Original Filed(Month/Day/Year) 				title Other below)		
								6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
	(City) 1.Title of Security (Instr. 3)	(State) (2. Transaction Date (Month/Day/Year)		3.	4. Securitie on(A) or Disp (Instr. 3, 4 a	s Acquired cosed of (D) and 5)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect	
				Code V	Amount	(A) or (D) Price	Transaction(s) (Instr. 3 and 4)		Trustee	

	Code V Amo	ount (D) Price (Instr. 3 and	4)	
Common Stock		1,910,372	I	Trustee for Shares
Common Stock		34,660	I	Trustee for Shares (2)
Common Stock		47,565	D	

Common			Trustee
Stock	6,500,000	I	for Shares
CK			(3)

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Common Stock							1,936,276	I	Voting Trustee (4)
Common Stock	10/11/2010	J <u>(6)</u>	V	371,027	A	\$ 0	371,027	I	Trustee for Shares (5)
Common Stock	10/25/2010	J <u>(6)</u>	V	191,642	A	\$ 0	562,669	I	Trustee for Shares (5)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

9. Nu Deriv Secu Bene

Follo Repo Trans (Insti

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
CROUSE LAWRENCE D RR1 BOX 82 BURKE, SD 57523	X	X					
0:							

Signatures

/s/ Lawrence D. 10/26/2010 Crouse

**Signature of Reporting Date Person

Reporting Owners 2

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Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The reporting person serves as trustee for shares held by the 2005 Gerdin Children's Trust but has no pecuniary interest in such shares. Beneficial ownership is disclaimed.
- The reporting person serves as trustee for shares held by trusts for the benefit of the grandchildren of Russell and Ann Gerdin in which (2) the reporting person has no pecuniary interest in such shares. Mr. Crouse has shared voting and dispositive power with respect to each trust. Beneficial ownership is disclaimed.
- (3) The reporting person serves as trustee for shares held by the 2009 Gerdin Heartland Trust but has no pecuniary interest in such shares. Beneficial ownership is disclaimed.
- (4) The reporting person serves as voting trustee for shares represented by a voting certificate held by Gerdin Family Investments, LP. Beneficial ownership is disclaimed.
- (5) The reporting person serves as trustee for shares held by the 2007 Gerdin Heartland Trust but has no pecuniary interest in such shares. Beneficial ownership is disclaimed.
- (6) Remainder shares distributed from grantor retained annuity trusts for the benefit of Ann Gerdin to the 2007 Gerdin Heartland Trust. The reporting person serves as trustee of the 2007 Gerdin Heartland Trust.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.