

Hermosa Newsletter

Connecting Community

April 2025

Volume 15, Issue 4



THE DEADLINE FOR NEWSLETTER IS THE LAST

THURSDAY of the month

NEWSLETTER CONTACT Joan at joharris.news@gmail.com (605)484-5307 Or Hermosa Newsletter, PO Box 232, Hermosa SD 57744



Location: 230 Main St.

Hermosa SD.

Community Food Bank -Open on Thursday April 17, 3 - 5 pm

If we are closed on Thursday due to bad weather, we will be open on the following Sat. from 10-12 (noon.) **Please call Debbie at 605-939-1992 with any questions.**

Anyone needing extra groceries for the month is welcome to come! If you're coming for the first time please bring along ID with a current address in Hermosa or Fairburn. A special thanks to everyone in the community who gives and donates to make the food pantry possible!

Donations can be made payable to the Hermosa/Fairburn Food Bank and mailed to 24210 South Highway 79, Hermosa SD 57744.





Hermosa, St. Michael's Catholic Church 14380 SD HWY 40

Tuesday April 22, 10:30am - 11:30am

Red Shirt, 38 Tatanka Numpa Rd Tuesday April 22, 12:30pm - 1:30pm

Buffalo Gap, Food pantry is the 3rd Saturday of every month from 10 AM –noon at the old bank building, no income requirements, must be resident of Custer County



FOLLOW US ON facebook

facebook.com/HermosaSouthDakota

APRIL	COMMUNITY MENU PG 12		
SUNDAYS	Breakfast pg 10		
April 12	Water color class, pg.11		
April 19	Easter Egg Hunt, pg. 5		
April 26	Town Clean-Up day, pg. 4		
April 30	Pet Lic. Pg. 8		
June 3	Children's Dance Class, pg 31		
JUNE 7	Mud Bog, pg 15		
JUNE 7	HAHA BRANDING PG. 24		

Did you know all Birthday wishes, Anniversary wishes, milestones and special events are advertised for **FREE!** But that's not all,

Help Wanted Ads, whether looking for a job or offering one is free up to five lines.

Just email

joharris.news@gmail.com.



Saturday April 26, 2025 7:00 am to 3:00 pm

Post Office Parking Lot

Dumpsters will be available for MISC. items **only!**

We will have a roped off area in the parking lot to drop off gently used items. At the end of the day everything will be thrown away.

For residential garbage customers only

EASTER EGG HUNT

AGE DIVISIONS:

3 AND UNDER | 4 - 7 YEARS OLD | 8 - 10 YEARS OLD



SATURDAY, APRIL 19TH

10:00 AM - SHARP!

HERMOSA BASEBALL FIELDS

FREE ADMISSION - BRING YOUR BASKET!



Black Hills
Electric Cooperative, Inc.

A Touchstone Energy Cooperative





Town of Hermosa, South Dakota 2024 Accomplishments

Severe rainstorms cause sudden flash floods in the Town of Hermosa, South Dakota (pop. 397). Battle Creek runs south of town with a secondary channel and floodplain extending through the southern portion of town. Old Dairy Drainage runs west to east across the northern extents of town. These waterways and the town's stormwater system flood during significant rain events, overtopping roads, and damaging infrastructure. In 2007, significant flooding washed out the railroad embankment and moved three homes off their foundations.

FloodWise Community since July 2023

Project services paid by FloodWise to date: \$24,500

2024 FloodWise Deliverables

- Engaged stakeholders regarding community flood and drainage resiliency. This included facilitation of stakeholder flood mitigation meetings.
- Assisted the town in its successful pursuit of FEMA direct technical assistance (DTA).
- Participated in a two-day site visit in November to clarify community needs and goals. The meeting was attended by FEMA DTA staff, the South Dakota state emergency manager, the Custer County emergency manager, and Hermosa staff, board members, engineer, floodplain administrator, and residents.
- Received notification that Hermosa's \$458,850 grant proposal to FEMA's BRIC program was funded.
 FloodWise staff helped the town prepare its grant proposal.





Community Engagement

FEMA Region 8 DTA staff conducted monthly stakeholder meetings to discuss the town's hazard resilience needs July through December 2024. Also in November, FEMA Region 8 DTA staff facilitated a two-day site visit with key stakeholders including Hermosa staff, board members, town engineer, floodplain administrator, and residents; the South Dakota state emergency manager; the Custer County emergency manager; and Headwaters Economics staff. The team identified key goals for community hazard resilience and laid out a plan for implementation.

HEADWATERS ECONOMICS March 2025 1

FEMA BRIC Grant and DTA

In July, the Town of Hermosa was notified that its FEMA-Building Resilient Infrastructure and Communities (BRIC) grant proposal of \$458,850 was selected for funding. The grant will fund the completion of a scoping project to prioritize drainage and flood mitigation projects, conduct feasibility and benefit-cost analyses, and design engineered solutions. This work builds on the drainage assessment and improvement plan conducted by Claycomb Engineering in 2023.

In July, the Town of Hermosa was also notified that they were selected to receive FEMA-BRIC Direct Technical Assistance (DTA). Through the DTA program and support from FEMA R8, FEMA consultants, and FloodWise, the town continues toward better preparedness for future hazards. The DTA team's specific goals and support include:

- Supporting the town's project management and grants management needs;
- Evaluating infrastructure and supporting residential geocoding;
- Evaluating the town's codes, ordinances, and systems to reduce hazard risk for new construction;
- Enhancing community awareness of flood risk;
- Identifying solutions for the Ferguson Subdivision flood issues;
- Developing additional grant applications, as needed.





Next Steps

- Create and circulate a Request for Proposals for services to implement the scope of work funded by the FEMA BRIC grant.
- Assist with hiring an engineering firm to perform the work and begin project implementation.
- Apply for funding for generator power back-up for critical town infrastructure.
- Continue stakeholder meetings and community engagement.
- Continue progressing toward the town's hazard resilience goals identified through FEMA DTA support.

About FloodWise Community Assistance & Headwaters Economics

FloodWise Community Assistance is a program of Headwaters Economics that provides free technical assistance to decrease flood risk and strengthen communities.

Headwaters Economics is an independent, nonprofit research group whose mission is to improve community development and land management decisions. https://headwaterseconomics.org/

HEADWATERS ECONOMICS March 2025 2

REMINDER

Renew your Pet License for dogs and cats by April 30th, 2025



Dog/Cat - \$12.00 Dog/Cat - Not Spayed/Neutered - \$18.00 Dog/Cat licenses are available at the town office. Office open M-F - 8:00 am - 5:00 pm



GARDEN METERS

PLEASE CONTACT THE TOWN OFFICE IF YOU WILL BE USING YOUR GARDEN METER THIS SEASON!!!

**If your garden meter is in a fenced yard you will need to call or email your meter reading to the town office on the 20th. **

605-255-4291



701-934-1803 13781 Sagebrush Trail Hermosa, SD 57744 **Greg Johnson**

- CUSTOMER RETENSION SPECIALIST - greg.johnson@pineviewsd.com

pineviewsd.com

Hermosa School

2025-2026

Readiness Screening & Registration



Screening Dates April 15th & 16th

Children 3-5 years old by September 1, 2025

Register now to receive valuable information about:
Readiness Screening
Kindergarten Expectations
Junior Kindergarten
Preschool

IF YOU HAVE QUESTIONS OR TO RESERVE A SCREENING TIME, CALL (605) 255-4345

Sewer Rate Increase

At the February 4, 2025 BOT meeting, Resolution #03-2025 Sewer Rate Structure was approved by the Hermosa Town Board. This increases all sewer rates by 10% and the increases will be implemented with the May 2025 utility billing. The resolution is available at the Town Office.



Mouthwatering breakfast of pancakes, eggs, sausage, orange juice and coffee!



Adults \$10.00, Veterans Discount Kids priced to appetite

SUNDAYS 7AM -12PM
33 N. Second Street, Hermosa SD 57744

In February, March, and April all tips donated will be used for the wrestling mats for the Hermosa AAU program.

BEGINNER WATERCOLOR

CLASSES

April 12-May 24, 2:30-4:00 p.m.

Explore the vibrant world of watercolor in this beginner-friendly class! With step-by-step guidance and hands-on practice, you'll build confidence while learning fundamental techniques. Each session will focus on a different subject, from landscapes to botanical art and animals.

EVERY SATURDAY IN THE LOWER LEVEL OF THE HERMOSA LIBRARY/TOWN **OFFICE BUILDING**

Ages 16+

\$60 for the course All supplies provided

> PRE-REGISTRATION REQUIRED -CALL OR EMAIL THE HERMOSA LIBRARY AT 605-255-5597.

> HERMOSALIB@CUSTERCOUNTYSD.COM

605-255-5597

Community Lunch Menu

At Hermosa Senior Citizens' Center

12:00-noon SHARP. Buffet-style Lunch

American Legion Post 303 Building, 13486 SD Hwy 40, East end of Hermosa

Groups or large families, please call 605-255-4679 so we can plan for you

Mar 31 - Apr 03

Apr 07 - Apr 10

Monday	Chicken Cordon Bleu	Monday	9,
Tuesday	Leo's Sausage & Roast Veggies	Tuesday	(
Wednesday	Meatloaf	Wednesday	ı
Thursday	Sloppy Joes	Thursday	(
Friday	Closed	Friday	

Monday	Swedish Meatballs			
Tuesday	Chicken Fried Steak			
Wednesday	Fajitas			
Thursday	Chef's Choice			
Friday	Closed			

Apr 14 - Apr 17

Apr 21 - Apr 24

Monday	Beef Stroganoff
Tuesday	Taco Bar
Wednesday	Peach Chicken
Thursday	Goulash
Friday	Closed

Monday	Ham & Scalloped Potatoes
Tuesday	Stuffed Peppers
Wednesday	Roast Beef Dinner
Thursday	Chef's Choice
Friday	Closed

Apr 28 - May 01

May 05 - May 08

Monday	Spaghetti			
Tuesday	Enchilada Casserole			
Wednesday	Country Style Ribs			
Thursday	Hot Beef Sandwich			
Friday	Closed			

Monday	Cheeseburger Mac		
Tuesday	Sweet & Sour Chicken		
Wednesday	Sandwich & Salad Bar		
Thursday	Chef's Choice		
Friday	Closed		

ALL AGES and VISITORS are welcome. Home-cooked buffet-style meals Monday - Thursday.

\$8 for adults and age-adjusted price for kids. Please note we are closed on Fridays and holidays.

Menu subject to change; but includes main dish, sides, salads, fruit, drinks, and dessert.

Check on Facebook at @hermosaseniorcitizens for daily menu updates.

or at HermosaConnects.com click Senior Menu tab to view the full monthly menu.

EVERYONE WELCOME!



Hermosa Arts & History Association News

HAHA is Hiring!

Position: Museum Operations

Coordinator

Hours: 16 hours per week

Pay: \$20/hour (W-2 employee), laptop provided

Duration: 13 weeks (First weekend in June until Labor Day)

We are seeking a dynamic and enthusiastic individual to join our team as a Visitor Services & Museum Operations Coordinator to help establish the HAHA Museum as a vital part of the local community. This role is ideal for teachers or students looking for a summer position, as it offers a flexible schedule and the opportunity to engage with the community.

Responsibilities include welcoming guests to the Museum and providing information, as well as overseeing the daily operations of the museum plus some light cleaning to ensure the front and inside of the building are presentable for patrons.

The Museum Operations Coordinator will help represent HAHA at the Custer County Fair in August and assist with fundraising events such as the Branding Party and June Rummage Sale, as well as helping with the "Christmas in July" decoration-making. We are looking for someone who can develop and implement creative marketing ideas to increase museum visibility, including setting up and managing an Instagram account and helping with the other HAHA social media. And if time permits, HAHA has museum collections that we want archived using Past Perfect software.

Interested candidates should email their resume and a brief cover letter to hermosaartsandhistory@gmail.com by May 1st, 2025

More Details at

www.HermosaHistory.org/haha-is-hiring.html



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John & Crystal Wiles



JUNE-7th JULY-12th AUG-9th SEPT-13th

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CHILDREN'S EVENTS
50/50 RAFFLE
CONCESSIONS ON-SITE
14278 SHORB RD HERMOSA SD

RANCHER SUPERSTOCK MODIFIED MEGATRUCK POWDERPUFF



Gates Open: 9am
Registration: 10-11am Cl
Drivers' Meeting: 11:30am

Race Start: Noon!

Adults: \$10 Children 6-12: \$5 1 5 & Under: Free Race Entry: \$40

See you there!



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Owner/Brokers

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(605)431-7715



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Hermosa, SD

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101 VILAS STREET, HERMOSA SD

HEARTLAND HAIR

What of Offer

MONDAY: CLOSED

TUESDAY: IPM-8PM

WEDNESDAY: 9AM-1PM

THURSDAY: 9AM-5PM

FRIDAY: 9AM-5PM

SATURDAY: 9AM-12PM

SUNDAY: CLOSED

WOMENS CUTS
MENS CUTS

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WINTER HOURS

Tuesday and Wednesday BY APPOINTMENT

Thursday 10-4pm Saturday 10-4pm Monday 10-4pm

Friday 10-4pm Sunday 11-3

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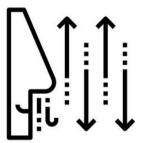


Mental Health Minute Susan Lorenzen

My husband and I have just returned from a serene hike in TeePee Creek Gulch. This forest service road, my first hike in 1984, when I considered moving to the Black Hills, has always held a special place in my heart. It is one of the few hikes I consider my sanctuary for 'soul crafting.' When I need to be outdoors and introspect, to reflect, pray, go inward, and let my mind wander, this road off South Rockerville Road is one of the

trails where I practice walking meditation. I sense the pleasure of God in the movement of my body and the rhythm of my breath.

I have long believed in and done contemplative practices, which calm the mind and sweep away noisy thoughts caused by obstacles in ordinary daily life. Meditation, contemplative prayer, mindfulness meditation, and sitting in stillness have in common a breathing practice that reinforces the benefits of getting quiet with the Divine and yourself.



My four-and-a-half-month experience without a left hip taught me profound gratitude for the ability to walk and hike with my new hip. Lately, my body has needed more movement, such as hiking on trails and walking our gravel roads, for pain management. Deep breathing has long been a pain management tool itself. My awareness that intentional, controlled breathing and walking go hand in hand

prompted this Mental Health Minute. The pain melts when I walk for 30 minutes and breathe rhythmically. I am thankful I can walk and am pleased to be lucky enough to enjoy it physically, spiritually, and mentally. Reflecting on all of this, I found voluminous scientific research on the mental health benefits of breathwork.

The scientific literature on deep breathing concurs that there are four key mental health benefits:

- Reduces Anxiety and Stress: It lowers cortisol levels and promotes relaxation.
- Improves Focus and Clarity: Enhances oxygen flow to the brain, boosting cognitive function.
- Enhances Emotional Regulation: Helps individuals stay grounded and respond calmly to stressful situations.

• Promotes Better Sleep: It relaxes the nervous system, making it easier to fall asleep.

Purposeful breathing is a simple practice that is always accessible. It has mental health benefits, whether part of a sitting practice or movement to

manage pain. For me, walking, stretching, strength training, and breathwork benefit my mental and physical health. Rhythmic breathing and movement belong together, in my opinion.

For calming yourself during stressful situations or in sitting practices like mindfulness meditation and contemplative prayer, here are a couple breathing patterns you can try to begin your quiet time:

The 4-7-8 method: Inhale deeply through your nose for 4 seconds, hold for 7 seconds, and exhale slowly through your mouth for 8 seconds. Repeat for 4–5 cycles to experience immediate calm. Notice and stay with that feeling of calm for at least 20 seconds, longer if possible.

Five-finger breathing: Open one hand and place your pointer finger at the outside base of your little finger. As you inhale slowly, trace your little finger to the tip of your finger. As you exhale, trace down the inside of your little finger to the crease between the little and ring fingers. Follow this same pattern of inhaling up the next finger and exhaling down. When you get to the outside of the thumb, use the same pattern on all fingers, returning to the base of the outside of the little finger.

For breathwork while walking, focus on inhaling and exhaling in an even rhythm that is comfortable for you. It helps to say right foot and left foot to match your inhale and exhale. This helps to keep unwanted thoughts from clouding your mind. Start with a slower pace to get your steps and breathing pattern synchronized. I recommend doing this for at least 20 minutes.

So, take a Mental Health Minute, or better yet, make that at least five minutes, and get some air!

©Susan Lorenzen April 2025

THE BLUEPRINT Custer County Democratic Party

Saturday, April 5th - Breakfast 9:15 am Laughing Waters Restaurant @ Crazy Horse Memorial RSVP via email by Friday, 4.04.25

Thursday, April 17th - Meeting 6:00 pm

Custer County Courthouse Annex — Pine Room

- Vote for Election of Officers -



Saturday, May 3rd - McGovern Day Rally

Laughing Waters Restaurant @ Crazy Horse Memorial

Advance Tickets Available Now Online! https://secure.actblue.com/donate/mcgoverncuster

Unite. Act. Change the Future.

Email: ccsddp21info@gmail.com
Facebook: @custercountydemocratsofsouthdakota



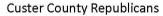




<u>Hermosa Town Board</u> Meetings are held the first and third Tuesday of each month at the Hermosa Town Hall, 6:00 pm.

<u>Hermosa Connects...</u> Monthly meetings are the last Monday of each month at 6:00pm at the Hermosa Coffee House.

Hermosa Arts and History Association will meet the second Monday of the month, at 6:30 in the HaHa building, next to the post office. Check our Facebook page for exact



The Custer County Republicans will meet on Tuesday, April 1, at 5:30 pm in the Pine Room of the Custer County Library. Our speakers this month will be our District 30 Legislators who will give us updates and reviews of the 2025 Legislative Session that just concluded. Our meetings are open to anyone interested, and all Republicans are

encouraged to attend. Please RSVP to CCRepubs@goldenwest.net to get a headcount for food.

Check us out on Facebook at CusterCountySDRepublicans

Or online at https://www.custercountyrepublicans.org/custer-sd-republicans



Hermosa Connects Inc.



The Hermosa Connects annual Huckster Vendor Fair will be held on June 21, 2025 AT the Custer County Fairgrounds.

If you would like a spot call Shelley at

605 290 9409

2025 HERMOSA NEIGHBORHOOD WATCH SCHOLARSHIP

Applications for the 15th annual Hermosa Neighborhood Watch Scholarship are now being accepted. Applicants must be a 2025 graduating senior high school student living in or having connections to eastern Custer County.

This scholarship of \$500.00 is set up to benefit youth with an interest in continuing their education, either by enrolling in a college or vocational school. Applicants for the scholarship are judged on their scholastic achievements, leadership abilities, and community involvement.

For more information on the Hermosa Neighborhood Watch Scholarship talk to your school coordinator, **ON-LINE at HERMOSASD.COM** e-mail to or write, to request an application:

> Hermosa Neighborhood Watch, PO Box 232, Hermosa SD 57744

> JOHARRIS.NEWS@GMAIL.COM

Branding Party Rescheduled --Mark Your Calendars for June!

Saturday, June 7, 2025 -- HAHA will host a BBQ and Branding Party in front of the



Museum (or at the Fairgrounds if the weather is bad). Bring you branding irons and burn your brand on a rustic wooden board, supplied by HAHA. For a \$20 fee HAHA will get a small plaque engraved and mounted and the brand boards will join those on our museum walls. More details as to time, menu, and musical entertainment will be finalized as we get closer to the date.

Please Notify Any Ranchers with Connections to Eastern Custer County.

McGovern Day Rally

May 3rd 2025 4:00 ~ 7:00 pm

Laughing Water Restaurant - Crazy Horse Memorial -

Unite. Act. Change the Future.

An Evening of Entertainment - Politics - Food + Drink

4:00 pm ~ Happy Hour, Cash Bar, & Hor d'oeuvres

5:00 pm ~ Welcome, Live Auction, Entertainment

6:00 pm ~ Deluxe Buffet Meal

6:30 pm ~ Speakers

- Nicole Uhre-Balk: - Anne Jensen: District 32 Representative West River Field Organizer
 - Live Auction conducted by Jeff Kingsbury
 - Entertainment by Black Hills Playhouse Actors Jeff Kingsbury & John Kirk

The Custer County Democrats invite everyone who values and supports our vision to promote democracy, universal human rights, economic justice, environmentalism, and a culture of peace to join our growing community.



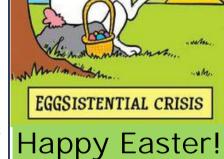
ADVANCE TICKETS ONLY NOW AVAILABLE UNTIL APRIL 25th (605)-673-2426



SDDEMS

https://secure.actblue.com/donate/mcgoverncuster Email: ccsddp21info@gmail.com cebook: @custercountydemocratsofsouthdakot





TO HIDE THE

EGGS, OR EAT

THE CANDY HMM ...

April Wordoku

How to solve wordoku puzzles

You only need logic and patience to solve a wordoku.

Simply make sure that each 3x3 square region has only one letter from the word JUDGMENT. Similarly, each letter can only appear once in a column or row in

U	G	Ν	D	S	М	Т	Ε	J
								D
S	О	J	\vdash	ш	G	Μ	כ	Ν
М	S	G	Z	D	Т	Е	J	С
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Z	Т	Ε	\supset	J	S	О	М	G
D	М	S	Е	G	J	U	Ν	Т
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Z			כ		S		М	
	М	S						
		Т		Z	U			Е
						っ	G	
the larger grid. The difficulty on this puzzle is								

the larger grid. The difficulty on this puzzle is medium.

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A great attitude does more than turn on the lights in our world. It seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.

Earl Nightingale

Hermosa Museum.

We have been busy the past year at the museum getting the main floor all done and we are getting close.



A couple of years ago we managed to get a new furnace with air conditioner installed And since then we have done the west side floor (sanded and waxed), new stairs going upstairs and closed off at the top end so we can keep the heat on the main floor, closed off some of the crawl space under the main part of the building so now we can keep the water on all year long without worrying about it freezing, the interior walls are all done with tongue and groove siding, the chimney was sand blasted back to original.

We have done Memorial bricks in front, We have plans to put in a flower garden along the west of the building and cover the bottom of the stucco with some cedar to cover the black tape to make it look more finished.

We are planning on being open week days during the summer so if you have not been in to see the new look it would be worth the trip to see how the old School House has been transformed into a museum to help preserve the past for everybody.

We are going to try to have some kind of an event every month and the one for June 7 is a Branding party at the Museum with a meal being served. If you do not have a brand on the wall in the museum PLEASE let us know and we will get one from you at the branding party. We have a board you just need to bring your branding iron.

All this has been done as the money was available either by Donations or grants and donated Labor. If you would like more information on being a Member or making a donation to help keep the museum going you can contact any member of the museum or come to a meeting held on the second Monday of the month or check us out on the Web site at hermosahistory.org.

We would like to THANK EVERYONE that has helped in any way in the past and hope it continues in the future.

Dan Martin. President



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HermosaSouthDakota

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https://www.https://hermosasd.com/

To subscribe email joharris.news@gmail.com Pick up your paper copy at POP's Grocery



Traders Market

LARGEST INDOOR FLEA MARKET IN WESTERN SOUTH DAKOTA

Friday 10 a.m.-5 p.m. Saturday 10 a.m.-5 p m. Sunday 10 a.m.-4 p.m.

Totally Unusual One-of-a-Kind Items +

- Retail Name Brands
 Art
 Handcrafts
 - Antiques Books Tooled Leather
 - Classic Cars
 White Goods
 Food
- Tools Housewares Furniture Electronics
 - Unique Gifts Jewelry Toys
 - Refurbished & Gently Used Items
 And so much more!

If you haven't found it, you haven't been to

Traders Market

EAST END OF RUSHMORE MALL · I-90 EXIT 59

Summer Dance! Barefoot Dance Studios

www.barefootdancerc.com 605-415-1111







Around The Neighborhood

Manes and Mindset Coaching



Hi, I'm Julie! My journey to becoming a certified life coach has been a lifelong exploration of the human and animal mind. My psychology studies in college ignited this passion, which I further developed during my impactful five and a half years as a counselor at Nexus Academy, a treatment center for youth. There, I honed my skills in deescalation, teaching essential coping mechanisms, and navigating a wide spectrum of emotional experiences, earning me the recognition of a mental health practitioner.

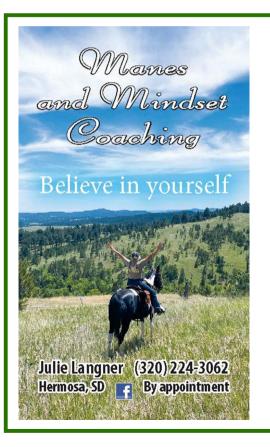
am deeply passionate about helping you unlock your true potential so you can live fearlessly!

My other great love, horses, led me to establish a horseback riding business nestled in the stunning Black Hills of South Dakota. Through years of training horses, often those with difficult pasts, I discovered their incredible ability to ground us in the present and teach us about trust and connection. Their intuitive nature and strong survival instincts offer powerful parallels to our own lives. These equine lessons deeply influence my holistic 1-on-1 coaching approach, which I offer both virtually and in person to create a truly personalized experience. I also offer sessions utilizing the incredible healing power of horses (individual or groups up to 6) through equine assisted learning to deepen your emotional awareness and foster profound connections.

AWAKEN Method, and Trauma Recovery Facilitator, I'm dedicated to helping you break free from the grip of addictions, anxieties, fears, past hurts, and limiting beliefs. Together, we'll uncover the skills you need to move forward with confidence, create lasting positive change, and believe in your inherent ability to live your best life, starting now!

Contact: Mobile (320) 224-3062 |

Email: dogon56330@yahoo.com



- Certified NLP Coach (In person and virtual)
- Life & Success Coaching
- AWAKEN Method
- EFT
- Clinical Hypnotherapy
- T.I.M.E. Techniques
- · Trauma Recovery Facilitator
- Equine Assisted Learning (In person)



THE AMERICAN LEGION BATTLE CREEK POST 303 DEPARTMENT OF SOUTH DAKOTA

HERMOSA, SOUTH DAKOTA



FRIDAY, APRIL 4 & 18, 2025 7:00 TO 9:00 PM

LOCATION: American Legion Post Home

<u>BINGO</u>: 16 games. Last game is blackout for \$530 (59 numbers called) Costs of bingo cards for each game are 50 cents per card or 3 cards for \$1.00. Money received from this bingo will go toward the Post Building Fund.

NO AUX. DINNER IN APRIL

BEER, SODAS, BOTTLED WATER & CANDY FOR SALE

WE DO HAVE SEPARATE BINGO CARDS FOR THE KIDS TO PLAY & WIN.

NO COST FOR THESE CARDS.

WINNING BINGOS WILL GET A SODA OR CANDY BAR.

EVERYONE WELCOME

Horoscope: April 2025

<u>Aries 3/21 - 4/19:</u> Mid-month expect a chance encounter—perhaps with someone quirky or unknown.

<u>Taurus 4/20 - 5/20:</u> Taurus, stability is your superpower. While others rush around, you'll find peace in routine—think cozy nights and small, meaningful wins.

<u>Gemini 5/21 - 6/20:</u> Early in the month, a wild idea could take flight—don't dismiss it, even if it feels chaotic.

<u>Cancer 6/21 - 7/22:</u> Around April 15, a hunch could guide you through a tricky decision—trust it. Avoid overextending yourself late in the month; self-care is your cosmic prescription.

<u>Leo 7/23 - 8/22:</u> A bold move could put you in the spotlight. Romance heats up mid-month, but don't let it devolve into drama. By April's end, enjoy a quiet victory.

<u>Virgo 8/23 - 9/22:</u> You'll untangle a puzzle—work, health, or otherwise—that's been nagging at you. Early-month diligence pays off around April 12 with a small but satisfying reward.

<u>Libra 9/23 - 10/21:</u> Around April 9, a compromise might unlock a door. Indecision could creep in by the 25th—flip a coin if you must, but don't stall.

<u>Scorpio 10/22 - 11/21:</u> Dig into something intense—maybe a passion project or a personal mystery—and uncover gold by mid-month.

<u>Sagittarius 11/22 - 12/21:</u> Adventure calls in April, Sagittarius! Whether it's a literal trip or a mental journey, you'll crave expansion. Tie up loose ends by the 30th.

Capricorn 12/22 - 1/19: Ambition surges, and a goal you've been grinding toward starts taking shape by April 14. Distractions—especially emotional ones—might test your focus around the 22nd. Stay the course.

<u>Aquarius 1/20 - 2/18:</u> Social causes tug at your heart mid-month; get involved, but pace yourself. By April's end, a quiet retreat will help you process the chaos.

<u>Pisces 2/19 - 3/20:</u> Money matters need attention mid-month—don't drift; double-check the details. By the 28th, a heartfelt connection reminds you of your magic. Float, but stay tethered.

BITS & PIECES:

Communication Problem

A farmer went to the attorney's office and said he wanted to get a divorce. The attorney asked if he had any grounds.

"Yeah, I got about 240 acres," the farmer said. The attorney replied, "But, I mean do you have a case?" "No, I have a John Deere." "Well, do you have a grudge?" The farmer said, "Yea, I got a grudge. That's where I park my John Deere."

"No, I mean do you have a suit?"
"Yes, sir, I got a suit. I wear it to church on Sundays."

Next, the exasperated lawyer asked, "Well, sir, does your wife beat you up or anything?"

"No, we both get up about 4:30."
The attorney finally asked, "OK, so why do you want a divorce?"
"Well," said the farmer, "I can't have a meaningful conversation with her!"

About real estate, probate and your heirs

Here's what a will can and can't do About 68 percent of Americans don't have a will. If you are one of them, you could be leaving a tangled legal hassle to your family.

Wills affect only probate property, which is whatever you individually own.

A house owned by spouses is not probate property. If you and your wife own a home together, when one of you dies, the house passes directly to the other.

If you share ownership of investment property with an uncle or a couple of cousins, you need to have a will in order to designate who gets your share.

One advantage of probate is that it allows a certain amount of time for creditors to come forward. Then there is a cutoff. Any other claims are barred.

Note that there are a number of things a will won't do. Life insurance goes to the person named as the beneficiary. Saying in your will that someone else gets it has no effect. Bank accounts and certificates of deposit can have a pay-on-death designation. A will can't change that POD designation.

A will probably won't let you avoid probate entirely. It's a state court procedure that oversees the administration of your probate property. In most states, the process is not difficult and not very expensive. There are exceptions, such as California and Florida, where probate costs more.

The more complex the family is, including children of various marriages, adopted children and children with special needs, the more important it is to have an estate-planning lawyer draft a will and possibly a trust. If your real estate is in more than one state, it's wise to create a trust so the estate won't have to be probated in each state. When funded with properly titled assets, a trust can also pro-

vides for beneficiaries with special needs and could help minimize any estate taxes.

A trust is not as expensive to set up as people think it is. It can cost from just \$400 to \$4,000, depending on how complicated the property issues are.

Quirky Easter traditions endure

Easter traditions can get pretty quirky depending on where you are in the world.

In parts of Scandinavia, like Sweden and Finland, kids dress up as witches—complete with broomsticks and painted faces—going door-to-door trading drawings for candy. It's like Halloween crashed into Easter, tied to old folklore about witches flying off to dance with the devil on Maundy Thursday.

Then there's Poland with its "Wet Monday," where people douse each other with water-buckets, squirt guns, whatever's handy. It's got roots in pagan spring rituals and a bit of Christian symbolism about cleansing, but mostly it's a free-for-all splash fest. Guys used to chase girls with water, and girls would retaliate with willow switches the next day, though now it's equal-opportunity soaking. In Greece, the island of Corfu has a wild one: on Holy Saturday morning, people chuck clay pots out their windows onto the streets below. It's a chaotic symphony of smashing pottery, supposedly to ward off evil spirits or mark renewal-plus, it's just

satisfying to hurl stuff.

In the Czech Republic and Slovakia, there's a tradition where men lightly "whip" women with handmade willow switches on Easter Monday. It's meant to bring health and vitality, and the women often give out painted eggs or a shot of booze in return. It's playful, but it's definitely not your standard egg hunt.

And if you're in Bermuda, Good Friday means flying kites—bright, hand-made ones buzzing in the sky. Legend ties it to a teacher explaining Jesus' ascension to kids with a kite, but it's also just a gorgeous way to kick off the weekend.

Tech buyer's guide: Laptops that won't break the bank

Are you in the market for a budget laptop? Arm yourself with a little information before you pull out your credit card so you can make the most of your money and find a quality device to suit your needs.

Acer Aspire 3 (A314-23P-R3QA). This basic windows laptop, available for about \$435 on Amazon, is lightweight and compact enough to fit in smaller computer bags, with enough battery life to get through the day without charging. And unlike many other budget Windows laptops, the processor is powerful enough to run multiple apps and keep up with the vast majority of everyday computing tasks.

Lenovo IdeaPad Flex 5i Chromebook Plus. This Chromebook boasts a touchscreen and a surprisingly nimble processor that allows users to sail through regular tasks with ease. It can also last through a full day of work or class on a single charge. About \$500 at Best Buy.

Acer Nitro V 15. Gamers on a tight budget should take a look at the Acer Nitro V 15, which starts at around \$700 on Amazon. While it doesn't include many of the bells and whistles you might find on more expensive laptops, it still offers sufficient processing power for a smooth gaming experience, ample battery life, and plenty of USB ports.

MacBook Air M1. It isn't Apple's most advanced laptop, but users will still appreciate this stylish and versatile laptop that will provide years of use. It's also a great choice for students, with a durable build and compact design that slides easily into backpacks. Available at WalMart for about \$699.

Will Al lose the copyright war after all?

Do tech companies need to seek permission before they train an AI model with copyrighted data? Yes, ruled one federal judge in February, concluding a copyright infringement lawsuit that may define the many legal battles to come. Information and software company Thomson-Reuters filed the law-

suit in 2020, alleging that the legal startup Ross Intelligence violated copyright when it trained its AI model with editorial content from Westlaw, a Thomson-Reuters-owned legal search engine.

According to the Verge, Ross's defense -- that permission was not required because their activities should be considered fair use -- fell flat with Judge Stephanos Bibas. In his occasionally scathing opinion, he agreed with Thomson-Reuters' claim that Ross used copyrighted data to built a direct competitor to the Westlaw service, and noted that "none of Ross's possible defenses hold water."

The ruling could potentially influence the outcomes of dozens of Al-related copyright infringement cases currently winding their way through courthouses, including a recently filed lawsuit brought by five major media companies against the startup Cohere. According to Betakit, the lawsuit alleges "massive, systemic copyright infringement" and accuses Cohere of using their copyrighted content to train its Al models and generate falsely attributed fake articles.

It's just one battle in what is likely to be a long and arduous war. But so far, copyright holders seem to hold a slight advantage.

<u>Pros and cons of pharmacy delivery for seniors</u>

Why go out for something when you

can just get it delivered? After all, your knee hurts and the weather's nasty.

When you sign up to receive your prescriptions by mail, it's important to understand all the pros and cons and the real cost of all that convenience.

Medication delivery, especially mail order prescription services, have become increasingly convenient. Since many mail order pharmacies are jointly owned and managed by pharmacy benefit managers and health insurance companies, the associated copays may be lower compared to what you pay at a regular retail pharmacy. Mail order pharmacies also commonly fill prescriptions for 90 days, which can also reduce your copay.

But some of these benefits come with their own potential downsides. For one, most mail order pharmacies rely on the U.S. Postal Service as their primary shipping partner. But according to Government Executive, mail delivery has slowed. For customers in rural areas, those shipping delays might leave them scrambling for alternative options when essential medications fail to arrive on time.

Some patients may also benefit from the personalized attention they receive at local retail pharmacies. According to GoodRx, your local pharmacy may be able to provide a 90-day supply at a similar price as a mail order pharmacy. If you're happy with your current pharmacy and have a good relationship with the staff, you don't necessarily need to make the switch.

There are ways to make it easier to manage prescriptions.

- * Try to group mail order prescriptions together.
- * Review your health plan. This will help you understand which medications are preferred and when a local pharmacy might be cheaper than mail order.
- * Use your pharmacy's mobile app to fill and track deliveries from your phone.
- * Plan to rely on a local pharmacy for acute care needs, like antibiotics.
- * Make a note to refill mail order prescriptions about two weeks before you need them.



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- 24. Lunched

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The headline is a clue to the answer in the diagonal.

street

29. Beam

Down

1. Couple

2. Exhort.

3. Kilt pattern

4. Italian unmarried

28. Cubic meter

lease join us in celebrating the remarkable career and upcoming retirement of our beloved Postmaster, Stacy Vickers! After an incredible 28 years of dedicated service to the United States Postal Service, Stacy will be officially retiring from her post at the Hermosa Post Office on April 30th, 2025.

For the past 22 years, Stacy has been the heart and soul of our local post office, serving as a truly exceptional and dedicated Postmaster. She has consistently gone above and beyond in her role, ensuring that the residents and businesses of Hermosa received not just mail, but the very best service imaginable. Stacy's commitment to our community has been unwavering, and her friendly face and helpful demeanor have made every visit to the post office a pleasant experience.

More than just a Postmaster, Stacy has become a cherished member of our small town. Her dedication, her warm personality, and her genuine care for the people she served have made a significant positive impact on Hermosa. She has been a constant presence, a reliable resource, and a

friendly face that we have all come to know and appreciate.

As Stacy embarks on this new chapter in her life, we want to express our deepest gratitude for everything she has brought to the Hermosa Post Office and to our community. Thank you, Stacy, for your tireless dedication, your exceptional service, and for simply being you. Your presence will be



greatly missed, and things just won't be the same without you at the helm.

From all of us in Hermosa, we wish you a long, happy, and fulfilling retirement!

HAPPY RETIREMENT, STACY!



Whether you're an introvert, extrovert, or somewhere in between, Lintz Bros. Pizza has something for everyone, and we're the only pizza restaurant in the Black Hills to serve pizza with personality!

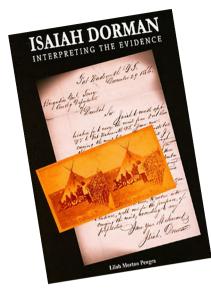
Pizza With Personality!

Hours Open 3-8 pm Thur. - Mon.

Closed Tuesday and Wednesday Located on the corner of SD HTY 79 & HWY 36. One mile south of Hermosa.



Lilah Pengra's biography of Isaiah Dorman,



the only African American killed at the Little Bighorn in 1876.

The original book, issued in 2017, was burned up in the Legion Lake fire. Lilah has finally reissued it as a second printing.

It is available for purchase at:

Isaiah Dorman biography African American Little Bighorn Lilah Morton Pengra | eBay

support LOCAL business





Coffee Cake



GERRY
EVANS
HAPPY 102nd
BIRTHDAY!

CELEBRATE! 4/08/25



Shorb

4/21/25

Happy Birthday!

Deb Bechard, April 22. Alyssa McLaughlin - April 1 Luritea Fugier, April 15

Clayton Maude, April 16

Easter Memories

Cathy Dahl

I've been spending a lot of time lately thinking about the past, and I've realized how much church has played a part in my life. With Easter coming, my thoughts go back to all the little Easter dresses my mother sewed for me when I was growing up. This was back in the 50s and 60s and the dresses were made of dotted-swiss, lace, gingham, etc. I remember standing on the kitchen table so she could pin up the hems. Then, of course, there would be a new Easter bonnet and little white gloves. We'd go to Brooklyn Center Baptist Church in Minnesota for

service and I'd sing in the children's choir. I still can sing, "up from the ground He arose, with a mighty triumph o'er His foes..." and recall how I and the kids near me would sing, "o'er His toes," and think it was just the funniest thing.

As time went by, I got married in that church and went on to have two children of my own. Following in my mother's footsteps, every Easter I would sew a new dress for my little daughter and made new outfits for my young son too (until he got old enough to say, "Nope! Not wearing that."). This was during the 70s and 80s when Little House on the Prairie was popular and I'd

make what Nicole called "prairie hats" to go with her dresses. We'd go to service at First Lutheran Church in Milford, Iowa, then Messiah Lutheran, N. Mankato, Minnesota, and currently Our Savior's Lutheran in Hermosa.

No matter where we went to church, there was a feeling of family and belonging - fellowship after the service with wonderful caring people. I realize many will say there are hypocrites in church so they do not choose to attend. I am not saying that churches do not have imperfect people. None of us are perfect! But most of us are trying. Looking back on these memories, I remember so much good. So much kindness. So much caring. And the presence of God.

Do you have memories like these? Don't you want your children to have these memories?

When covid hit, staying home from church became a habit. And yes, online services are wonderful but there isn't quite the feeling of being there. Matthew 20 reads, "For where two or three gather in my name, there am I with them."

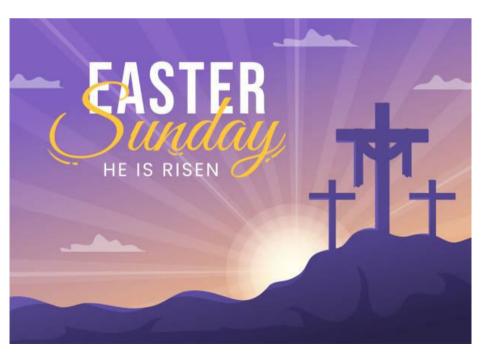
Please consider coming back to church and bring your whole family. The churches of Hermosa would be happy to see you!

Our Savior's Lutheran Church, 386 Main St.

St. Michael's Church, 14380 SD-40

Hermosa United Church of Christ, 1032 2nd St. N.

Hermosa Adventist Church, 14313 Broken Spoke Pl.



Church Services



CHURCH EVENTS FOR

ST. MICHAEL'S CATHOLIC CHURCH

1. Mass at 9 a.m. each Sunday in the new church on Hwy 40, East Main Hermosa.

OUR SAVIOR'S LUTHERAN CHURCH

- 1. Worship Service with Holy Communion, Sundays at 9:30 am in the building and online at www.youtube.com/TheOSLHermosa 2. Fellowship each Sunday following worship last Sunday of each month. 3.
- D.O.G. Night during the school year 5:30 pm Christian Education for Children 4 years THRU 6th Grade, 6:20 pm Family meal for all ages, 7:00 pm Confirmation for 7th grade and older. 4. Check out our Facebook page for announcements and other faith growth and fun opportunities

UNITED CHURCH OF CHRIST (UCC)

- 1. Sunday service at 9:00 a.m.
- 2. Communion on first Sunday of each month. Service is livestreamed every Sunday on Facebook, and can be viewed anytime thereafter--Hermosa United Church of Christ. --Bible Study on the Gospel of John Wednesdays at 1:30pm.
- --this month: Gather 25 will be livestreamed (with food) in the basement of our church starting at 6pm, Friday February 28th.

CHRIST'S TABERNACLE (nondenominational) meets at Beef Bldg. at the Fairgrounds.

- 1. Sunday service at 10:00 am
- 2. Wednesday evening Bible Study, 6:30 pm 7:45 pm
- 3. All sermons can be heard online at christstabernacle.org.

Please send all prayer requests to <u>prayr@christstabernacle.org</u> We will pray for you and your needs. God bless you!

HERMOSA SEVENTH DAY ADVENTIST

1. Saturday 10:00 a.m. for Sabbath School Bible Study and 11:00 a.m. for Divine Services

FAIRBURN UNITED METHODIST CHURCH SUMMER HOUR.

(n/a)