



"Rocky" Arnold C. Prorock Jr.

May 6, 1950 - March 14, 2026

"Rocky" Arnold C. Prorock, Jr. 75, of Grand Island passed away peacefully on Saturday, March 14, 2026, surrounded by love.

Family will be greeting friends Sunday, March 22nd from 6:30-7:30 PM with a 7:30 PM Rosary at St. Mary's Cathedral.

A private family Mass will be held on Monday at St. Mary's with Father Jimmy Beran as the Celebrant.

In lieu of flowers, memorials are suggested to St. Mary's Food Pantry or donor's choice in remembrance of Rocky. All Faiths Funeral Home is entrusted with the arrangements.

Rocky was born on May 6, 1950, in Grand Island the son of Arnold and Dorothy (Krakowski) Prorock. He graduated from Grand Island Central Catholic in 1968. On December 26, 1969, Rocky was united in marriage to Vicki Deines.

Those left to cherish his memory are his wife of 56 years, Vicki, daughters, Staci and Michelle (John Cannella) and grandchildren, Lauren, John and Cecilia. Other survivors include his sister-in-law, Pat Deines and nieces and nephews and their families, Debbie (Shawn) Pollock, David (Kelli) Deines, Joel (Jamie) Juracek and Krista (Cameron) Juracek-Christie and brother-in-law, Ron Juracek.

He was preceded by his parents, sister, Sherri, brother-in-law, Dennis Deines and parents-in-law, Nay and Billie Deines.

Rocky's legacy is not found in grand gestures, but in the countless small

moments he filled with kindness, in the steady way he loved, in the gentle strength he carried, and in the lives forever changed simply by knowing him.

Previous Events

Rosary

MAR **22** (CT)

St. Mary's Cathedral
112 S Cedar St
Grand Island, NE 68801
(308) 384-2523

Family will greet friends from 6:30-7:30 PM on Sunday at St. Mary's Cathedral. Private family Mass will be the following day.

Tribute Wall



“❤️

Kathleen Dubas - March 24 at 03:36 PM



“ *From Brian and Janelle Ward purchased the Simply Elegant Spathiphyllum for the family of "Rocky" Arnold C. Prorock Jr..*



From Brian and Janelle Ward - March 21 at 03:42 PM



“ *From Brian and Janelle Ward planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of "Rocky" Arnold C. Prorock Jr..*

From Brian and Janelle Ward - March 21 at 03:42 PM



“ *Enchanted Cottage was purchased for the family of "Rocky" Arnold C. Prorock Jr..*



March 18 at 06:44 PM

KD

“ All the Prorocks loved you greatly Rocky. You were the pride and joy and twinkle in your dad’s eyes and in the eyes of your sister Sherri and all of your Prorock aunts and uncles. We were always appreciative and very proud of you. All the time I was proud to call you my cousin.

My most sincere condolences to Rocky’s lovely Vicki and to Rocky’s children and grandchildren. May peace be with all of you who Rocky loved so well and so deeply. He will never be forgotten.

May Rocky rest in peace beside Jesus and all the angels.

*Most sincerely,
Kathleen Dubas*

Kathleen Dubas - March 18 at 12:32 PM

KM

“ My deepest sympathy to you Vicki, Staci and Michelle, to his Grandchildren and all who loved him. Rocky truly was a one in a million kind of guy. He will always be thought of fondly, the laughter that was shared back in the years, and the memories we hold dear. May you find comfort knowing he is home at last in the presence of the Lord. My heart goes out to you during this most difficult time.
Kim Stoltenberg/McBride

Kim McBride - March 18 at 10:49 AM

ML

“ Vicki and family,

We may not have many together moments in the last several years but there are so many wonderful memories of Central Catholic happenings back more years than seems possible. You two will forever live in our hearts and memories. There are so many volleyball and basketball games that just always made a difference because of the people like you who cared for all the girls and families. Rocky was always a kind, thoughtful, helpful, fun loving and sincere person with a smile that included everyone. We are so glad our paths crossed with our daughters. Our sincere sympathy for all of you. Rocky was one of the best!

Marilyn Luther - March 17 at 11:33 PM

“With great sadness, Georges and I send our deepest condolences to Vicki and the Prorock family upon the death of beloved Rocky. While words may be shallow expressions at the time of great loss, there are words that may illuminate and illustrate moments of Rocky's earthly journey as we experienced it through our friendship with him.

Rocky was a man of ethics, honesty, generosity, openness, and humor. He was a man who not only shared his time and talents and but also his heartfelt emotions. Rocky was a gentle giant -- with strong hands that clasped with power in a handshake, sending a message that he was connecting humanly and directly with those receiving his hard-working hands' solid grasp.

With many memories of spending time with Rocky and Vicki in Grand Island over the years, a few really stand out:

When my sister, LaDonna and I were going to see for the first time, the sand hill crane-migration near the Platte River, Rocky brought forward his many experiences from boyhood with vivid imagery emanating from his vibrant storytelling! He guided us so personally and beautifully through this majestic experiential moment. Unforgettable!

Rocky was aware of my love for Nebraska lands (having moved to California in the 1970s), and how much I enjoyed seeing the Nebraska countryside where I grew up. During his deliveries of medical supplies to rural people, he put a camera on the car dash allowing me to see the beauty that he was seeing. A profoundly simple gift – so deeply thoughtful, so moving and memorable.

Some years ago, Rocky and Vicki, along with other Grand Islanders, drove to Minneapolis to see a live performance of Arab dance and music theater with Georges as orchestra conductor. Excerpted from a review I wrote after, for the dance magazine newsletter about our Nebraskans in attendance, is this:

“One couple from our group (aka Rocky & Vicki) were lured on stage into the exciting "dabke" line, moving wildly with the intense beat of the "tabul" midst the gleeful cries of the dancers. When the last beat was drummed, our passionate “big guy” lifted both arms in victorious salute to-- what else? Tarab perhaps...an ecstatic moment within the gift bestowed by music and dance. “

We all can see in our mind’s eye, the “big guy”, in rapturous joy.

This Gentle Giant is now liberated into the promises of life eternal. May he soar in awe of the transformation and magnificent universe.

*Jeanette Cool & Georges Lammam
San Francisco, CA*

Jeanette Cool - March 17 at 05:20 PM

TM

“ *Tim & Kristine McDermott. purchased the Full Of Love Bouquet for the family of "Rocky" Arnold C. Prorock Jr..*



Tim & Kristine McDermott. - March 17 at 04:25 PM

TM

“ *Tim & Kristine McDermott. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of "Rocky" Arnold C. Prorock Jr..*

Tim & Kristine McDermott. - March 17 at 04:25 PM

CH

“ Dear Vicki, Staci and Michelle,
John and I are so sad to read about Rocky. He and I were in physical therapy together a few years ago, and it was so good to see him! He was his kind, wonderful, funny self! God bless him and all of you. I know he will find so many ways to let you know how close he is. Our love and prayers!
Cathy and John Howard

Cathy Howard - March 17 at 04:08 PM

KK

“ Kara Marshall Kelley purchased the Sweet Tranquility Basket for the family of "Rocky" Arnold C. Prorock Jr..



Kara Marshall Kelley - March 17 at 02:24 PM

KK

“ Kara Marshall Kelley planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of "Rocky" Arnold C. Prorock Jr..

Kara Marshall Kelley - March 17 at 02:24 PM



“ Divine Peace Bouquet was purchased for the family of "Rocky" Arnold C. Prorock Jr..



March 17 at 02:20 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of "Rocky" Arnold C. Prorock Jr..

March 17 at 02:20 PM



“ Kara Kelley purchased the Gracious Lavender Basket for the family of "Rocky" Arnold C. Prorock Jr..



Kara Kelley - March 17 at 02:20 PM



“ Kara Kelley planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of "Rocky" Arnold C. Prorock Jr..

Kara Kelley - March 17 at 02:20 PM



“ Rocky made the world a better place simply by being in it. I'll always remember how he and Vicki welcomed me during college for long weekends with Michelle. His warmth and generosity left a lasting impression, and he remains my example of what true Midwest kindness looks like. My thoughts and prayers are with you all.

Melissa Weisensee - March 17 at 01:15 PM



Rocky was amazing.

Kathleen Dubas - March 18 at 12:52 PM