

The Rock Review

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April 2013



The State Bank of
TABLE ROCK
MOVING FORWARD WITH THE TIMES
SINCE 1885



Spring has sprung! Graduation is just around the corner. Congratulations to all of the 2013 High School Graduates!!!

In the Spotlight...

MARK JOY AND SAMANTHA LAUE

Humboldt Branch:

MARK JOY: SR VICE PRESIDENT

Mark came to the State Bank of Table Rock in January of 2005. He began his career as a Vocational Agriculture Instructor and FFA Advisor at the Lewiston Consolidated Schools after receiving his Bachelor Degree from the University of Nebraska-Lincoln. He became a Loan Officer at the Federal Land Bank & Production Credit Association in Auburn in the mid 80's during the farm crisis. He then became a Banker at the Home State Bank & Trust Company/American National Bank for the next 17 years before coming to the State Bank of Table Rock.

Mark has been honeymooning for the last 28 years with his wife, Susan. She has been a Registered Nurse at the Nemaha County Hospital in Auburn for the past 27 years. Mark & Susan have three grown children, Spenser, 24, who is the Assistant Manager of the CVS Pharmacy in Lincoln; Marshall, 22, who is a Senior at Peru State College majoring in Accounting; and Sierra, 19, who is a Sophomore, majoring in Pre-Med at the University of Nebraska-Lincoln.

The family enjoys traveling, Husker Football, watching basketball, golfing, and living in Nebraska.



Welcome

The State Bank of Table Rock would like to welcome

Marsha Wilhelm

to our Humboldt Branch. Stop by
our Humboldt branch to welcome her.

DID YOU KNOW???

Facts about America's Farmers

Every day, America's farm families rise to meet the challenge of feeding and clothing the world. Satisfying world demand is exactly what they do. America sends her bounty all over the world, and it all starts on family farms. To these men and women, the land is more than a livelihood – it's a legacy. It's a resource to be cared for, preserved, improved, and passed to the next generation. They're the caretakers of our land. They make their living from it. They provide for us with it.

In some way, we're all connected to agriculture. Learn more below about what America's farmers provide for us every day.

- To keep up with population growth more food will have to be produced in the next 50 years as the past 10,000 years combined.
- Today, the average U.S. farmer feeds 155 people. In 1960, a farmer fed just 26 people.
- Today's farmer grows twice as much food as their parents did – using less land, energy, water, and fewer emissions.
- American farmers ship more than \$100 billion of their crops and products to many nations.
- U.S. farmers produce about 40 percent of the world's corn, using only 20 percent of the total area harvested in the world.
- Farmers are a direct lifeline to more than 23 million U.S. jobs in all kinds of industries.
- In the past five years, U.S. farm operators have become more demographically diverse. The 2007 census counted nearly 30 percent more women as principal farm operators. The count of Hispanic operators grew by 10 percent, and the counts of American Indian, Asian, and African-American farm operators increased as well.

Farmers have been working all winter to get their equipment ready for spring planting. Spring is just around the corner and for farmers that means a demanding time for getting the fields planted. For farmers working dawn to dusk and avoiding extreme conditions in weather to mechanical breakdowns; they have a tough season ahead. So the next time you see a farmer tell them thanks for all that they do.

Sources: americasfarmers.com



COMPLETE CHIROPRACTIC & WELLNESS CENTER

Who we are:

Greetings from Dr. Brian Garton and staff at Complete Chiropractic & Wellness Center in Hickman, NE. We have been proudly serving Hickman and the surrounding areas for three years. Dr. Brian is a Filley, NE, native and a Freeman High School alum. After high school, he received a bachelors degree in Exercise Science from Nebraska Wesleyan University, and graduated Cum Laude from Logan College of Chiropractic in St. Louis. After being away from family and small town Nebraska for four years, he and his wife, Sammie, decided that Hickman was the perfect place to set up a clinic. Since first opening, the office has undergone a great deal of growth and change. We now operate out of a larger, more functional facility (just south of Urban's Creamery). This allows us to better serve patients. We also have a satellite clinic in Adams, NE, making it more convenient for many patients from further south. We do our best to make you feel at home while in our office, and you will always be greeted with a warm smile from one of our two friendly office assistants, Brenda and Jessica.

What we do:

Because no two people are alike, here at Complete Chiropractic & Wellness Center, each patient that walks through our door is looked at on an individual basis, and each treatment plan is based on individual need, not with a predetermined schedule. Our primary goal is to get our patients back to their optimum health as soon as possible. We are able to do this by providing the best, most current chiropractic and manual therapy treatments, and we strive to educate our patients in order to keep them at their optimal level of health once they've reached it. The amount of time and attention given to each patient is something else that sets Complete Chiropractic apart. We schedule all our appointments for 15- 30 minutes, which allows us to deliver a more comprehensive treatment than many other offices. A few of the more common conditions we treat include: Neck pain, headaches, TMJD, shoulder pain, carpal tunnel, back pain, hip pain, knee pain, and plantar fasciitis. Some of the services and treatment options offered at Complete Chiropractic & Wellness Center include: Chiropractic adjustments, myofascial release techniques, Graston, proprioceptive nerve facilitation, biomedical acupuncture, electrical stimulation, kinesiotaping, nutritional counseling and supplementation. Complete Chiropractic also has an on site massage therapist, April Deveaux, LMT, who sees clients by appointment only. If you or someone you know is interested in whether we can help you achieve optimal health and wellness, please contact our office for an appointment.



Dr. Brian, his wife Sammie, and their children Henry and Millie.

Complete Chiropractic & Wellness Center

637 Village View
Hickman, NE 68372
402-792-2135

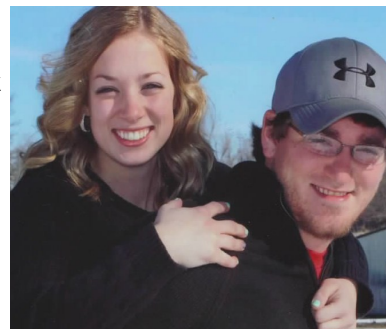
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PAWNEE CITY: SAMANTHA LAUE

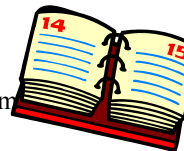
Hi, my name is Samantha Laue. I am the daughter of Leland and Sonya Laue of Pawnee City. I currently live in Table Rock with my fiancé, Jared Freeman. I have an older sister, Tia, who is an instructional coach for the St. Joseph school district. I graduated from Pawnee City in 2012. I plan to pursue a career in banking or education.

I began working at the State Bank of Table Rock in January and I've loved every minute of it. They have been great help and very patient which I really appreciate. I also currently work at the Pawnee City School as a first grade Para.



In my spare time, I love to travel and visit with family and friends. I also enjoy baking and spending time farming with the Freeman's.

Calendar of Events:



April 13- MS Walk, Auld Pavilion, Lincoln-10am
May 4 - Lisa Jo Walk for a Cure, Humboldt
May 11- HTRS Graduation
May 12- Mother's Day
May 12- PCHS Graduation
May 19- Norris High School Graduation
May 27- Memorial Day (Bank Closed)
June 22-Downhome working Semi Truck Show, Humboldt

In support of the MS Society the Kunze Krusaders and the State Bank of Table Rock are participating in the 2013 MS Walk.

**Saturday, April 13th
Auld Park Pavilion in Lincoln**

Registration is at 9am and the walk will begin at 10am

**If you would like to donate or walk please contact
Amy at (402) 839-2035 or Bobbie/Tamara at (402) 484-5444**



***Stop by your local branch for
more information.**



Congratulations



We would like to congratulate Jessica and Jeff Kreifel on the birth of their first Son, Owen Scott, born on January 15, 2013, 6lbs, 12oz and 19 1/4 inches long.

We would like to congratulate **Graham Droge** (PCHS), and **Paige Watkins**, (HTRS) on their 2013 Graduation.



We would like to congratulate Spencer Kunze on receiving the Graduate School of Banking At Large Outstanding Leader Scholarship.