

GYM

FROM PAGE A1

months, and students advance through programs as they get older and increase their skills. Recreational and tumbling classes also allow students to learn fundamentals, such as learning how to do back handsprings. As students develop skills and potential, they have the opportunity to join the competitive team.

Big Dogs' is a part of two competitive leagues: Bluegrass Gymnastics and the Amateur Athletic Union. While the Bluegrass league

keeps the team local, the AAU takes them across the country, including Texas, Florida, Tennessee, and South Carolina. In this league, the competitors compete for regional, national and the junior Olympics.

Cullen and Fisher make sure their teams are prepared for all levels of competition and have come home with numerous trophies and accolades over the years. These awards line the front foyer, several shelves around the gym, and even the registration area. The owner, coach, and competitors alike are proud of their sustained success.

At the last national competition, where competitors qualified for the junior Olympics, six of eight Big Dogs' gymnasts qualified. All placed in the top six.

For Cullen, gymnastics is a family affair. She purchased the gym in 2017 from family, and her family has helped her keep the gym moving forward.

"They help me get things done, host meets, make repairs and sell concessions," she explained. In addition to her own family, Cullen relies on the help of gymnast families. "We are like a family, too."

Fisher credits her mom for getting her into gym-

nastics as a child. Searching for a group to join, she fit gymnastics like a glove. She has been the head coach at Big Dogs' for seven years.

Despite the successes of the past, Cullen and Fisher don't set specific goals for their competition team. Instead, they concentrate on growth. They teach positive attitude and perseverance in the face of adversity as critical skills.

"From meet to meet, what can you improve?" Fisher explained. "How do you react when you fall off the bar? We love it when they hit everything, but what was the attitude in getting there?"

Cullen and Fisher also

teach the gymnasts to cheer for all competitors. While the competition is fierce and the motivation to win is high, they encourage the team to develop respect and even friendships with fellow competitors.

"They'll grow up and have a lifelong friend," explained Fisher.

An average of 85-90 students attend throughout any given week. Lower levels attend two nights, while upper levels attend three. The competition team is the only group that meets year-round, starting meets in late fall into winter. In the summer, they learn their new routines.

There's some nostalgia in walking through Big Dogs' Gym, as old Providence Bulldog murals and the old scoreboard remain. That nostalgia is not lost on Cullen, a lifelong Providence resident who attended the old high school. Cullen recalled how family members watching their gymnast compete will often recall special memories of also competing in the gym. The gym is also a specific highlight to the gymnastic community because of its size and accessibility.

"Many gyms are smaller. There is not a lot of seating and it's hard to see," Cullen explained.

LOOKING

FROM PAGE A1

Director Ken Rubenacker was in desperate need of volunteers. Gaining two or three new ones in recent weeks has helped.

"We can always use more volunteers," Rubenacker stated.

Eight or nine people are needed during each session to help the food bank distribution run efficiently.

Rubenacker also explained that extra help is needed on the last Tuesday of the month.

"The truck gets here in the morning about 8:45 a.m.," Rubenacker added. It takes

about an hour to unload, and then the items are sorted and stacked for distribution.

Most of the workers at the Providence Food Bank are 70 years and older. Personal illness, operations and other factors sometimes take veteran volunteers out of the lineup, making new ones even more needed.

Such a situation happened with Rubenacker. He had to have surgery and fellow volunteer Jeff Graham took over as director. Graham was a longtime volunteer and very involved with the food bank's work. As Rubenacker was set to return, Graham passed away. It has been a difficult loss for food bank volunteers.

Still, volunteers like Rubenacker remain opti-

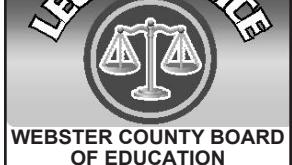
mistic about the work they do and are focused on the people they help. They have been operating since 2012 and have served 112,000 individuals and 60,000 households in that time. Last year was a busy one for them, serving 745 individuals and 327 households.

"On a busy day, 35-40 people may come in," Rubenacker explained. The food bank is open Tuesdays from 9:11:45 a.m., Thursday from 3:45 p.m., and Saturday from 9:11:45 a.m.. It is closed on the first Saturday of each month.

Interested volunteers need to complete a volunteer application and get registered. Once that is complete, a volunteer can go to work.

"There is no restriction or requirement on how long they are here," Rubenacker added. A volunteer could

spend an hour or two, or work the entire distribution time. "We can always use the help."



WEBSTER COUNTY BOARD OF EDUCATION
28 ST RT 1340
DIXON, KY 42409

INVITATION TO BID

The Webster County Board of Education in Dixon, Kentucky will receive sealed bids for mowing services for January 1, 2026-December 31, 2026. Bids will be received until 2:00 pm, February 6, 2026 at the office of the Superintendent, Dixon, Kentucky, at which time all bids will be publicly opened and read aloud. Bid specifications may be picked up at the board office in Dixon Monday through Friday, 8:00am-3:30pm. The Board reserves the right to reject any and all bids.

Aaron Harrell, Superintendent

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