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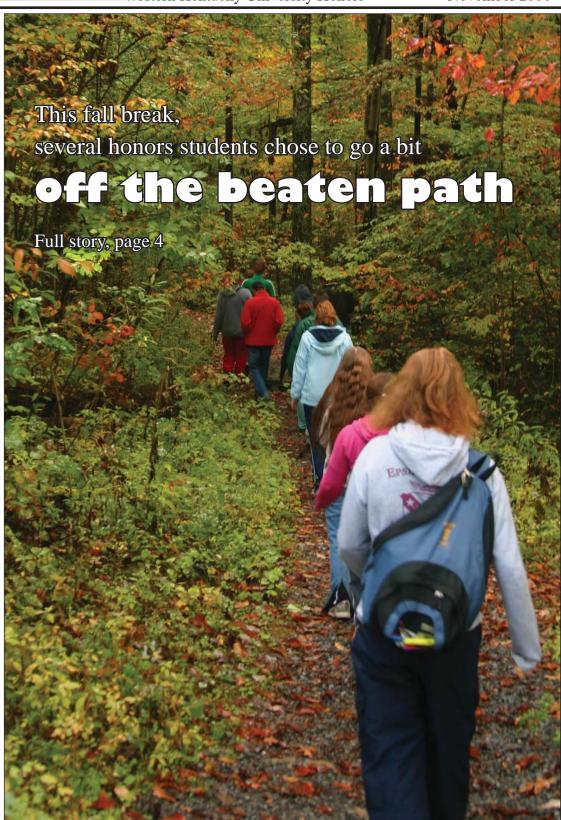
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Director's Column

Reaching your highest human potential



By Craig Cobane

Areté is not only the theme of this column, but also the title selected by the Honors newsletter editorial board as the name for this publication. The translation of Areté (pronounced aruh-tay) from the original Greek has evolved over the centuries, but each iteration of the word focuses on "excellence."

Specifically, Areté was used to refer to excellence as "self actualization" or "reaching your highest human potential" and has also been translated as "virtue."

For the Greeks, areté was connected to the fulfillment of your purpose in life. There was a different view of areté for the musician, carpenter, scholar and leader because everything has its own particular excel-

lence. Classical Greek thinkers such as Socrates, Plato and Aristotle all argued that the meaning of life is happiness and the only way to achieve true happiness was to live a life defined by areté.

This is nowhere more obvious seen than the famous Socratic paradox, "Virtue is knowledge," which can also be translated as "Areté is knowledge."

For many of you, Areté is the driving force in your lives. You cannot imagine doing anything, without trying to be the best you can be. In his Nicomachean Ethics, Aristotle discussed this

over two millennia ago, when he stated, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." This should be more than just a slogan on our Honors recruitment literature: it should be our defining purpose.

Over the forthcoming years, you will read many stories focusing on examples of areté by your Honors students, staff and faculty alike. I encourage you to be part of some of those stories.

It is my sincerest hope your time in the Honors Program and in your life will be defined by the desire for a habit of areté.

Calendar Events

■ Nov. 7
Trip to see The Lion King

■ Nov. 9 Honors Club Game Night

■ Nov. 15-19 National Collegiate Honors Conference

Nov. 20
Arete writing contest entries due (by midnight)

■ November 22-26 Thanksgiving Break

Have an Honors event that we should include here?

Email the editors at arete@wku.edu.

New! Areté writing contest

Each month, the Honors newsletter will hold a writing contest for Honors students. Entries will be judged by the newsletter staff, and the winning submissions will be published in the next month's issue of *Areté*.

This month's topic: Finals

Tell us your funniest/most interesting finals memory, or your best tip for surviving exam week. If you're a freshman who has yet to experience a finals week, tell us what you're most worried about, and how you plan to get through it. Entries should be 50-100 words.

Entries are due by midnight on November 20. Email them to us at arete@wku.edu.

Newsletter staff

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Questions? Comments? Got an idea for a story?

EMAIL US AT ARETE@WKU.EDU

HDB student column

What is the Honors Development Board?

Your representatives

Junior Representative



Jeff Sorce
Hometown: Arlington Heights, Illinois
Major: Social Stud

Major: Social Studies, History Ed.

Most embarrassing moment: One time that I jumped off the diving board at the public pool, my swimming suit ripped in half. I had to

wait for someone to get me some gym shorts while I held my tattered suit to cover myself

Sophomore Representative



Ashley Belcher Hometown: Owensboro, Kentucky

Major: News Editorial and Spanish

Most embarrassing moment: "After leaving my PE 100 class in Smith Stadium, I tripped going up a set of stairs. I know, everyone trips, but

not everyone trips in front the starting line-up of the WKU football team!"

Freshman Representative



Kevin Smiley Hometown: Danville, Kentucky

Major: Social Studies Ed. and History

Most embarrassing moment: In high school I was doing a somersault for a soccer drill and I kneed myself in the face.

My face was covered with blood and I had to go to the doctor. When I got home I had five stitches and a band-aid under my eye. My friends at school called me Nelly for weeks to come.

This month's columnist



Senior Representative

Lindsey Thurman Hometown: Russell Springs, Kentucky Maior: English

Most embarrassing moment: I once called someone in my class by the wrong name for an entire semester. I only found out about it when someone told me about my mistake.

Welcome to the Honors Development Board (HDB) corner of the Honors Newsletter! Each edition of the newsletter, you will see a column by one of your elected student representatives to the HDB, starting with me, the senior class representative.

First, let me commend my student colleagues who participated in the voting process and say thank you for being so apt to get involved and stay informed. The HDB is a resource for Honors student involvement and information, and your student representatives will strive to be a liaison of these aspects to you this year.

The HDB is involved in your Honors experience in more ways than you might have realized. We provide financial support for study abroad, Capstone Experience/Thesis research, and other educational travel that you can apply for through Honors Development grants, and we are working to make those applications more accessible and succinct.

We also approve Honors Augmentation Contracts, and we are creating new opportunities for you to have an Honors experience in departments that offer fewer upper-level Honors courses. Both in and out of the classroom, the HDB endeavors to make your years in the WKU Honors Program "better, faster, and more intense," as Dr. Cobane often quotes.

Over my past four years in Hon-

ors, I have had little knowledge as to what decisions the HDB makes on a regular basis, and I assume many of you have felt just as uninformed.

Your student representatives want to create a forum for the information discussed in HDB meetings to be shared with the Honors student body. We are setting up mailing lists so that your student representatives can email you after each meeting to let you know what changes in your Honors culture may be in the works. As the HDB makes important decisions about the future of our thriving Honors Program, your representatives welcome your thoughts, concerns, and opinions.

We would like to enable a medium for students to let us know what you want in the form of an online suggestion box, and we are always open to you through email. We are contributing to this newsletter in hopes that you will be further informed as to what the HDB can do for you.

Continue to be as interested in the decisions made by the Honors Development Board as you have been since the student representative voting. Utilize the HDB and shape us as we shape the Honors Program, and in turn shape your collegiate career and beyond.

Contact Lindsey Thurman at lindsey.thurman@wku.edu.

Honors on the road





Students raft, rappel, relax over Fall Break

By Natalia Barahona

I received an email about spending Fall Break whitewater rafting. At first I didn't pay much attention to it. Maybe I would just stay in Bowling Green, do some homework and just rest. Fortunately I decided to go on the trip. I had a GREAT time, definitely better than staying at the dorm!! During those three days, I got to know students from the Honors program, share with some faculty and have an unforgettable and exciting experience!

Everything began at 6 a.m. when we met at the Honors house to begin our seven-hour drive to West Virginia. Two cars with nine students, Dr. Craig Cobane, Dr. Dean Kahler and Dr. Wes Berry were on their way to the NARR (North American River Runners). The first couple of hours were quiet, people sleeping or starting to wake up, but after some candy and a good conversation to get to know each other, everything went fast...until the time to have lunch came. First rule of the road, don't stop in any chain restaurants; there's nothing like having lunch at a sit-down restaurant, request of

Dr. Cobane. We stopped in a small town, and had some Mexican food, not knowing what was waiting for us. After a couple of hours, the scenery started to change. We had crossed the border into West Virginia. Getting close to our final destination, the road get a little bit more curvy thanks to the beautiful mountains – definitely a good place to enjoy a bicycle ride, as Dr. Kahler mentioned every time he saw a hill or a small road perfect to do some cycling.

In one of the curves, we had the first glimpse of the river; it was just beautiful. We began talking about how rafting would be, what we would need to take to the river, and all the expectations we had. For some of us, it was the first time rafting.

When we arrived, the feeling of camp was everywhere. We unpacked and chose our cabins. They were nicely located next to a stream. After that we went to eat some pizza, made in an old fashioned mud oven, and it was really good.

With some hours to spare and a volleyball sand court available, we decided to play. Not everyone participated, but we all enjoyed watching the game, and even the rain and sand could not stop the fun. As the sun came down, we quickly grew tired. We went to bed to the sound of the rain.

The next day began with a nice shower and a warm breakfast despite the cold weather. We needed the energy because we were about to spend 5 hours on the Gauley River. Each person put on wet suit, being careful not to use any cotton, because cotton kills (won't keep you warm).

After some recommendations by the rafting instructor and a cup of hot chocolate, we headed to the river. At the shore of the Gauley, five boats were waiting for us (other groups went as well).

Our group split up into two groups of six. We met with our guide and hopped in for the ride. After some basic paddling lesson, we were ready.

The day was cloudy and rainy, but that simply added to the beauty and mystery of the mountains. The first rapid was coming, and with some instructions and teamwork, we made it.



Photos by Dr. Dean Kahler

Continued on page 5

Continued from page 4

A couple more rapids, and then we stopped for lunch. With renewed energy and more practice, the teamwork was getting better.

One big rapid came, everybody hold on tight! It was a big shake, big enough for the ones sitting on the left side to fall to the right side. Fun. One person didn't even make it through the bumps; instead he fell into the water.

During the ride there were moments of excitement and moments to enjoy the beautiful view, one of those occasions where you wish you had a camera to make sure you never forget how magnificent it looked.

A good conversation with our guide, Brooke, made the ride a lot more fun, especially when he asked us if we trusted on him. That was the best part; he made it a lot more exciting. The first surprise was to close our eyes and we opened them only we he said to do so. When we opened our eyes, there was a big wave in front of us and the water covered us.

After that we were ready for some more. Posing for the camera, chatting with the people in the other boats, we had fun.

Between shivering and paddling, the main rapid was getting closer, and Brooke asked us one more time, "Do you trust



in me?" And we answered in unison "YES" without knowing what was coming.

Brooke said "I'm going to make this more exciting for you." We had to concentrate and work as a team. We could feel the water moving fast beneath us as the boat picked up speed.

Through Brooke's maneuvering, we managed to dangerously, yet safely steer through the Hell hole.... We had survived. Smiles of satisfaction could be seen on each person's face; it was great!

As the afternoon came to an

end, we arrived back to shore and went back to the bus and the cabins, each dreaming of a hot shower. After dinner, s'mores and a fire, the day concluded.

The activities on our last day of fall break included a low rope course, which was fun. We climbed a giant ladder, both students and teachers enjoying themselves. The professors tried to prove that they could keep up with the kids no matter how many surgeries they had had.

Our final surprise was the trapeze jump, which some of us managed on the first try. For

others it was harder because the platform stood 20 feet tall, and the view of the jump was pretty scary.

But this was not the time for fears or phobias; it was just time to enjoy the experience and make the best of it, taking advantages of everything. I definitely recommend this trip to everybody. I know that most of the people that went this year can't wait to go next year, so come join!

Thanks, Honor Program, for sponsoring so many different activities for the students to enjoy.





Honors travelers

Walking like Egyptians, eating like Greeks

By Dana Adams

Deep in a tomb of Egypt I passed by a sarcophagus, stood face to face with a mummy and walked straight into . . . the gift shop.

Honors students traveled on a journey to "Ancient Egypt," the exhibit at the Frist Center museum in Nashville, Tenn. Students and faculty from a variety of ages and majors met up at the Honors Center and piled into two 15-passenger vans.

Even with Dr. Cobane behind the wheel, the students made it to the museum safely. Once they arrived Dr. Heather Pulliam of the WKU art department presented some basic background knowledge to the participants in order to give them some insight on meanings behind Egyptian art. She lectured on time periods, rulers, and the importance of funerary art. The Frist Center also provided informational headsets.

Many of the pieces in the exhibit were numbered. The numbers could be keyed into the headset for students to hear experts go into detail about the meaning, construction, and timeframe of the creation.

The museum provided many rooms which contained kanopic jars, both large and small statues, and tombs. Also on display were domestic items such as jewelry, furniture, and toys. Stories painted on the walls allowed one room to appear identical to one of the Egyptian tombs.

After a long day of traveling through Egypt, it was time for a meal.

The next stop was Mediterranean cuisine. The chefs set up the food buffet style so the everyone had the opportunity to try many different dishes. It presented a rewarding chance to learn about ingredients, names, and tastes of Mediterranean food. As with all things, participants had different opinions about the meal, but the chance to try something new seemed to be a positive consensus for all.

After a day of culturally "traveling" around the world, it was time to head back to campus.

Keep your eyes ready for the next adventures of the Honors travelers.







Housing

Hilltopper heaven: McLean Hall has it all

By Sam Micallef

Honors students have access to a variety of things on campus including priority registration, opportunities to meet professors, scholarships, group activities, and McLean Hall. Nearly everyone has heard that McLean is the best dorm on campus. But what really makes it so great?

- ◆ The rooms. Unlike some other dorms on campus, McLean's rooms are actually made up of real walls. You can actually live in a bedroom with or without decorated walls instead of living in a concrete block room. Plus, the rooms are just plain big. Leaves plenty of options open.
- ◆ Private baths. Nothing beats having your own bathroom that you only have to walk a few steps to reach. You can leave that bathrobe at home. Plus, the only thing that goes down the sink is what you put there, no second guesses.

- ◆ Nice furniture. Not only is the quality of the furniture high, but you can also move the pieces around the room in any way you want. Don't have to worry about the desk or dresser being bolted to the floor. Adjust the beds for extra storage underneath or shove all the furniture to one side for a dance floor on the other.
- ♦ Adjustable thermostat. If you don't like the weather in Kentucky, just wait 10 minutes and it'll change. An advantage to McLean's residents is the fact that no matter what the temperature is outside, heat and air conditioning always works.
- ◆ Good location. Tired of hiking up the hill every morning for those classes at Thompson? McLean is already half way there. Plus it's not too far from DUC or Garrett either.
- ◆ *The people*. What's better than meeting other people in Honors is living with those students. Honors students



Stephanie Hatfield, Room 127

have similar work loads and study habits. No longer will you have to worry about the next-door neighbor who never has homework and thinks that you shouldn't either. The staff members are great too.

◆ Co-ed floors. Finally boys can live next door to girls. You can finally feel trusted as a college student to live without

being segregated. Plus, with fewer people living in McLean, it is easier to meet everyone in the dorm.

With all of the advantages McLean Hall has to offer, who wouldn't want to live there? Just remember to stay in good standing within the Honors Program for your chance to get in.

Profile

There's a new face around the Honors Center

By George Ecklund

The Honors Program has added a new face to the office with the hiring of Stephanie Self. I recently got the opportunity to sit with Stephanie and get the scoop. Hailing from Corydon, Ky., Stephanie had humble beginnings. She graduated from a small high school and came to WKU to get her bachelor's degree in government. She is currently working on her MAE in Student Affairs.

Stephanie's life is a balancing act. She has to balance her

obligations at the Honors Center, her personal life, her job at the Sloan Convention Center as Assistant Banquet Manager, and many committee positions. She is also trying to balance her career plans between academic affairs and students affairs. These two areas are usually separate entities, but with her background in student life and teaching, she is able to bridge the gap. She said she is most passionate about leadership and community development.

Stephanie's main responsibility at the Honors Program is to coordinate programming for students. This year her main projects have been the whitewater rafting trip and the Horse Cave Theater trip. She also took a group of students to the Kentucky Roundtable conference. In the near future she mentioned that she is working on a camping trip to the Smoky Mountains as well as an honors retreat for next year's incoming freshman.

When I asked her about what she thought of her job at the Honors Center, she calmly answered in a in a way reminiscent Greta Garbo, "I love working with the Honors Program because there's a great deal of positive energy working to improve the program. We're definitely not a stagnant department." She commented on her coworkers by saying "I love that so many Honors students are involved in running the office on a day-to-day basis. They keep things real!"

If you have any questions or ideas for Stephanie, she can be reached at the Honors Center or by email at Stephanie.self@wku.edu.

Honors travelers

Students attend a merry show in Horse Cave

By Brittany Kittleman

The Wives of Windsor sure were merry in their performance of the Shake-speare play at the Kentucky Repertoire Theater in Horse Cave. About 80 people attended the performance on Thursday, Sept. 21, including students and several distinguished faculty and staff.

The evening began in front of the Honors Center, with a picnic dinner of Mancino's sub sandwiches. The students then piled into the available cars, and headed off toward the theater. Before the show, Professor Walker Rutledge provided a great overview of the life of Shakespeare and the storyline of *The Merry Wives of Windsor* to give an insight into the performance.

The show presented an outstanding performance that was visually entertaining and humorously captivating.

Written by Shakespeare for Queen Elizabeth, as the tradition goes, the play is the story of two wives of Windsor, Mrs. Page and Mrs. Ford, who unwittingly teach a lesson to a bountiful knight, Sir John Falstaff, who thinks he is capable of flattering each of the wives.

Poor Sir John Falstaff eventually learns he has been tricked, putting himself through humiliating endeavors for his ladies, including dressing up as a woman to escape the sight of Mrs. Ford's husband.

Along with this storyline is another smaller plot on the side, involving the marriage of Mrs. Page's daughter, Anne. While Anne knows her heart desires to marry Fenton, her father has chosen Abraham Slender to marry his daughter, and her mother has chosen Doctor Caius. In the end, Anne finagles the plot of her father and mother, and lives happily ever after with her love Fenton.

The evening was a spectacular delight for all who attended. A special thanks to Dr. Cobane and the Honors Program for their help and generosity in providing this night.

Profile

Grant puts Love in Tunisia

By Bobby Deignan

Paul Love, a WKU honors student whose concentrations are History and Middle East Studies, has recently been awarded a scholar-ship to travel to the North African country of Tunisia to study Arabic. Paul said his interest in learning Arabic began when his family lived in Saudi Arabia for a couple of years, during which time he fell in love with the Middle East. Once it came time to choose a major in college, Paul decided on Islamic History, which, as he points out, needs "a good knowledge of Arabic." He said the best part of learning a foreign language is that "it teaches you how to speak your own!"

This will be Paul's first visit to Tunisia. When asked about the biggest cultural adjustments he must make when entering that culture, he said, "I had an idea of what to expect, but because I'm left handed that can cause some cultural awkwardness sometimes."



He also talked about how everything is more laid-back in that culture than it is in our country.

Presently, Paul would like to teach Islamic History at the University level. "I love history," he says, "and particularly medieval Islamic history because of the fantastic nature of the empires and the cultural complexity of its people."

Academics

Students practice presentation at Kentucky honors roundtable

By George Ecklund

Recently, eight Hilltoppers traveled east to attend the semi-annual Kentucky Honors roundtable. Stephanie Self, Dr. Jerry Daday, Senida Husic, George Eklund, Riley Jones, Tim Thornberry, Brian Bloss, and Mel Lalonde attended the event and presented a range of topics, from teaching Zebrafish to recognize color to a study on whether the ban on DDT constitutes a human rights violation.

The conference took place at Morehead State University on Sept. 29-30. Most public universities in the state were represented at this assembly. The conference started out with a dinner followed by short concert of traditional bluegrass music that was played by the Clack Mountain String Band. The students seemed very enthused about this commonly disregarded genre of music. After the band had played a few songs, many Honors students chose to dance while others retired to prepare for the next day's activities.

Early in the morning, students had breakfast at the University and shortly after

that sessions began. At these sessions, undergraduates had the opportunity to present their research and project to a group of likeminded individuals

"The roundtable is a great opportunity for those who haven't presented as an undergrad to present their research topics in front of an accepting, open-minded crowd." said Tim Thornberry. Mel Lalonde enjoyed the fact that the faculty and students were active listeners during her presentation about the success rates of Honors students. Brian Bloss said of the weekend, "I like how it gives Honors students the opportunity to exercise some academic freedom and discuss things that we are passionate about." All in all the conference was a great learning experience as they continued their growth as academics.

In the spring of 2007, Western will be hosting this semi-annual event. At press time, the Honors Program is making arrangements and plans to make to spring conference a greater success than the fall conference. I implore you all to contribute any suggestions about activities or present your research at it.

Cultural encounter

Students taste the Far East at local buffet

By Sam Micallef

Traditionally in China, family members would gather together to make dumplings, or jiaozi, to celebrate the coming of the Chinese New Year. On Tuesday, October 17, several Honors students met at China One Buffet and witnessed a dumpling demonstration. Special guest, Professor Haiwang Yuan, revealed the proper techniques needed for making proficient pork dumplings.

Five volunteers (Greg Capillo, Mandy Simpson, Tedde Hardin, Nathan Warren, and myself) were then able to attempt to make the dumplings ourselves. It's not as easy as it might look.

The hardest part was making sure to put just the right amount of stuffing inside. Too much causes the dumpling dough to break or the stuffing to fall out. Too little, however, makes a weak dumpling that would not be suitable to serve guests.

After the demonstration, dinner was served. Hot and sour soup, followed by fried rice, then baked fish and coconut shrimp, followed by Beijing duck. That's right, duck.

Sophomore Ginny Prather commented, "All of the food was really good, and I never thought that I would ever eat duck."

Other students agreed, enjoying the experience of trying new foods that normally wouldn't be eaten, even if a Chinese restaurant because many Chinese restaurants today have altered the menu slightly to appeal to American taste. The evening ended with rice noodles, stirfried peas, the anticipated pork



Photos by Inge Hooker

dumplings, and then fresh fruit for dessert.

Another favorite activity of the evening was the opportunity to use chopsticks. After being given instructions from Professor Yuan for the proper way to hold and use chopsticks, students attempted to use them as well. Although for Americans it is harder to use the chopsticks instead of a fork, many students enjoyed the challenge.

For some who needed assistance, "chopsticks for beginners" were passed around. These special tools were tied at the end to make it easier to hold and maneuver. Sophomore Joshua Peerce said, "I never knew the proper way to hold chopsticks; it was a fun experience to learn how."

Besides great food, China has plenty to offer study abroad students. If studying in a foreign



country wasn't enough, there's always the culture, the people, and the history of China to explore plus too many more to list. Study abroad is highly recommended to all students, no mater what county they choose to travel to. With the scholarships available, from the Honors Program, World Toppers, and other

groups, the cost is virtually the same as staying here at Western Kentucky University. It's just the decision to choose where one wants to earn the credits: at WKU or overseas.

Anyone interested in studying in China should contact Reed Vesey in the Study Abroad office at reed.vesey@wku.edu.

Advice

Thesis: calm down, start early, have fun

By Tedde Hardin

Have you ever wondered about your Capstone project or even about applying for prestigious scholarships for graduate school? Well there are a few tips which might help you make heads and tails of these rather frightening projects.

First of all let's talk about the Capstone thesis, this important aspect of your honors experience.

The first thing you need to do is take a deep breath; this project is not going to be that bad. It will require a large amount of work, but it will be in a field you enjoy and about a topic you have chosen to study. That should be how you decide what to do for your Capstone project: choose a topic that you can really get into heart and soul.

Next find a professor who either does research similar to the kind you will do for your project or one who you have a good relationship with and will work diligently to help you realize you goals.

The final piece of advice I will give is to be industrious all the time while working on your thesis.

That means getting a head start on your research; not waiting for someone to tell you to start. Begin your research as soon as possible, and, when you have begun your writing, write at least a page or two everyday. Even if you don't keep all that you have written, it will help you to stay on track and brainstorm ideas for your project.

This next section of advice is for younger students, and by younger I mean freshmen and sophomores. Not that upperclassmen cannot follow these next tips – it simply means that when applying for scholarships it is important to start early.

The most important thing about applying for prestigious scholarships later in school is to begin to build a good base to sell yourself to the scholarship committees.

This means that you need to build your resume by doing well in classes, being an active member of the campus community, being an active member of the community at large and volunteering your time to helping others.

These are just some of the things that make a strong resume. There are many others, but is important to start as a underclassman building these things up because, as you get older, time runs out quickly.

The other thing is that when applying for scholarships do not procrastinate. Applications take time, and if you try to write an application for a Rhodes scholarship the night before the deadline, you are not going to receive this special honor. So take your time, start early and your chances to receive a scholarship will skyrocket.

A final piece of advice: use Dr. Cobane. He is your greatest asset in matters relating to the Honors Program. Schedule a meeting with him every semester and tell him your goals. He will help you achieve them; it's his job.

Just remember the Honors Program is here to help you succeed and also to give you great opportunities. Please take advantage of this support.

Profile

Passion for English lit. leads to J-term class abroad

By Brittany Kittleman

Since 1972, Dr. James Flynn has been sharing his passion and knowledge of English and literature with students at Western Kentucky University. He received his bachelor's and master's degrees in English here at Western, and later received his doctorate in English at Auburn University in Alabama.

Along with teaching, Dr. Flynn loves to travel and hike. He has hiked through the Grand Canyon, the Smoky Mountains, Mount Rainier in Washington, and parts of the Appalachian Trail. He has also been a professor abroad in England nearly

thirteen times, and has led several groups through Ireland and Italy.

This winter term, he will be returning to England once again to teach for two weeks in London, a city he describes as one of the most "fascinating, richest cities in the world."

Throughout the two-week study, he will be guiding students through houses and museums in London of famous writers, such as Charles Dickens and William Shakespeare. They will visit the British Library, which encompasses unique historical documents and manuscripts from many of the most famous leaders and

figures of our society, where many students take an interest in the original manuscript versions of songs by the Beetles. The trip also takes students on excursions outside of London, to visit places such as Stonehenge, Dover, and Canterbury.

Growing up in Gallatin, Tennessee, Dr. Flynn married at a young age, and has been married for forty-three years. He has two grown children, both of whom followed his footsteps into education. His son is a superintendent, and his daughter is a third grade teacher. He also has three grandchildren, and enjoys watching them play soccer



Dr James Flynn