

# Louis Charles Watkins

October 11, 1943 January 17, 2022 Rockford, IL



**Louis (L.C.) Charles Watkins** of Rockford departed this earthly life on January 17, 2022. He was born October 11, 1943 to Theodis and Mattie Watkins in Manning, Arkansas. As a young boy, his family moved to Rockford and he attended school, graduating from West High School in 1961.

Louis was a proud Veteran, serving with the U.S. Marines and U.S. Navy for 13 years. In 1972, he received certification in Respiratory Therapy and furthered his education with a Bachelor of Science degree in Biology from the University of Chicago in 1973. He attended

University of Illinois (Chicago) and in 1977 earned a Masters' in Public Health.

In 1978, Louis was employed by OSHA as an Industrial Hygienist where he worked for 18 years. During that time, he continued his education attending Chicago College of Naprapathy where he graduated in 1986. In 1989, he attended the Midwestern College of Study of Oriental Medicine, completing his internship in China and graduating in 1991. Immediately after graduating, Louis was called to serve his country in Desert Storm.

Louis worked for Chicago State University from 1996 to 2009 in the athletic department. There he filled many roles. He was fitness director, swimming instructor, and strength conditioning coach.

Louis leaves to cherish his memory: daughter, Kimberly Watkins and son, Khari (Jade) Watkins; 3 grandchildren, Aidan, Elly and Adam; brothers, Leodis (Vernita) Watkins and Leon Watkins; sister, Theresa (Howard) Parham; many nieces, nephews, and other family and friends, including former wife, Gwen Watkins and her daughter, Ekua (Jamin) McGinnis. He was predeceased by his parents, Theodis and Mattie; former wife, Sadie Watkins; and brother, Wilbur (Margaret) Watkins.



Services will be held 11:00 a.m. Thursday, January 27, 2022, at Carl E. Ponds Funeral Home Inc. 200 N. Johnston Ave. Burial in Cedar Bluff Cemetery

## Reference:

[Obituary | Louis Charles Watkins of Rockford, Illinois | Carl E. Ponds Funeral Home Inc](#)