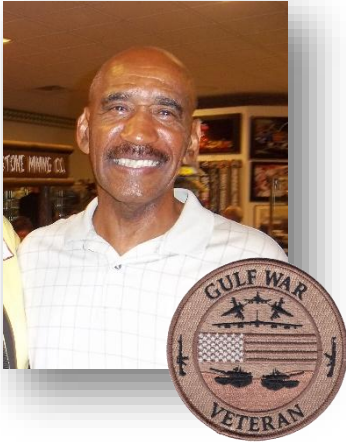


Louis Charles Watkins

October 11, 1943 (Manning, AR) 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, AR. As a young boy, his family moved to Rockford where he attended Rockford public schools. He graduated from West High School with the Class of 1961. In high school he was an outstanding athlete who participated in cross-country and other Track events; those skills influenced his education and career choices.



“Louie” was a proud Veteran who was a 13-year member of the United States Marine Corps and the United States Navy. In 1972, he was certified in Respiratory Therapy and went on to further his education with a Bachelor of Science degree in Biology from the University of Chicago in 1973. In 1977, he earned a Masters’ degree in Public Health from the University of Illinois Chicago campus.

Starting in 1978, “L.C.” worked 18 years for the Occupational Safety and Health Administration (OSHA) as an Industrial Hygienist. During that time, he continued his education and graduated from the Chicago College of Naprapathy in 1986. In 1989, he attended the Midwestern College of Study of Oriental Medicine, completing his internship in China and graduating in 1991. After graduating, Louis was called to serve in **Operation Desert Storm**.

From 1996 to 2009 Louie worked in the athletic department of Chicago State University as a fitness director, swimming instructor, and strength and conditioning coach.

Louis Charles Watkins leaves to cherish his memory: Daughter, Kimberly Watkins and Son, Khari (Jade) Watkins; three 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.



Louie’s Funeral Service will begin at 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