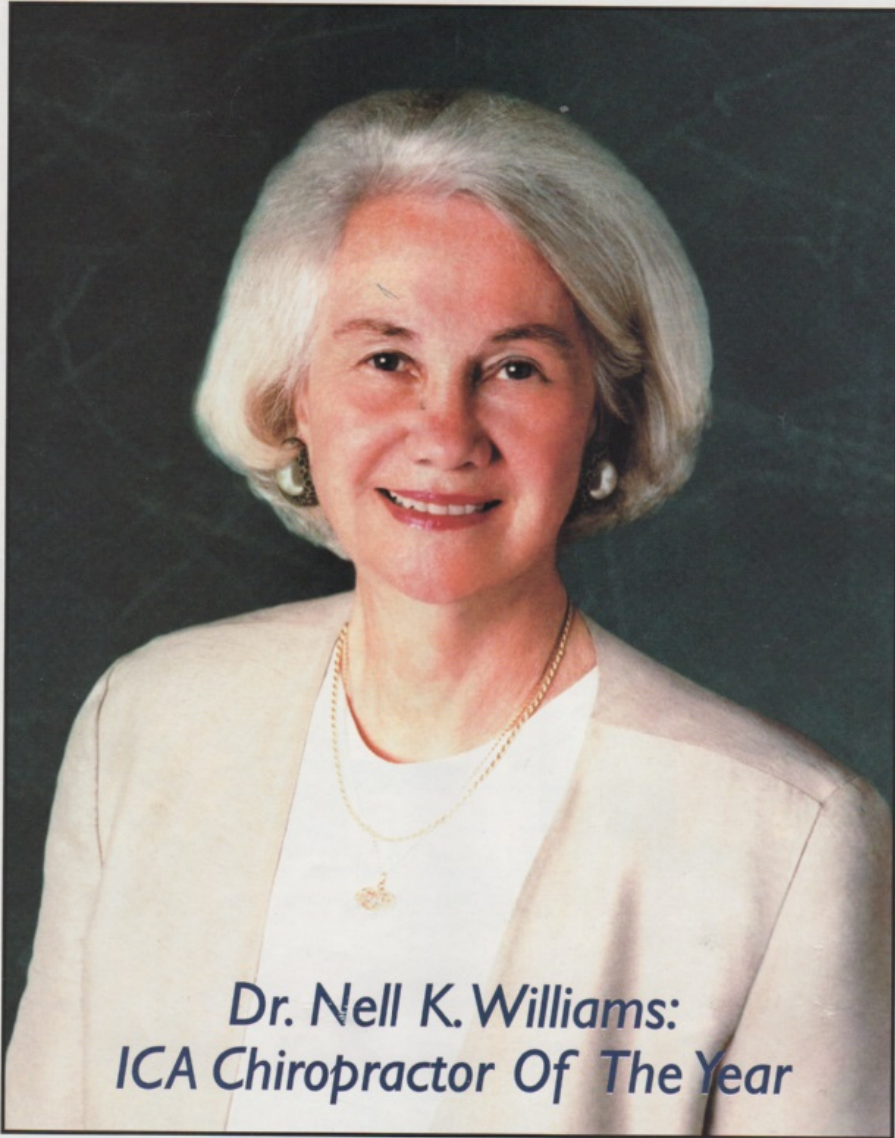


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SEPTEMBER / OCTOBER 2000



**Dr. Nell K. Williams:
ICA Chiropractor Of The Year**

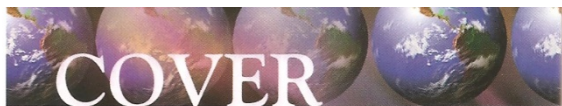
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Jay Thomas

Dr. Nell K. Williams: ICA Chiropractor Of The Year

At the 74th Annual Convention of the International Chiropractors Association, held in Las Vegas in June 2000, Dr. Nell K. Williams was named Chiropractor of the Year by the Distinguished Fellows of the ICA. Only the fourth woman to be granted this honor in the last 50 years, Dr. Nell graciously accepted the award "for all women in chiropractic."

Joining the ranks of other chiropractic luminaries who have received the award, such as Dr. B.J. Palmer, Dr. John Grostic, Sr., Dr. L.W. Rutherford, Dr. John Q. Thaxton, Dr. Sterling Pruitt, Dr. Michael Scallon and Dr. Kathryn Scallon, Dr. J. Clay Thompson, Dr. Sid E. Williams, Dr. Galen Price and Dr. Ethel Stalling, Dr. Nell said, "I greatly appreciate the honor of being named the International Chiropractors Association's Chiropractor of the Year. It's always rewarding and very much appreciated to have your peers affirm your life's work in such a wonderful way.

"In accepting this prestigious award," she continued, "I hope you'll indulge me by allowing me to accept it, not just for Nell K. Williams, but for all women throughout chiropractic's history. I hope you'll join with me in affirming the distinguished role of these women in the great progress that chiropractic has made in the past 105 years."

As she praised the chiropractic profession for its early acceptance of women as professionals, Dr. Nell pointed out how aware she was that women most often have to put out increased effort in anything they undertake just to be counted as equal to men.

"When people recognize and feel that you are a loving, friendly individual, they will open up their hearts and minds to you. This will enable you to perform miracles with them, as you help them achieve the goals and objectives they need and have set for themselves. When you make a difference in another person's life, then a part of you lives on in that person as long as they live and perhaps even beyond. That is real immortality."

— DR. NELL K. WILLIAMS

"Keep in mind, however," she quipped, "that Ginger Rogers did everything that Fred Astaire did, but she did it backwards and in high heels."

She concluded by saying, "So, on behalf of all chiropractic women throughout the world, women in all walks of life, I thank you for this recognition. I appreciate the thoughtfulness of the Distinguished Fellows of the ICA. I anticipate great things in the future for the International Chiropractors Association."

The road Dr. Nell traveled to reach this pinnacle of success was not without its obstacles, but it seemed to have very few detours. Nell and her seven brothers and sisters were attending grammar school in Marble, North Carolina, in a tiny railroad town nestled in a mountainous valley, when the untimely death of her mother brought their pristine way of life to a sudden halt.

Nell's older sister, June, a teenager herself, did her best to take care of the family chores, but the challenge was overwhelming and money for help was nonexistent. Her father, a railroad worker, had to be away from home most of the time and was unable to cope with the added family responsibilities that his wife's death presented. With no other choice, he placed Nell, then seven years old, and her six-year-old sister, Mildred, in the care of a Masonic orphanage hundreds of miles away.

Still grieving for their mother and having been taken away from the only home they had ever known, the two tiny girls had their resilience further challenged when, on the first day in the orphanage, they were assigned to separate cottages several hundred yards apart. Frightened and lonely, without loved ones to turn to or anywhere else to go, the little girls tried to make the best of their surroundings for eleven years.

"I am happy we survived," Dr. Nell mused, "but it is not easy to spend eleven years away from those with whom you lived and loved."

Dr. Nell really missed the strength of her three older brothers when they went into service, and her older sister June moved to Atlanta for economic reasons. Nell and Mildred Kimbrough did not see a single member of their family from January 1939 through 1943, four full years.

Dr. Nell emphasizes that: "We are thankful that the Masons provided an environment with plenty of good food, warm clothing, strong management and a leak-free roof over our heads."

Nell and Mildred eventually adjusted to the institution's strict discipline, and Nell took full advantage of the educational opportunities that were afforded them. Although they received no money for the long hours they spent on routine chores, they were able to earn a small amount of

Christmas money by raking leaves and acorns that fell from the giant oaks on the campus.

Dr. Nell recalls that they got one penny for a bag of leaves and two pennies for a bucket of acorns. This small amount of money was a great source of joy, however, because they could use it in the local Woolworth's "dime store" to buy tiny Christmas gifts for their brothers and sister, who were then scattered throughout the world.

With a keen mind and an insatiable thirst for knowledge, a whole new world began to open up to Nell at the orphanage. The emotional void left by the absence of her family was being filled with a love for books and the love of learning.

After graduating from high school at the orphanage and leaving it in 1944 to go out into the world, the confident and determined young lady began working evenings and summers to pay her own way through Lees McRae College in Banner Elk, North Carolina. She worked for a long time in the college library, where she further enhanced her appreciation of, and love for, learning by reading books, papers and periodicals.

With her newly earned degree in her handbag, young Nell moved to Charlotte, North Carolina, where she worked for a while as an assistant to a gynecologist. With her appetite for serving people whetted by this health-care experience, she applied for nursing training and was accepted.

Before she formally enrolled at the nursing school, however, she visited her sister, June, in Atlanta and fell in love with the bustling city, with its tall buildings and clanging streetcars. This was near the end of World War II, just as the economy was poised for unprecedented growth, and new opportunities abounded, even for women, who had proved themselves in many capacities in war plants.

Immediately finding employment in a downtown Atlanta bank, she moved and enrolled in the night school at Georgia State College, as it was then called, and began enjoying her new financial and intellectual independence.

In high school, Nell had not developed any serious interest in the available crop of young would-be suitors. However, when a friend introduced her to the young Sid Williams, who already was a star football player and Big Man On Campus at Georgia Tech, she says it was love at first sight beginning with their first introduction.

When Sid graduated from Georgia Tech, Nell accepted his proposal and they were married two years later at Atlanta's All Saints Episcopal Church, on March 21, 1953. The church was packed with admirers, friends

1. Dr. Neil shared a moment with former Spelman College president and now Emory University professor Dr. Johnetta Cole.

2. Dr. Neil meets with Mike Wallace, famed 60 Minutes correspondent, to help him understand the power of chiropractic.

3. As a student at Palmer College of Chiropractic, Dr. Neil often met with the great Dr. B.J. Palmer himself to discuss many aspects of chiropractic.

4. Dr. Sid and Neil visit with a pioneer of health and acknowledged founder of the fitness movement, Jack LaLanne (himself a chiropractor) and his wife Elaine.

5. Loving grandmother. Dr. Neil enjoys helping to nurture her two grandchildren – Austin (left) and Shelton.

6. The children of Costa Rica gather around Dr. Neil during a recent visit to spread hope to the people of this nation through Life's international programs.

7. Surrounded by love Drs. Sid and Neil join Life University alumnus Dr. Joe Lupo and his wife Sandy (left) in celebrating the birth of Jessica, the first baby to be born at a Dynamic Essentials meeting. Today, Jessica is a seventh quarter Doctor of Chiropractic student at Life.

8. Dr. Neil with legendary funnyman Bob Hope before he took the stage at a Life graduation to announce his support for chiropractic.

9. Singer, actor, and chiropractic patient and supporter Robert Goulet with Dr. Neil after he filmed an anti-smoking commercial featuring daughter Kim Williams (left) and her son, John Sidney.

10. Drs. Sid and Neil are renowned as world travelers. Among the far-flung locales they have visited to spread the word of chiropractic was Egypt with its mystical and time shrouded pyramids and the exotic city of Tangiers, Morocco (11)

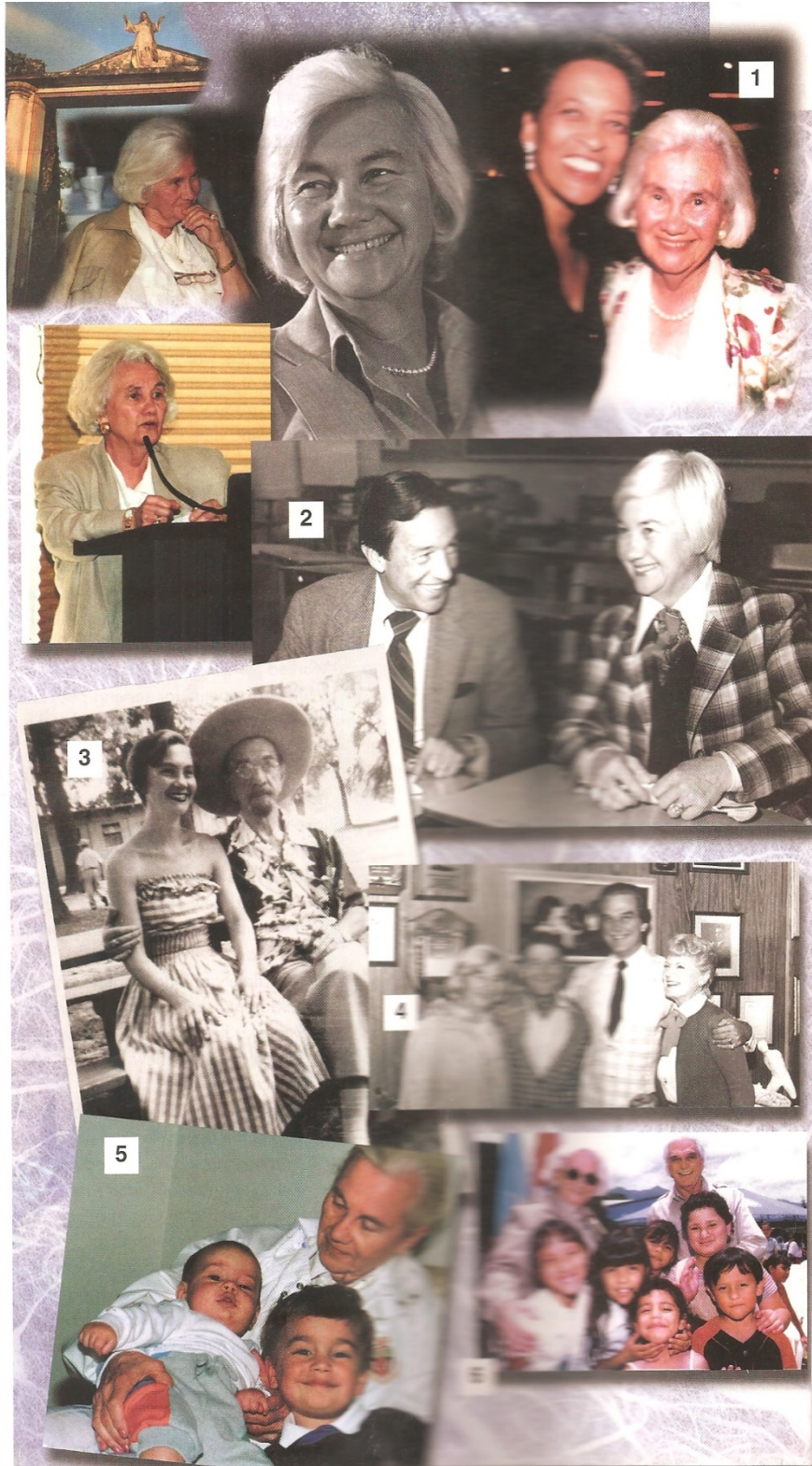
12. Although Dr. Neil has taken on many demanding jobs, such as helping to run a major university, she is still first and foremost a Doctor of Chiropractic.

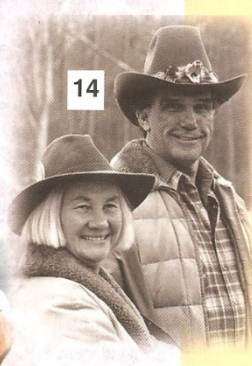
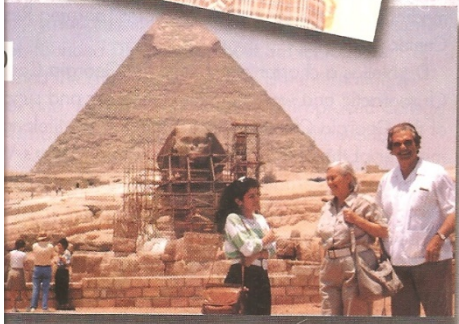
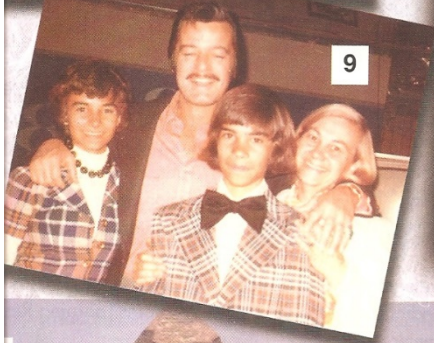
13. Dr. Neil has always enjoyed the experience of deep sea fishing. In fact, she has often put the men to shame by displaying a great talent for catching the biggest fish.

14. Dr. Sid and Neil enjoy and have a great respect for nature and the great outdoors. For example, they are great lovers of bow hunting.

15. The Williams family has enjoyed many celebrations and milestones over the years including the annual Founders Day celebration. The event honored the beginnings of Life University in 1974.

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and former athletes from Georgia Tech, which was only four blocks away on the corner of Peachtree Street and North Avenue. After the wedding, they left immediately for Davenport, Iowa, to begin their new careers together in chiropractic.

At the Palmer School of Chiropractic, Dr. Nell recalls, she was in her element. She loved the exciting atmosphere, the pioneering science, and the "Big Idea" of chiropractic that was preached by her mentor, B.J. Palmer. In the courtyard of Palmer Chiropractic School, she often walked and talked with B.J. between and before classes and had the benefit of his personal counsel. As she recalls, "B.J. was rarely without something to say, and it was nearly always something profound and inspirational — just like his many epigrams that were posted all over the campus."

When Nell and Sid graduated from Palmer in 1956, the young doctors moved back to Georgia, where they set up their first clinic in Austell, a little town just west of Atlanta. The practice grew to 18 fully staffed clinics in the Southeastern

U.S. "Our life together has been a happy time," she said. "We are bound to each other and to chiropractic."

In the fall of 1956, Dr. Sid, with Dr. Nell's help, also began a series of meetings for fellow chiropractors which grew into the now well-known Dynamic Essentials motivational seminars. Conducted quarterly throughout the world, they have helped thousands of chiropractors, their wives and assistants to reach their full potential in the business of chiropractic.

Dr. Nell helped Dr. Sid found Si-Nel Publishing in 1957 to produce much-needed high-quality brochures, pamphlets and tapes that present chiropractic information in creative formats.

In 1966, Dr. Nell co-founded Life Foundation, a non-profit organization that supports chiropractic research, education and service on a worldwide basis. Clinics and other exciting programs are now being sponsored on many continents in the world.

"When you're married to a man who is also married to chiropractic who is up and at 'em always," Dr. Nell said, "it's a challenge and requires a very flexible

lifestyle. You have to be on call for chiropractic 24 hours a day, 365 days a year.

"We have traveled the world over several times," she continued, "developing relationships, establishing contacts and gradually moving into a global organization. That means getting phone calls any time of the day or night — calls that have to be attended to immediately.

"The work never ends," Dr. Nell says, "especially when you live with a persistent, determined warrior like Dr. Sid."

In 1974, Dr. Nell's energy and enthusiasm helped found Life Chiropractic College East in Marietta, Georgia, which evolved into Life College and later into Life University and Life Chiropractic College West in San Lorenzo, California.

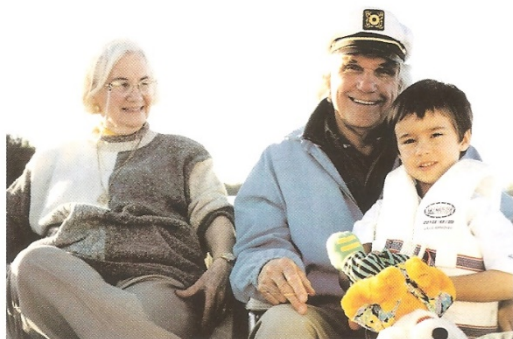
Dr. Nell was one of Life's original "Day One" faculty, and she lectured frequently on many subjects in the early days. In fact, she authored the *Basic Chiropractic Assistant's Textbook*, which has become a standard textbook for many chiropractic technicians in the chiropractic profession. Her dedication, commitment and professional

achievements have been recognized by the (then) Life College Board of Trustees, who named the campus multimedia library the Dr. Nell K. Williams Learning Resource Center.

Dr. Nell is a charter member of the Georgia Council of Chiropractic and was a longtime member and supporter of the Georgia Chiropractic Association. A lifelong member of the ICA, she has been listed in *Who's Who in Chiropractic International*. In 1981, the Sigma Phi Chi Sorority of Palmer College of Chiropractic honored her as the Woman Chiropractor of the Year. She was also a guest speaker at the Australian Chiropractic Association in Sydney in 1980. In 1989, the YWCA of Atlanta presented her the "Tribute to Women in Business and Industry Award."

Always a vigorous advocate of equal rights for women, Dr. Nell has also been an active and effective proponent of legislation that helped bring chiropractic into the mainstream of public acceptance.

Today, as Senior Vice-President and Dean of Student Affairs at Life University, she is responsible for the cre-



Dr. Nell and Dr. Sid spend time with their grandson, Austin.

ation and maintenance of a cultural, social and spiritual environment that encourages the well-rounded development of each student.

Among the many duties required to fulfill this important function, Dr. Nell develops and supervises the implementation of policies, procedures and programs for providing financial and academic assistance to students, ensuring the quality and continuity of lectures, and coordinating the organization and support of a large variety of student government activities. Her responsibilities in Student Affairs at Life University are huge.

The lives of Dr. Nell and Dr. Sid have been intertwined for so long that it is difficult for those who know them to think of them as separate entities. While Dr. Sid usually has been the point person in their many battles over the years, Dr. Nell has always provided much of the strength and endurance that has helped to win wars.

Someone once said that behind every great man is a great woman. For Dr. Sid Williams, Dr. Nell is that great woman. She has walked with him every step of the way from that fateful decision back in the 1950s when they set out to get married to each other and to chiropractic. They went to Palmer Chiropractic College together, graduated together, built a chiropractic empire together, founded DE together, built Si-Nel together, established the Life Foundation and Life International together and, together, founded Life Chiropractic College which is now Life University — home of the world's largest college of chiropractic. The mark of Dr. Nell's influence is stamped into every building, every walkway and, indeed, every program and class at Life University.

Dr. Nell not only has observed some of chiropractic's most significant history in the making, but she has been right there in the middle of it, helping to make it happen. As a chiropractic pioneer in her own right, she has opened doors for women to succeed in a world once reserved exclusively for men. She continues to be a revered mentor to women in chiropractic and has contributed immensely to the carving out of a dynamic niche for women in the profession.

Dr. Nell's many awards and accomplishments include: Distinguished Fellow of the ICA, the ICA's first "Woman

of the Decade," lobbyist for Women's Equal Rights; and membership in the Cobb County Chamber of Commerce, Cobb Executive Women, Fulton/DeKalb Business and Professional Women (who named her the 1978-79 "Woman of Achievement"), Women's Chamber of Commerce, Quota Club of Atlanta, Sigma Chi Sorority, Alpha Delta Upsilon Sorority and many other civic and charitable organizations.

Dr. Nell's list of achievements, honors and recognition in her profession, as well as in civic involvement, distinguishes her as a legend in her own time. In her role as a parent, she has been involved with the Boy Scouts of America because of her son's activities and served as a volunteer with the Parent-Teacher Association for both children. She helped found the Episcopal Church of the Advent in Austell, Georgia.

Although Dr. Nell has enjoyed outstanding achievements in her professional career, her first priority has always been her family.

"In the early years, a lot of my time was spent helping my children to understand and tolerate the criticism and abuse — because they didn't take drugs and were never vaccinated — that was heaped on them mostly by the enemies of chiropractic,"

she said. "People can be very unkind when the good works you're doing threaten their bigotry and their own long-established domain."

To others who want to make a difference in the world and enjoy a great sense of fulfillment, she advises, "Adopt the Lasting Purpose commitment to love, serve and give to your fellow beings out of your own abundance, that the path will be well defined and sustained and your efforts to live the Lasting Purpose life will be intense, persistent and enduring, but also warm."

"When people recognize and feel that you are a loving, friendly individual, they will open up their hearts and minds to you," she continues. "This will enable you to perform miracles with them, as you help them achieve the goals and objectives they need and have set for themselves. When you make a difference in another person's life, then a part of you lives on in that person as long as they live and perhaps even beyond. That is real immortality."



Dr. Nell shares her wisdom with the women of chiropractic during the annual tea at Life University's Homecoming.