

MILESTONE EVENTS IN THE LIFE OF DR. SID E. WILLIAMS

Dr. Sid E. Williams was born during a planned special visit of his mother to be with her sister in Rome, Georgia, for the birth of what was to become her only child. The boy was born during one of the most challenging times in this nation's history--the Great Depression of the 1930s. It was an era that taught him the value of money and gave him an appreciation for hard work and perseverance. A few days after Dr. Sid's birth, mother and son returned to the Williams family home in Oakland City Park just south of Atlanta where with care and nurture Dr. Sid's entrepreneurial spirit began to blossom.

Williams was proud when as a teenager he received an Eagle Scout Award with Bronze and Silver Palms. He always understood that leadership under fire separates the ordinary man from the champion. As an outstanding Private, Non-Commissioned and Commissioned Officer in the Junior ROTC program, Williams went on to become the Cadet Colonel and Commander of the school's Junior ROTC program and was appointed Captain of the Drill Team and Rifle Team.

Sid Williams realized early in life that the development of a determined and pure-at-heart character took the discipline, pain and self-sacrifice that he experienced in athletic competition. "The rock-hard discipline it takes for optimum performance along with the great *esprit de corps* of team play is the foundation of great athletic and personal accomplishments in life," according to Dr. Sid. "A person's past is often the portal to his future."

Deep down inside Sid Williams knew what it would take to become a true champion and was always ready to pay the price. Football and track were his first loves. He could run all day and loved the camaraderie of contact sports. Williams' athletic career began in earnest by gaining Football All-State Interscholastic honors in 1944, '45 and '46 as end and quarterback. In track Dr. Sid excelled in the sprints, beating almost everyone in Georgia in head to head competition. As if that were not enough, Williams was voted class president by the Tech High School student body during his sophomore, junior and senior years. First through sport participation and then as an athletic benefactor, he experienced first hand how sport was more than just winning contests. Williams felt that sport formed the fabric of character that makes young men and women future leaders of our country.

Multiple collarbone fractures sustained during football practice for the Georgia High School All-Star game in 1947 left Sid Williams unable to practice or play during this crucial time in his fledgling football career. Williams therefore found time on his hands while his friends and colleagues practiced so he joined the recently activated 179th Field Artillery Unit, 22nd Infantry Division, Georgia Army National Guard (GANG) in the fall of 1947.

From this auspicious beginning the athletic career of Sid Williams soon flourished. Williams was graduated second in his class and was named his high school's orator. His high school grade point average, his character and his performance on the field of play enabled him to be awarded a full football scholarship at Georgia Tech. He was also offered scholarships at 12 major universities including the United States Naval Academy and West Point.

At Georgia Tech, Williams was the starting left end on the defensive team in 1950 and in 1951. The Georgia Tech defense was ranked third in the nation by AP and UPI in 1951. Sid Williams pursued greater achievement in sports because he knew total dedication would not only affect his skill development, but his overall existence as well. Determined to utilize every ounce of energy from his mind, body and spirit, he yearned to become a better person while improving as a player.

Midway through the 1951 NCAA football season, legendary Georgia Tech Coach, Bobby Dodd greatly complimented Williams with the following quote in an *Atlanta Journal* article: "Sid Williams is the best end for his size in America." Tech beat Baylor University in the Orange Bowl in 1952 and thus completed the 1951 season undefeated.

Sid Williams also continued his ROTC training at Georgia Tech and was promoted to Second Lieutenant in the 179th Field Artillery after completing his senior ROTC training. He served honorably and fulfilled his military obligations in 1955-56.

Williams considered himself very fortunate to have lived in Georgia and to have had the opportunity of learning from great coaches such as Coach Bobby Dodd, Ray Graves and Sam Lyles at Georgia Tech and Allen Shi, Sid Scarborough and Track Coach Olympian Perrin Walker at Tech High School in Atlanta.

Sid Williams married his college sweetheart Nell Kimbrough who graduated from Lees-McRae College in North Carolina. After he and Nell graduated from Palmer

School of Chiropractic in Davenport, Iowa they moved back to Georgia. They worked incessantly and soon developed a huge practice of 1,000 to 1,500 patients. Not only were Drs. Sid and Nell working day and night and building their practice, they were also raising two children (Kim and John Sidney, who have also devoted their lives to chiropractic). Their growth and professional accomplishments were not without pain, however. Drs. Sid and Nell lived through bust and boom in their business endeavors. Exactly one year apart on the Friday night of their quarterly Dynamic Essentials Seminar in Atlanta, their personal shopping center including the DE offices, Si-Nel, and Williams Clinic mysteriously burned to the ground. They believed the burning had racial overtones because of their health care commitment to the African American community in Atlanta. However, in true athletic spirit, they overcame this disheartening experience and continued to fight towards their goals of service to all mankind regardless of their race, color, religious creed, national origin or ability to pay.

Drs. Sid and Nell Williams next established Si-Nel Publishing Company and several non-profit organizations and foundations including Dynamic Essentials Seminars, Life Foundation, Georgia Children's Chiropractic Center, Life International, Life Around the World, B. J. Palmer Historic Home Foundation. Life Chiropractic College was founded in 1974 and is now known as Life University offering various degrees, including a Masters Degree in Sports Health Science along with the Doctor of Chiropractic Degree offered in Life University's School of Chiropractic, the largest Chiropractic College in the world. Life Chiropractic College West was founded by Dr. Sid E. Williams in 1982 in San Lorenzo, California and later expanded into a fine, beautiful facility in Hayward, California.

For many years, Dr. Sid dedicated himself to spreading chiropractic throughout the world. He established international licensure and college affiliations in Costa Rica, Kenya, Guatemala, Honduras, Egypt, Russia, Japan and India. Dr. Sid continued to base his work ethics on the lessons that he learned through sports and believed that it was a great privilege to be in a position to influence the lives of thousands of students and student athletes throughout Georgia and the world.

Dr. Sid Williams retired in 2002, devoting his time to Dynamic Essentials, Life Foundation, Inc. and writing. He published several books, one of which explained his philosophy, *Lasting Purpose, a Mindset for Success; The Road to Success Starts in the Heart*; and a book of affirmations for each day of the year *Making Lasting Purpose a Way of Life*. A complete list of publications is listed under the “Honors” section below.

Dr. Sid passed away December 27, 2012.

SID E. WILLIAMS, B. S., D. C.

Honors, Awards and Achievements

Chiropractor-Educator-Entrepreneur

- **Tech High, Atlanta, Georgia, 1947, Graduated as Class Orator, 2nd in academic class rank.**
- **Georgia Institute of Technology, 1951, Bachelor of Science in Industrial Management**
- **Palmer School of Chiropractic, 1956, Doctor of Chiropractic**
- **Founded Life Foundation in 1965, a 501C-3 non-profit organization dedicated to service, research and education. Life Foundation was instrumental in organizing the chiropractic profession in support and sponsorship of the 1986 Goodwill Games in Moscow. The Foundation also sponsored Life Around the World.**
- **Founder of Life International, a 501C-3 non-profit organization dedicated to service and research**
- **Founder and President of Life University with accredited degree programs in Undergraduate Studies, Graduate Studies and Doctor of Chiropractic (1974)**
- **Life University Accreditation - The Council on Chiropractic Education (CCE) and the Southern association of Colleges and Schools (SACS)**
- **Founded Life Chiropractic College West in Hayward, CA (1982)**
- **Founded Si-Nel Publishing Company in 1957 and produced editorials, pamphlets and brochures on chiropractic.**
- **Publisher of Today's Chiropractic TC Magazine, a professional magazine in 1966 which today is published by Life University and is the leading chiropractic publication in the field with a circulation of 50,000 bimonthly throughout the U. S. and abroad.**

- Established in 1964 a program of motivational and educational seminars known as Dynamic Essentials DE International. DE seminars train chiropractors, chiropractic students, lay people and technicians in the philosophy, principles and practice of chiropractic and the skills required to properly serve their fellow man.

Publications

Published Books:

- Looking Back to See Ahead, Collected Writings and Letters from 1958-1991; Life College 1994
- Lasting Purpose - A Mindset for Success, Health Communications Inc. 1996 Office Procedure and Management for Growth and the Chiropractic Assistant.
- Chiropractic Science and Practice in the United States, International Chiropractors Association, 1991
- CPDT -1996- Chiropractic Procedural & Diagnostic Terminology: Chiropractic Committee for the Draft Document, Life University 1996
- The Road to Success Starts in the Heart, 2009.
- Making Lasting Purpose a Way of Life, 2012.

Published Periodicals, Booklets and Significant Articles:

- Ethics of Life Promote Principle, August 1966
- International News, Ideas and Facts for Abundant Life and Health, '67
- The Wonders of Chiropractic Results, '67
- Health for Life
- Independent Practitioners Under Medicare, '69
- Let's Take a Look at Life and Health,'70
- It's High Time,'71
- Quo Vadis, TC Jan/Feb '72
- Legislative Battles, TC Feb/March '73

- **A Call to Arms, Dec. '73, Jan. '74**
- **How to Stop Smoking, TC May/June '75**
- **The Chiropractic Challenge, TC May/June '76**
- **Research and Responsibility, CRJ Vol. 1 No. 2**
- **Clinical Chiropractic Service: a New Paradigm, CRJ Vol. 2, No. 2**
- **Statement of Purpose, CRJ Vol. 1 No. 1**
- **Chiropractic Philosophy: The Road Not Yet Taken, TC Jan/Feb '81**
- **Nothing Happens Except First a Dream, TC Nov/Dec '82**
- **Adjustments vs. Manipulation, TC Jan/Feb '83**
- **Chiropractors Uniquely Qualified to Provide Sports Health Care, TC May/June '83**
- **Take Charge of Your Life I, TC July/Aug '84**
- **Look For Your Possibilities, TC Sept/Oct '84**
- **Chiropractic In The American Health-Care System 1983-1986, '86**
- **When Is A Potato a Pill, TC Nov/Dec '87**
- **Las Vegas Report, July 30, 1987**
- **Semper Fidelis, The Final Push, '87**
- **Respice Finem, TC July/Aug '87**
- **A Question of Honor, '88**
- **Chiropractic Research and Terminology, TC May/June '88**
- **Where Do We Go From Here, TC July/Aug '88**
- **Take Charge of Your Life II, TC Sept/Oct '88**
- **Life of a Salesman, TC July/Aug '89**
- **Missouri Madness, TC March/April '89**
- **Take Two Aspirin, TC Jan/Feb '89**
- **Chiropractic Research: Institutional and Philosophical Issues**

- **The Role of Chiropractic Colleges in Chiropractic Research, TC March/April '90**
- **A Chiropractic Clinical Paradigm: a Research Challenge, '91**
- **Chiropractic's Armageddon (or Paying the Piper) May/June '91**
- **The Future of Health Care in America, March/April '92**
- **Chiropractic's Machiavellian Dilemma -Demand a Change in Direction Now, Jan/Feb '92**
- **Chiropractic Legislation (English and Spanish), Life University, 1999**
- **Authored numerous other editorials, articles, essays and texts on Chiropractic Philosophy and Principles, Research, Motivation and Leadership**

Civic and Professional Achievements and Recognition

- **International Chiropractors Association: Representative Assemblyman, Georgia 1959-1963**
- **Distinguished Fellow, International Chiropractors Association, 1960**
- **Chiropractor of the Year, Georgia Chiropractic Association, 1971**
- **Georgia Council of Chiropractic, Charter Member, 1982**
- **President, International Chiropractors Association, 1982-1985**
- **Chiropractor of the Year, International Chiropractors Association, 1985**
- **Chairman of the Board, International Chiropractors Association, 1985-1995**
- **Chiropractor of the Century, Georgia Council of Chiropractic, 1995**
- **Chiropractor of the Year, Georgia Council of Chiropractic, 1996**
- **Received the Ten-Year Award - Sponsor and Supporter of the Georgia State Games Commission**
- **President of the Southern States Conference, National Association of Intercollegiate Athletics, President, 1996**
- **Designated Mr. Cobb County (for charity and Civic work),1997**

- **30 Year Member of the Atlanta Touchdown Club**
- **Lifetime Member of the Georgia Tech Alexander Tharpe Scholarship Fund**
- **Member of the Board of the Atlanta Area Council of the Boy Scouts of America**
- **Member of the Board of Georgia Ballet**
- **Vice Chairman of the Peach Bowl Committee and Peach Bowl Selection Committee through 1997**
- **Received the ten year award--Sponsor and Supporter of the Georgia State Games Commission**
- **President of the Southern States Conference of the National Association of Intercollegiate Athletics (NAIA) providing guidance and support for higher education and athletics in the region**
- **Member of the Georgia Tech Diamond T Club**
- **Presented with the 2001 Chairman's Award by the Georgia Sports Hall of Fame**
- **Awarded "The Silver Beaver Award" for outstanding contributions to the Atlanta Area Council of The Boy Scouts of America.**

Achievements and Athletic Recognition

Tech High School

Academic:

- **Named Class Orator**
- **Chosen to speak at his graduation "Democracy at Work"**
- **Scholastic Honor Roll**
- **President of Student Body by vote of 588 to 184**
- **President of Home Room**
- **Chaplain of Student Council**
- **Member of Beta Club**

- **Member of Hi-Y Club**
- **Member of Phi Delta**
- **Winner of the Henry Bookout Award for “Best All-Round Student of graduating class”**
- **Chosen “Most Handsome”**
- **Eagle Scout with Bronze and Silver Palms**
- **Junior Assistant Scout Master**
- **Elected to the “Teenage Hall of Fame”**
- **Offered athletic scholarships from twelve colleges**

Military:

- **Cadet Colonel of Fightin’ Smithy ROTC Regiment**
- **Highest Ranking Officer in Junior ROTC**
- **Winner of the Neatest Private Medal**
- **Winner of the Neatest N. C. O. Medal**
- **Winner of the Neatest Officers Medal**
- **Winner of the Merit Medal**
- **Winner of the Tolbert Medal**
- **Winner of the Efficiency Medal**
- **Captain of Company A which won competitive drills**
- **Sergeant at Arms**
- **Member of Officers Club**
- **Captain of the ROTC Rifle Team**
- **Captain of the Elite ROTC Drill Team**
- **Winner of six Military Medals for Tech High**

- Winner of the Military Merit Medal
- Winner of the Hearst Trophy Military Medal for Marksmanship
- Winner of Competitive Drill Between Tech High and Boys High

Athletic:

- 3rd in Georgia Intercollegiate Athletic Association (GIAA) High Hurdles
- Was chosen as first string end at Tech High after three weeks of fall practice
- Co-Captain of Football Squad for 2 years: 1945 and 1946
- Elected to All-City (Atlanta) Team
- All GIAA
- Played blocking back on Tech High 1946 Championship Team
- Member of the National Athletic Scholarship Society
- On Tech High Championship Team that won Peanut Bowl
- Atlanta Constitution's All-City Team
- High Point Man on 1945 Smithy's Track Team
- Winner of four different varsity letters for performance in football, track, rifle, as well as earning a place on the scholastic honor roll
- Winner of the annual "Who's Who at Tech High Award"
- "All time prep great in Georgia"
- Elected to All- GIAA Team
- Elected most versatile player on the Tech High Team
- Played both end and quarterback
- Received gold football inscribed "Southern Champions"
- Winner of Ben Cogburn trophy as Best Blocking Back: "bowed over would-be tacklers before they could get up."
- Named best blocker in State of Georgia

- Winner of 100 and 220 yard dash events in track
- Winner of discus throw championship of Atlanta high schools
- Winner of Javelin throw and shot put
- Member of winning 880- yard relay
- Captain of Track Team for three years
- Was quarterback on Peanut Classic win in 1946; scored final touchdown on shovel pass from McWhorter.
- Co-Captain of 1945 Team and the undefeated Tech High team of 1946
- Winner of athletic scholarship to Georgia Tech as “best blocker they have ever seen in high school.”
- Accepted football scholarship from Georgia Tech
- All State Team in 1946 with others at Tech High: Bob Greer, Bobby North and Pierce McWhorter
- Atlanta Constitution writer, Johnny Bradberry emphasized: “Sid could have attended any school he wanted” in column dated 2/12/47.
- In 6-0 win over arch rival Miami High School, Williams caught their star running back from behind after a 50 yard run
- Top point earner on Tech High Track Team coached by all time track and field great, Perrin Walker; won state final in the 100 meters, 220 meters and third in the hurdles
- Tech High Football Coach on Williams “He played with a cast on the broken wrist and produced the hardest blocking I have ever seen in city victory over arch rival Boys High.” These were days when 30,000 people would attend high school football games.
- Named to the All -Time Tech High Team in 1994
- Was offered football scholarships to 12 major universities including the United States Naval Academy and West Point.
- College - Georgia Institute of Technology (Georgia Tech), Atlanta, Georgia
- Accepted a full Football Scholarship from Georgia Tech, 1947
- Member Georgia Tech Football Team - 1948, 1949, 1950 and 1951

- **Georgia Tech Football Team starting defensive end 1949, 1950 and 1951**
- **Member of Georgia Tech's 1951 undefeated team and Southeastern Conference and Orange Bowl Championship Team**
- **In 1951 Georgia Tech's Defense was ranked 3rd in the nation.**
- **Coach Bobby Dodd, in the headlines of the sports section of the September 28, 1951, Atlanta Journal proclaimed, "Sid Williams is the best end for his size in America."**
- **Regimental commander, captain and three-year letterman of the Georgia Tech Senior ROTC Rifle Team.**
- **Elected as a Member of Georgia Tech Athletic Hall of Fame-Feb. 1999**
- **Member of the Georgia Tech Alumni Association**