

Bill Davies: Committed to community

A man walks into a banquet hall in Dalton and announces in front of about 200 citizens that he plans to raise \$3.25 million by year end. No one acts surprised.

In 2006, this same man helped to launch United Way's Young Leaders Society to grow philanthropy and volunteerism among young professionals.

More than 10 years ago, this same man volunteered as a Loaned Executive to give United Way presentations to local businesses.

More than 50 years ago, his grandfather helped establish the United Way of Northwest Georgia.

Meet Bill Davies, chair of the 2011 United Way campaign and BB&T's city executive. In the face of growing unemployment, less disposable income and more demand for social services, Bill remains steadfast in his commitment to our community. Bill knows the deep level of caring that people in our community have for each other. He trusts that this year, again, we will pull together for the common good. We will open our hearts and give. Today I invite you to join Bill in renewing your com-

mitment to quality of life in Whitfield and Murray counties.

On behalf of the child who has been abused, the elderly shut-in who needs a hot meal and a hug, the teen who needs a safe place to play after school and the family who just lost their house to a fire — I invite you to join United Way in improving lives right here in our community.

I am often asked, "How can I help?" One way to help is to give to United Way during this season of giving.

Ways to give to United Way

■ Online — United Way makes it simple. You can make your donation right now with a credit card on our secure site: ourunited-way.org.

■ Phone — Simply call 706-226-HELP to make your contribution.

■ Mail — Your check can be sent to: United Way of Northwest Georgia, P.O.

Box 566, Dalton, GA 30722

■ In person — Drop by United Way of NWGA at 816 S. Thornton Ave. in Dalton. You can make a one-time gift or set up monthly or quarterly billing.

■ Payroll deduction — Contact your HR manager to sign up for payroll deduction.

■ Publicly traded stock, memorials, and planned gifts — Contact John Relaford at (706) 876-1581.

When you give to United Way, you address the root cause of current and emerging needs. Your investment strengthens a network of 20 high performing, non-profits that provide proven results. United Way donors help non-profits leverage additional dollars, reduce fund raising costs and impact more people.

United Way funds a range of services that meet an entire family's needs — not just one piece of the problem. By uniting hundreds of community leaders, volunteers and partners,

United Way identifies a collective set of critical needs and establishes an agenda for meeting them.

We are all connected and interdependent. We all win when a child succeeds in school, when families are financially stable and when people are healthy.

United Way's goal is to create long-lasting changes by addressing the underlying causes of these problems. Living united means being a part of the change.

When Bill Davies is at work at BB&T, when he is on the football field with his son, and when he sets out for a run on a Saturday morning, he has the well being of each person in our community tucked in his heart.

It takes everyone in the community working together to create a brighter future. Give. Advocate. Volunteer. Live united.

Amanda Burt is the president of the United Way of Northwest Georgia.



Amanda Burt

SNORING

Do you snore loudly?

Are you the target of bad jokes or middle of the night elbow thrusts? If this sounds familiar, you may already know that snoring is no laughing matter.

Loud snoring can be a sign that something is seriously wrong with your breathing during sleep. Snoring indicates that the breathing passage in your throat is not fully open, and the distinctive sound of snoring come from trying to force air through this narrowed airway.

An estimated 10-30% of adults snore. In most, snoring had no serious medical consequences. For about 5 in 100 people, however, loud nightly snoring is an important sign of a serious disorder: obstructive sleep apnea (OSA).

What are the Warning Signs of OSA?

- Excessively loud snoring which is disturbing your bed partner.
- A pattern of snoring interrupted by pauses, then gasps, is a sign that breathing stops and restarts.
- Falling asleep at the wrong times, such as at work or while driving.
- Trouble concentrating, or becoming forgetful, irritable, anxious or depressed.