IN FOCUS

What is… The 5-Hour Rule Used by Bill Gates, Jack Ma and Elon Musk; should you be using it?  [https://www.entrepreneur.com/article/317602](https://www.entrepreneur.com/article/317602)

Work, family, volunteering, outside work day commitments and many other things pull us in various directions each day. That phrase of “Work-Life Balance” is almost laughable in today’s stressful world. How do many in Europe take a 30-day holiday? How can we reduce stress in our lives, spend more time with the kids and friends or even our significant other? What does it take to be the best person we can be?

I often read articles or books more for inspiration and knowledge then to just pass the time. Recently, I have come across many articles providing tips and resources to help “balance” the life in today’s world. Technology makes us more accessible which by default creates more work. We can converse easier with others but that means we don’t have that time to destress. What works for me may not work for you to bring that balance to your life. Have you had a yearly check up by your family doctor who told you to reduce stress? I don’t know who has the answers to all of these questions, but I do know that we can all gain a little perspective and learn something every day.

Maybe reading isn’t your de-stressor. Is it exercise, golf or knitting? Whatever your 1 hour a day is used for, don’t forget to make time for it.

As always, please don’t hesitate to contact me if you have any questions or concerns.

Leeann Sherman

ACEC/PA Executive Director
Stay on top of issues pertaining to transportation and other legislative matters.

- **Transportation Recap** - Read it [here](#)
- **Capitol Recap** - Read it [here](#)

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**Barletta launching statewide bus tour**
U.S. Rep. Lou Barletta will crisscross Pennsylvania throughout August as he launches the “Red, White & Lou” bus tour, the latest effort in his campaign for the U.S. Senate…[Read more](#)

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**No shortage of fall races for Pennsylvania voters to ponder**
Midterm elections under a revamped congressional district map are certain to help transform Pennsylvania's delegation to Congress this fall…[Read more](#)

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**Trump trashes media as 'fake, fake disgusting news' at rally**
Thundering that the media is the "fake, fake disgusting news," President Donald Trump unleashed a torrent of grievances Thursday at a Pennsylvania campaign rally in which he cast journalists as his true political opponent…[Read more](#)

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**Longtime State Rep. Flo Fabrizio dies at 73**
State Rep. Florindo “Flo” Fabrizio recently died at the age of 73 after a more than yearlong battle with pancreatic cancer said state Rep. Pat Harkins (D-Erie) to Erie Times-News…[Read more](#)

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**Senate takes up transportation bill**
The Senate this week began debate on legislation that would boost federal highway investment by $1.8 billion in FY 2019…[Read more](#)

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**Perry endorses push to impeach Rosenstein**
The Impeachment Eleven?…[Read more](#)
PA-16: DCCC moves race for Red to Blue program
The Democratic Congressional Campaign Committee likes what they’ve seen in the 16th District, so they’ve changed placed the race on their “highly competitive” Red to Blue program… Read more

Green party files 6 candidates for November’s election
Give ‘em the green light… Read more

HD30: Lori Mizgorski to replace English on November ballot
The GOP has its candidate for HD-30… Read more

Wolf and Wagner keep up the attacks in new ads
Drastic and Disco… Read more

$5 registration fee in Juniata County will not happen
Even though the Pennsylvania Department of Transportation is making road and bridge work funds available if counties adopt a $5 fee on all registered vehicles, Juniata County does not intend to participate... Read more

UPCOMING EVENTS

The 2018-2019 important event dates are available on the ACEC/PA Website calendar, but we have provided a one-pager for you to share with key members of your staff and others within your organization. Please forward this document.

SAVE THE DATE

- 2018 Scholarship Golf Outing: Monday, Sept. 24, 2018
- Scholarship Application deadline: Sunday, Sept. 30, 2018
- ACEC/PA Fall Conference: Wednesday, Nov. 14, 2018
- Diamond Awards Gala: Thursday, Feb. 28, 2019
- Spring Conference: April 16-17, 2019
Diamond awards committee has announced the 2019 Call For Entries
Entries are now being accepted for the 2019 ACEC/PA Diamond Awards for Engineering Excellence. ACEC/PA's annual Diamond Awards for Engineering Excellence competition recognizes engineering firms for projects that demonstrate a high degree of achievement, value, and innovation.
Take a moment to view the items needed for submission by Oct. 5, 2018.

You Are ACEC/PA
We have 22 different committees looking for your leadership and expertise. Check out the committee page to see which one is for you. Those interested in learning more should contact the ACEC/PA office at (800) 651-1946 or ACEC/PA Executive Director Leeann Sherman.

2018 National Work Zone Management Conference
Sept. 11-13
Learn more

American Road & Transportation Builders Association (ARTBA)
Through the Lens - construction photo submissions
Learn more

2018 ACEC Fall Conference
Oct. 28 – 31
Learn more

RESOURCES
American Institute of Architects
Learn more

Understanding Multimodal Clients & Opportunities
Thursday, Sept. 13, 2018 1:30 PM - 2:30 PM
Learn more
Making Money - Scope and Design Budget Management
Tuesday, Aug. 21, 2018 1:30 PM - 3:00 PM
Learn more

Why client service is the key to increasing revenue and decreasing risk
In today’s market of fierce buyer demands and endless competitive options for professional services, client service can no longer be overlooked as an important part of a company’s success… Read more

Buchart Horn Architects acquires Pittsburgh-based architectural firm
A division of York architectural and engineering firm Buchart Horn Inc. has purchased Pittsburgh-based Celli-Flynn Brennan Architects and Planners… Read more

ACEC/PA Needs Your Help

- Do you have committee news to share or know of a colleague/firm making a difference? We’d want to share that news! Please send ACEC/PA Executive Director Leeann Sherman the information for inclusion in an upcoming edition of forward.
- We want to communicate with you. Please take a moment to update your profile with us so you don’t miss any important news or events.

Did You Know?
Iced tea was introduced in 1904 at the World’s Fair in St. Louis.

Connect with Us on Social Media
Follow ACEC/PA on social media to keep up-to-date with the latest company news, industry highlights and benefit from a range of useful resources.
Connect on Facebook ● Twitter ● LinkedIn