



AGC
WEST TEXAS CHAPTER
THE CONSTRUCTION ASSOCIATION

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September 2, 2021

West Texas AGC News & Resources

Safety Tips - Energy Drinks - the good, the bad and USE IN Moderation!



Energy Drinks Trigger Depression and Anxiety

Energy drinks may trigger depression and anxiety in young men, says a study in the (aptly named) journal Depression and Anxiety. Among the thousand-plus 20-year-olds questioned, those who drank at least one 8.4-ounce energy drink a day reported higher anxiety—and as downing them became chronic and more frequent (six to eight servings daily), the anxiety worsened. Are energy drinks causing stress, or are already anxious drinkers just self-medicating? “We can’t yet say with certainty,” says study VIP Georgina Trapp, Ph.D., but “high caffeine consumption has been shown to be significantly associated with anxiety and panic disorders.” Plus, she adds, “other ingredients such as guarana and ginseng have also been linked to anxiety, irritability, nervousness, restlessness, tremors, and mania.” So keep an eye out, and adjust your intake accordingly. [Read more from Men's Journal](#)

Are Energy Drinks Really that Bad?

Energy drinks are popular, but handle with care. [Read More from US News](#)

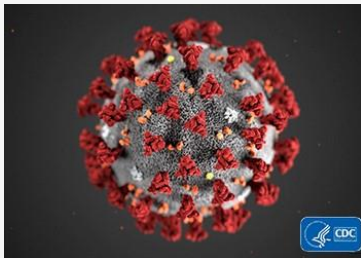
[Safety Talk - Energy Drinks - English](#)

[Safety Talk - Energy Drinks - Spanish](#)

**West Texas AGC will be closed for Labor Day | Monday, September 6th
We are Thankful to have Work & the Privilege for Days Off!**



Coronavirus - Resources for the Construction Industry

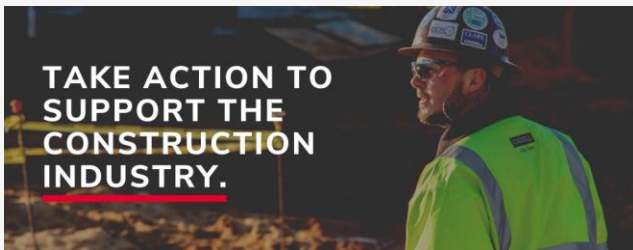


AGC of America and the West Texas AGC Chapter continue to pull together the resources you need for jobsite safety protocols, worker safety in the office and on jobsites, when to test, what to look for in contract negotiations, legislative and funding relief, etc.

[Visit WTAGC COVID](#)

[Visit AGC COVID](#)

URGENT ACTION ALERT



Pressure Speaker Nancy Pelosi

to pass the bipartisan infrastructure bill. Tell your members of Congress and President Biden to act NOW!

[Take Action NOW!](#)

[Supporting Information](#)

Project Manager Development Program

West Texas AGC members are invited to participate with the Austin AGC Chapter at member prices for this online training held every Tuesday and Thursday beginning October 5th through November 4th (2021). The revised PMDP curriculum takes participants through the management of the entire lifecycle of a construction project. Read the flyer for more information and registration.

[PMDP Information](#)

In case you missed the live webinar

The recording for the “Strategies to Improve Workplace Vaccination Rates and Preparing for Various Mandates” presented by AGC of America is now available.

With the Delta-variant-fueled surge of COVID-19 cases leading to new CDC masking guidance, statewide mandates, uncertain federal contractor requirements, potential private owner mandates, and the specter of further restrictions, you may have a renewed interest in seeing the vaccination rate at your worksite climb. But what can you do, legally and practically, to help move that rate higher?

Tune in to the recording where ideas and options to improve workforce vaccination percentages based on the latest information available were discussed.

[Access Recording](#)

Charts: State-by-state funds from \$1.2T infrastructure bill

California and Texas are expected to receive the most funding from the \$1.2 trillion infrastructure bill, with at least \$44.56 billion and \$35.44 billion, respectively. New York is expected to receive \$26.92 billion, although Vermont, Wyoming, Montana and Alaska will receive the most funding per capita.

[Read Full Story](#)

Texas Legislative Report

New Bills often go in to effect in Texas on September 1st following the state Legislative Session. Attached is a list of bills and their effective date. Many are noon-construction related but of STATEWIDE interest and others construction industry interest.

[Click HERE for LEGISLATIVE REPORT](#)



Your West Texas AGC membership provides benefits and programs combined with those at AGC of America, giving members access to high-quality services such as insurance, 401(k), cutting-edge technology and top-of-the-line products. From discounts on vehicles to office supplies to cloud-based construction management solutions.

We have partnered with some of the best to give you the most for your money and improve your daily business operations.

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