**Sept 10, 2023**

**Economic Equality:***Think you're worth more than you're being paid? Everyone needs some tips on how to ask for more money at work. This article offers some helpful hints.*

[How to Ask for a Raise](https://www.wordstream.com/blog/ws/2023/05/05/how-to-ask-for-a-raise)

<https://www.wordstream.com/blog/ws/2023/05/05/how-to-ask-for-a-raise>

**Dependent Care:** *Who says Mom should be the one who stays home with the kids? This working couple decided to change places. It's not as easy as you think.*

[Couple Switched Who Stayed Home With the Kids](https://www.insider.com/couple-switched-who-stayed-home-with-the-kids-everyone-happier-2023-7)

<https://www.insider.com/couple-switched-who-stayed-home-with-the-kids-everyone-happier-2023-7>

**ERA:***This week is a statement from President Biden supporting the ERA. I will also send the link for the article  "Why Christians Should Support the ERA" that didn't come through last week 😢*

[Statement -from-president-joe-biden-on-equal-rights-amendment-centennial/](https://www.whitehouse.gov/briefing-room/statements-releases/2023/08/26/statement-from-president-joe-biden-on-equal-rights-amendment-centennial/)

<https://www.whitehouse.gov/briefing-room/statements-releases/2023/08/26/statement-from-president-joe-biden-on-equal-rights-amendment-centennial/>

[Why Christians Should Support the ERA](https://baptistnews.com/article/why-christians-should-support-the-equal-rights-amendment/?gclid=Cj0KCQjw0vWnBhC6ARIsAJpJM6dIoyIFdOXDUKfb3jvPoVgKidfKKKJ2FG7bzWDgrCop_E1D7_mZn1saAld4EALw_wcB)

<https://baptistnews.com/article/why-christians-should-support-the-equal-rights-amendment/?gclid=Cj0KCQjw0vWnBhC6ARIsAJpJM6dIoyIFdOXDUKfb3jvPoVgKidfKKKJ2FG7bzWDgrCop_E1D7_mZn1saAld4EALw_wcB>

**Health:***Some of you may be too young to worry about these but believe me, your time is coming. Like many things though, your generation may have it easier than the last.*

[*FDA Approves New Drug for Hot Flashes.*](https://www.fda.gov/news-events/press-announcements/fda-approves-novel-drug-treat-moderate-severe-hot-flashes-caused-menopause)

<https://www.fda.gov/news-events/press-announcements/fda-approves-novel-drug-treat-moderate-severe-hot-flashes-caused-menopause>

**Victims Rights:***My friend sent me this image on facebook. I thought it might be a good idea to create something similar and encourage our local businesses to display in the Ladies Restrooms.*

