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Free Press Emmy-nominated videos

Looking for a place to cool down from the weekend heat? Watch "Ice Fishing," one of three Free Press videos nominated for an Emmy award. Also showing: "Michigan Marines: Band of Brothers" and "La Calamita in Court." Only at freep.com/emmys.

RUTH TO THE RESCUE

Some containers not safe in microwave

Never use plastic storage containers such as margarine tubs, takeout boxes, whipped topping bowls, and other onetime-use containers in your microwave oven. Those containers can warp or melt and release harmful chemicals into your food.

- RUTH SPENCER, LOCAL 4 NEWS



TECH TIP

Exercise shirt keeps track of heart rate

Track your heart rate while working out in shirts from Textronics. Fibers in the fabric sense your heart rate and send the data to a watch or exercise machine via a transmitter snapped into a shirt pocket. The NuMetrex Cardio Shirt for Men costs \$60; the Heart Sensing Racer Tank for women is \$56. Info: www.numetrex.com

- DEBORAH PORTERFIELD, GANNETT NEWS SERVICE

SATURDAY JUMP START

OVERHEARD

"I love the look, I love the speed."

KEITH BEASLEY, on why he's a devoted Corvette fan. STORY, 3A

IN TODAY'S FREE PRESS

More kids get to school by car, study says

NATION & WORLD, 6A

Religious publishers try comic books

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Readers share feelings on tuition hikes

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Getting it straight

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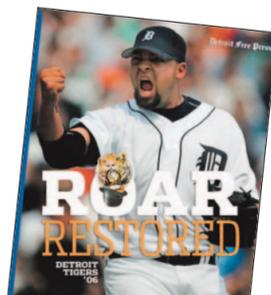
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Traffic with attitude, by Matt Helms

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NEWS2USE



Illustration by RICK NEASE/Detroit Free Press

The right way to quit your job

No matter how fed up you are with your callous boss, whiny coworkers or shabby work hours, there is an art to quitting your job.

TWO WEEKS' NOTICE

Don't make your exit a bitter breakup. Give your boss a heads-up about your departure. Check your company handbook for specifics, but, in general, at least two weeks' notice is standard.

If you give less notice than that, "it's frowned upon," said Dawn Passaro of HRmarketer.com, who has more than 20 years of experience in human resources. "It puts companies in a really tight spot."

OR NOT

There are some exceptions about giving ample notice. For example, "anytime you feel there are unsafe conditions and you feel like they're not being addressed ... or if you're feeling like you're being harassed," Passaro said.

But be careful. Harassment often is a complicated, debated topic.

HR managers can help, but depending on the severity, you might want to secure a lawyer.

PUT IT IN WRITING

Submit a formal resignation letter to your boss. Keep it fairly brief — no more than a few paragraphs.

Whether you explain why you're leaving is up to you, but think twice if you're itching to trash the company. It can come back and bite you, Passaro said, such as when you're seeking

a new job and that company checks with your last one.

Your letter should include how to contact you later, the date the letter is submitted, your departure date and your signature.

Feel free to thank your boss for the opportunity. But if feelings are hardening, use this example as a guide to keep it simple:

*Mr. Joe Brown:
I am resigning from my position as leasing consultant of the Hogan Group, effective July 16.*

*Thank you,
Monica Posey*
"That's what I recommend if they can't come up with anything more constructive," Passaro said. "Anything you write down will be in your employee file forever."

BREAKING THE NEWS

Present your letter in a one-on-one meeting with your direct supervisor.

If your employer is caught off guard, be ready to answer questions about why you want to leave.

Still, keep your answers positive. "Even if you think you work for the worst company in the world, think 'constructive criticism,'" Passaro said. "Say it without being completely negative."

For example, if your coworkers are a bunch of lazy complainers, you could say: "Teamwork is not what it could be."

STRATEGIC THINKING

Passaro recommends developing an exit strategy. Tell your boss:

- Where your projects stand.
- What needs to be done.
- What the highest priorities are.
- Who else in the company knows how to do your job and who could be trained to do it.

NEGOTIATE WHAT YOU WANT

Sue Ellen Eisenberg of the Bloomfield Hills-based law firm Eisenberg & Bogas, who has more than 30 years of experience in employment law, said severance pay is not governed by state law. Neither is payment for accrued and unused vacation time. If it's given, it's at the employer's discretion.

"There is no law that says an employer has to provide a separation package or severance pay ... but you can negotiate for it," Eisenberg said. Often, "if you don't ask, you don't get."

Unemployment benefits were created for people who are dismissed from jobs through no fault of their own. That means if you are discharged for misconduct or you voluntarily resign, in general, you aren't eligible for unemployment benefits, Eisenberg said.



Today's News2Use is by Erin L. Hill, Free Press copy editor and staff writer. Got an idea for news you can use? E-mail it to elhill@freepress.com or call 313-223-4666.

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4 weeks	40.00	28.40	13.60	13.60

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4 weeks	42.80	30.60	14.20	14.20

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Friday Daily 3 and 4
Midday980 and 3902
Evening060 and 0980
Fantasy 516, 20, 26, 27, 39
Keno 2, 4, 8, 12, 18, 22, 23, 25, 28, 37, 42, 44, 45, 46, 51, 61, 62, 63, 65, 69, 73, 75.
Friday's Mega Millions jackpot. \$17 million
Saturday's Classic Lotto 47 jackpot\$1.2 million

OHIO
Friday Pick 3 and 4
Midday736 and 9727
Evening245 and 3264
Rolling Cash 58, 10, 24, 33, 36
The Classic Lotto jackpot\$3.2 million

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