



**Shed a little light:** Who needs the overhead buzzing of fluorescent office lights? For a softer feel, go with a stylish lamp in colors that complement your decor. \$24.99. **Target.** 2610 Pleasant Valley Road, Springettsbury Township. [TARGET.COM](http://TARGET.COM).

# HAPPY HOME OFFICE

By Abby Rhoad » [arhoad@ydr.com](mailto:arhoad@ydr.com)

One of the perks about working from home? Decorating your office just the way you like it. Even if your home office plays a wide variety of roles, it should still feel like a welcoming headquarters. Use color and textiles to spark creativity and inspiration, or add pops of color to make your space warm and inviting. With just a few swaps, you can pull off a stylish and functional room for paying bills, helping kids with homework, reading a book or finishing that report for your boss.



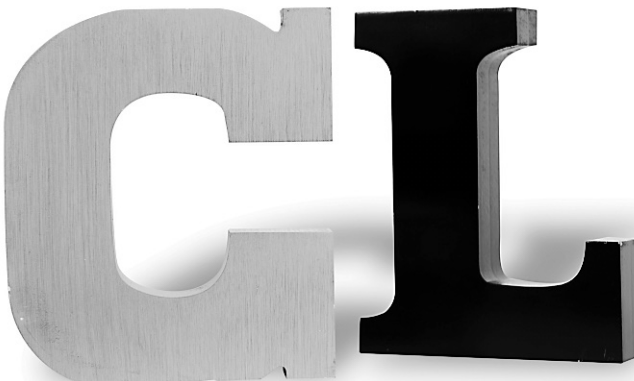
**Teal time keeper:** This teal hourglass timer makes a great paperweight, while adding a little funk to a boring desk. \$4.99. **Target.**



**Take note:** Keep your sticky notes accessible and looking good. A handy drawer keeps paper clips and tacks organized and at your disposal. \$9.99. **Target.**



**Pile it on:** Make your inbox a little less daunting with this floral letter tray. \$5. **Target.**



**Personalize your space:** Add a pop of color and a little personality to your home office by hanging your initials in wooden letters. Need a little in-office inspiration? Spell out motivational words such as "success" or "achieve." \$5.99 each. **HomeGoods.** 351 Loucks Road, Manchester Township. [HOMEGOODS.COM](http://HOMEGOODS.COM).



**From beginning to end:** Whether you read in your office for business or pleasure, keep your books in line with these owl bookends. Organizing your books by color is another way to make your shelves pop. \$14.99 each. **HomeGoods.**



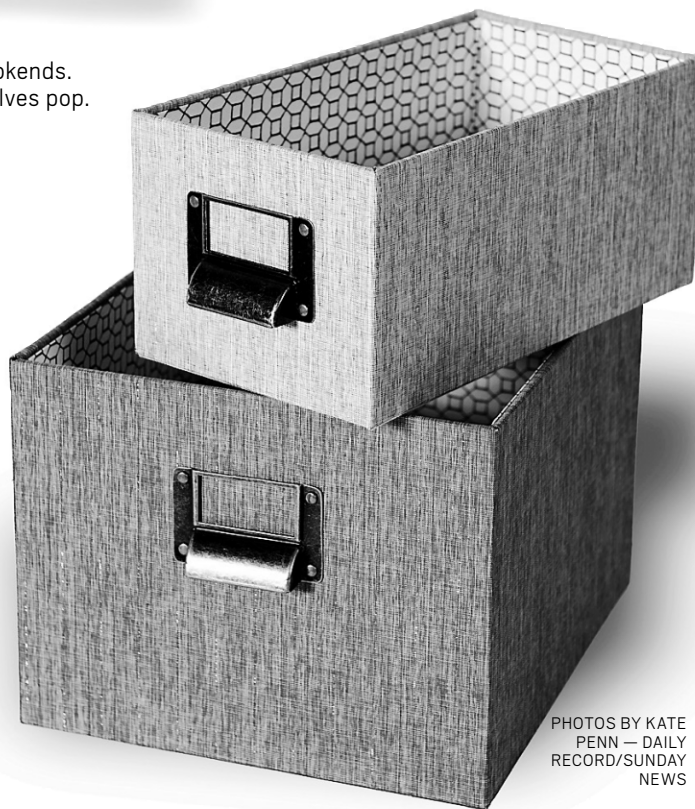
**Time after time:** How else are you going to know when it's happy hour? \$24.99. **Target.**

## SPRUCE UP YOUR SPACE

- Hang inspirational prints and art.
- Arrange furniture to offer a view of the outdoors.
- Decorative frames can showcase photos of friends and family.
- Swap boring office supplies for bright, colorful ones.
- Bold pin-up boards are great for to-do lists, photos and more.
- Use chalkboard paint to create an easy-to-change calendar.
- Plants add life and visual interest.
- Comfortable seating makes your space more inviting.
- A simple coat of paint does wonders; pick a fresh vivid color that inspires.
- A new rug will tie a room together.

**Online:** See more office accents in our online photo gallery at [SMARTMAGPA.COM](http://SMARTMAGPA.COM).

**File it away:** Rather than use a boring, beige filing cabinet, invest in some stylish milk crates. Boxes come in three sizes. \$7.99, \$9.99, \$29.99. **Target.**



PHOTOS BY KATE PENN — DAILY RECORD/SUNDAY NEWS

## ON THE JOB

# Website: Military tops list for stress

According to CareerCast, median pay for job that entails just about everything is only \$28,840

By Christopher Seward  
*The Atlanta Journal-Constitution*

Where does your job rank when it comes to the level of stress you have to manage daily? Do you have to avoid land mines, save people from raging fires or formulate policies for public and private companies? Or are you on the low end of the stress meter, working as a tenured university professor, dietitian or hair stylist?

Jobs website CareerCast recently released its annual top 10 most stressful and least stressful occupations for 2014. Not making the top of the list doesn't mean your job isn't stressful. It only means there some occupations that regularly take a physical and emotional toll on employees — around the clock.

Take the No. 1 most stressful job on the list: enlisted military personnel. The median salary is only \$28,840, but military men and women do everything from serving food in the mess hall to dodging land mines and bullets as they try to keep the peace in often hostile territories. (Some of that hostile territory is right here at home, which is why police officers also make the list.)

Military generals, who have to come up with strategies to keep enlisted men and women both effective and safe, come in at No. 2 on the most stressful list. Median pay for the top brass, however, is \$196,300, according to CareerCast.

The online employment information service considered 11 factors in coming up with its list, assigning scores to each: the higher the score, the more stressful the job.

A high score was awarded if a particular demand was a major part of the job, fewer points were awarded if the demand was a small part of the job, and no points were awarded if that demand was not normally required.

The study considered travel, growth potential, deadlines, public scrutiny, competitiveness, physical demands, environmental conditions, hazards encountered, danger to a worker's own life, danger to someone else's life, and contact with the public.

## WHERE DOES YOUR JOB RATE?

Following are the top 10 most stressful and top 10 least stressful jobs.

### MOST STRESSFUL

1. Enlisted military personnel
2. Military general
3. Firefighter
4. Airline pilot
5. Event coordinator
6. Public relations coordinator
7. Senior corporate executive
8. Newspaper reporter
9. Police officer
10. Taxi driver

### LEAST STRESSFUL

1. Audiologist
2. Hair stylist
3. Jeweler
4. Tenured university professor
5. Seamstress\tailor
6. Dietitian
7. Medical records technician
8. Librarian
9. Multimedia artist
10. Drill press operator

## MOVING UP

### Check out the latest business news

We publish the latest photos and information on company moves, openings and promotions. Check out the latest business news.

FULL STORY ON PAGE E2



## RESTAURANTS

### Read latest inspections

Each week, we publish the latest health inspections reported by the state health department. See the latest inspections.

FULL STORY ON PAGE E4

## AUTOMOTIVE

### Upcoming events

Want to check out the latest automotive events for south-central Pennsylvania? We have a full list every week.

FULL STORY ON PAGE E3

## OFFICE COACH

### Read the latest workplace advice

Should you apologize to your manager if you did something wrong? Yes. It's better for the relationship.

FULL STORY ON PAGE E3