Employee_ID	Name	Department	Salary	Joining_Year	First_Name	Last_Name
E105	Sarah Gupta	IT	65000	2017	Sarah	Gupta
E102	Mary Kom	IT	60000	2018	Mary	Kom
E103	Alice Singh	Sales	55000	2019	Alice	Singh
E101	John Smith	HR	50000	2020	John	Smith
E104	Bob Kumar	HR	45000	2021	Bob	Kumar

Convert the cleaned range into a formal table. Apply bold formatting to headers and use alternating row shading (light / dark) for readability.