**Exercise**

Modify the GameOfLife class to include a method initializeGrid(int[][] initialState) that allows initializing the grid with a custom starting state instead of random values. Update the main method to use this new method with a predefined initial state.

**Hint**

* Create a method initializeGrid(int[][] initialState) that copies the values from initialState to grid.
* Ensure the custom initial state fits within the dimensions of ROWS and COLS.
* Update the main method to call initializeGrid() with a predefined 2D array before starting the game loop.

**Explanation**

In this exercise:

1. You will add functionality to the GameOfLife class to allow setting up a custom grid, which will give more control over the starting conditions of the game.
2. This change will help you understand how to modify and extend existing classes to make them more flexible.
3. You will gain experience working with 2D arrays and copying data between arrays in Java.