Here is a table:

	New York		Boston	Detroit
Baseball	Mets	Yankees	Red Sox	Tigers
Hockey	Rangers	Islanders	Bruins	Red Wings
Football	Giants	Jets	Patriots	Lions

Here is an embedded Excel spreadsheet:

	2001		2002	
	pre-	*post-*	*pre-*	*post-*
dogs	1234.43	0.33	354.30	777.00
cats	432.00	-432.20	654.45	333.00
turkeys	3.30	4.66	34.65	132.10
fish	52.55	55.33	37.88	31.50
total	**1722.28**	**-371.88**	**1081.28**	**1273.60**

This concludes our test.

This is Heading1 Text

This is a regular paragraph with the default style of Normal. This is a regular paragraph with the default style of Normal. This is a regular paragraph with the default style of Normal. This is a regular paragraph with the default style of Normal. This is a regular paragraph with the default style of Normal.

This is a Defined Block Style Called BlockStyleTest

This is more Normal text.

This is Heading 2 text

This is more Normal text. **This is bold,** *this is italic*, **_and this is bold italic_**. This is normal. `This is in a defined inline style called InlineStyle`. This is normal. This is red text. This is normal.

<div align="center">This block is centered.</div>

This is left-aligned.

- First item of bulleted list.
- Second item of bulleted list.
  Second paragraph of second item of bulleted list.
- Third item of bulleted list.
  - First item of third item's nested list