## 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.

This block is centered.

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.
  - o First item of third item's nested list
  - o Second item of third item's nested list
- Fourth and final item of main bulleted list.

This is Normal text.

- 1. First item of numbered list.
- 2. Second item of numbered list. Second paragraph of second item of numbered list.
- 3. Third item of numbered list.

## Here is a BMP picture:



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: