

Sheet1

VA	<pre>{indicate Cleanup in progress}{paneloff}{windowsoff} /rncHERE~{bs}~ {home} /rncWORKAREA~{bs}~{end}{home}~ {for HEIGHT,1,@rows(WORKAREA),1,LOOP1} {goto}HERE~ /rndWORKAREA~/rndHERE~ {indicate}</pre>	
LOOP1	<pre>{for WIDTH,1,@cols(WORKAREA),1,LOOP2} {down}{left WIDTH-1}</pre>	
LOOP2	<pre>{if @cellpointer("type")<>"I"}{right}{return} {if @length(@cellpointer("contents"))=0}/re~/rfr~{right}{return} {if @left(@cellpointer("contents"),1)<>" "}{right}{return} {if @right(@cellpointer("contents"),1)<>" "}{right}{return} {if @length(@cellpointer("contents"))<4}/re~/rfr~ {right}</pre>	
WIDTH		8
HEIGHT		25
ERRCHECK	@code(@cellpointer)	