

Sheet1

VA	{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}	
LOOP1	{for WIDTH,1,@cols(WORKAREA),1,LOOP2} {down}{left WIDTH-1}	
LOOP2	{if @cellpointer("type")<>"I"}{right}{return} {if @left(@cellpointer("contents"),1)<>" "}{right}{return} {if @right(@cellpointer("contents"),1)<>" "}{right}{return} {if @length(@cellpointer("contents"))<4}/re~/rfr~ {right}	
WIDTH		3
HEIGHT		22