Update Include in Site… v1.5 - a PageSpinner AppleScript ©   Optima System 1997-2000.
Updates all PageSpinner files in the root folder that contains an INCLUDE FILE or INCLUDE NB (or
optionally all files), by opening, saving and closing them. This script does process files in sub-folders, but
will not process files inside Includes folder or a folder whose name begins with   a "("-character, so if you
have stationery files inside the structure of a site name the folder something like "(My templates)" to hide
them from the script.