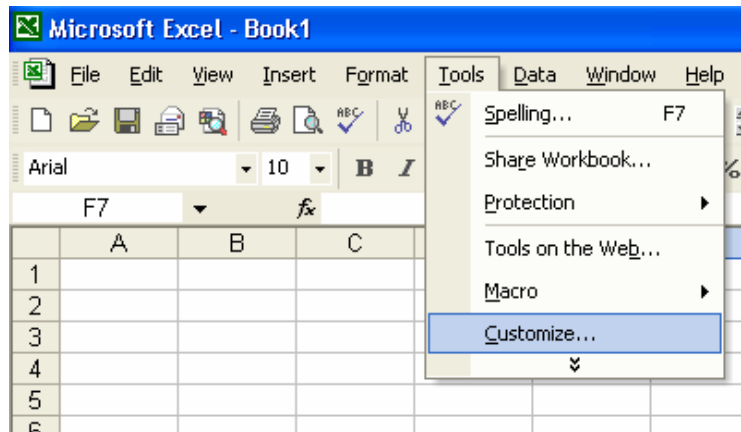
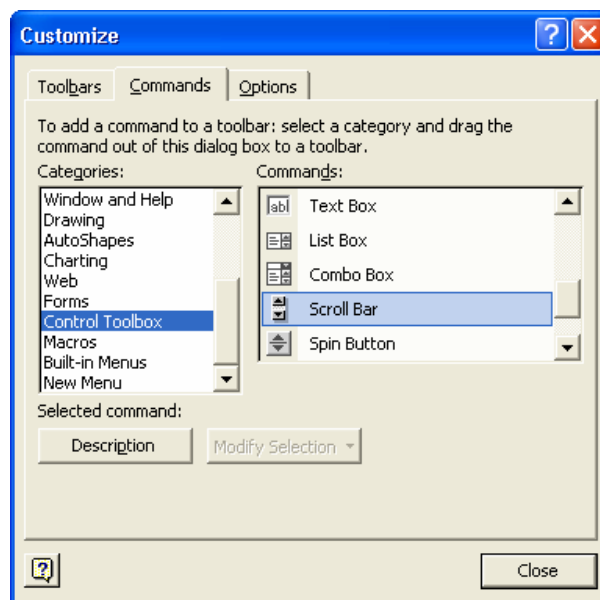


Click Tools/Customize:



Click the Commands tab and highlight the Control Toolbox on the left. On the right find the Scroll Bar, click this and drag it to one of your tool bars.



Once on the tool bar click it to activate it then anywhere in the spreadsheet click and drag yourself a tool bar. Right clicking it and selecting properties will allow you many, many options. Start easy by selecting a cell (A1) and give it some min and max values.

The one idiosyncrasy is that of using the scroll bar. When you are in the process of creating it you must right mouse click it and select Edit to make it function. But after it's created and saved you can open the saved version and not worry about it.