```
import java.awt.*;
import java.awt.event.*;
import javax.swing.*;
public class FenyujsagPanel extends JPanel implements ActionListener, AdjustmentListener {
   private JLabel lbKesleltetes;
   private JScrollBar sbDelay;
   private JLabel lbSzoveg;
   private Timer idozito;
   public FenyujsagPanel(String text, int delay, Color foreground, Font font) {
        setBorder(BorderFactory.createLineBorder(Color.BLUE));
        lbKesleltetes = new JLabel(delay + " ms");
        lbKesleltetes.setPreferredSize(new Dimension(50,16));
        lbKesleltetes.setHorizontalAlignment(JLabel.RIGHT);
        sbDelay = new JScrollBar(JScrollBar.HORIZONTAL,delay,0,0,2000);
        sbDelay.setPreferredSize(new Dimension(150,17));
        sbDelay.setUnitIncrement(100);
        sbDelay.setBlockIncrement(200);
        sbDelay.addAdjustmentListener(this);
        lbSzoveg = new JLabel(text + " ");
        lbSzoveg.setPreferredSize(new Dimension(400,50));
        lbSzoveg.setHorizontalAlignment(JLabel.CENTER);
        lbSzoveq.setForeground(foreground);
        lbSzoveq.setFont(font);
        add(lbKesleltetes);
        add(sbDelay);
        add(lbSzoveg);
        idozito = new Timer(delay, this);
        idozito.start();
    }
    public void actionPerformed(ActionEvent e) {
        String st = lbSzoveg.getText();
        st = st.substring(1) + st.charAt(0);
        lbSzoveg.setText(st);
    }
    public void adjustmentValueChanged(AdjustmentEvent e) {
        idozito.setDelay(e.getValue());
        lbKesleltetes.setText(e.getValue() + " ms");
    }
```