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# Constants
ASCII_LOWERCASE = "abcdefghijklmnopqrstuvwxyz"
ASCII_UPPERCASE = "ABCDEFGHIJKLMNOPQRSTUVWXYZ"
DECIMAL_DIGITS = "0123456789"

# Functions
def is_alpha(word):
    for char in word:
        if char not in ASCII_LOWERCASE and char not in ASCII_UPPERCASE:
            return False
    return True

def is_digit(s):
    for char in s:
        if char not in DECIMAL_DIGITS:
            return False
    return True

def to_lower(s):
    result = ""
    for char in s:
        if char in ASCII_UPPERCASE:
            # Convert uppercase to lowercase using ASCII values
            result += chr(ord(char) + 32)
        else:
            result += char
    return result

def to_upper(s):
    result = ""
    for char in s:
        if char in ASCII_LOWERCASE:
            # Convert lowercase to uppercase using ASCII values
            result += chr(ord(char) - 32)
        else:
            result += char
    return result

def find_chr(s, char):
    if len(char) != 1:
        return -1
    for i in range(len(s)):
        if s[i] == char:
            return i
    return -1

def find_str(s, substr):
    for i in range(len(s) - len(substr) + 1):
        if s[i:i+len(substr)] == substr:
            return i
    return -1

def replace_chr(s, old, new):
    if len(old) != 1 or len(new) != 1:
        return ""
    result = ""
    for char in s:
        if char == old:
            result += new
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        else:
            result += char
    return result

def replace_str(s, old, new):
    if old == "":
        # Insert new string between each character in s
        result = new
        for char in s:
            result += char + new
        return result
    result = ""
    i = 0
    while i < len(s):
        if s[i:i+len(old)] == old:
            result += new
            i += len(old)
        else:
            result += s[i]
            i += 1
    return result
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