The str_subset command from stringr

The str_subset command allows us to specify which specific strings we want to select from a list, based on a "regular expression/pattern".

In our example case, we have the following vector:

```
sheetNames <- c("Trend Report", "18-19", "17-18", "16-17")
```

We basically want to only count those entries that match that "year" format. We can do it with str_subset as follows:

```
sheetNames_to_process <- str_subset(sheetsNames, "\\d\\d-\\d\\d")
```

This tells the system to only include the entries that contain a digit (\\\\d) followed by another digit, then a dash then two more digits.