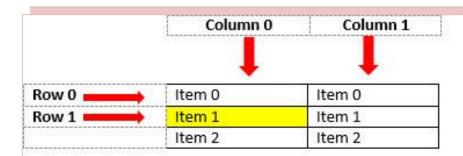
ListBox, Combobox (LISTS in VBA) Principles for Rows/Columns:

(Special thanks to Brian Hayden for this image)



- To refer to an item in a particular column use the following style:
 - LIST (row number of item, column number of item).
 - REMEMBER THAT YOU START THE COUNTING AT 0:
 - The first column is Column 0, the second column is Column 1 etc!
 - Similarly, the first row item is item 0, the second is item 1 etc
- The yellow item is the second row item in the first column. Since we always start
 with 0, this item would be referred to as follows [using the LIST (row number of
 item, column number of item) style]: LIST(1,0)