* Switch to edit mode (Tab)
* Change to face mode
* Alt+Right Click the “thickness” and delete
* Do the same for the inner walls and bottom wall
* Ctrl+R is loop face short cut
* Scroll to select more, after selection, double click
* Do this for both sides
* Switch to vertex mode and Ctrl+Click the corrects vertices
* Press F to “fill face”
* Press P to use the separate operation
* Do above two steps for all sides
* Switch back to “Object Mode”
* Select all faces with A
* Ctrl+J will run the join “it’s not a modifier, it’s a function operatore, Jayson….” – Ryan
* Use solidify programmatically from here, DON’T FORGET THE OFFSET

Input – 5 x 4

for(int=1; i<5; i++)  
 //Make the four vertices where i/total length gives the points  
 //Connect them, fill face, separate  
//Select all, join