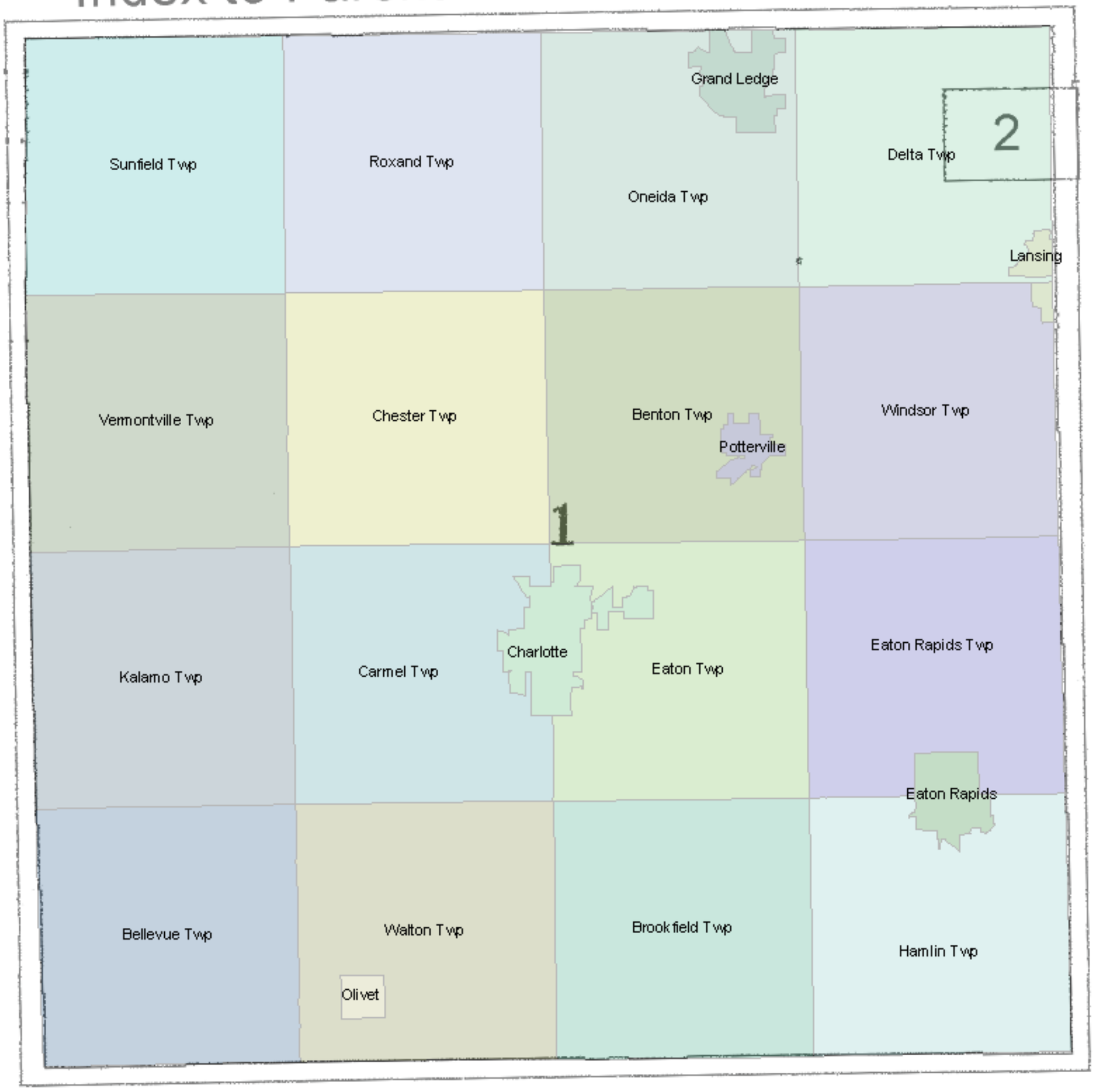Index to Parent sheet and Inset Area