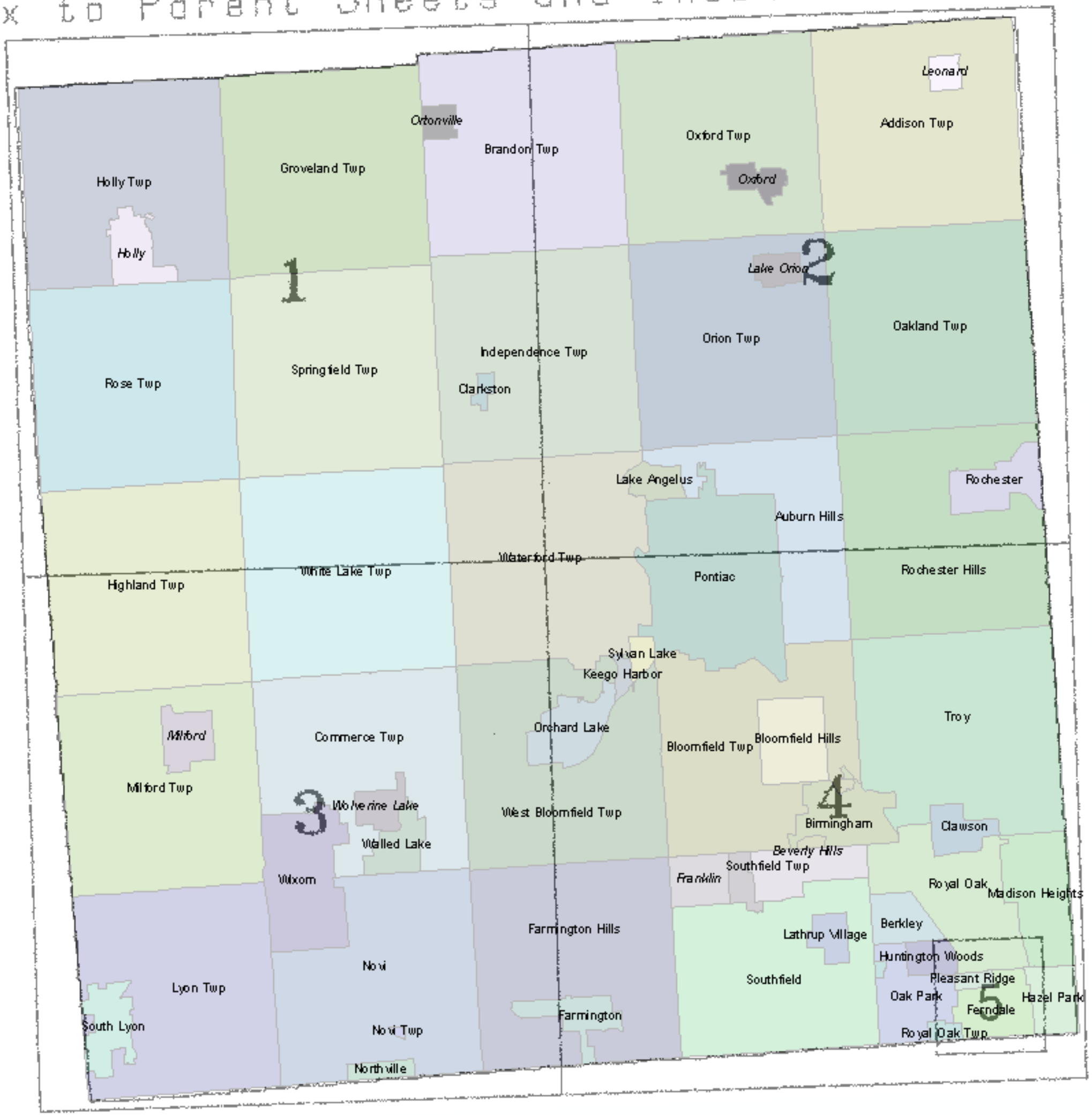Index to Parent Sheets and Inset Area