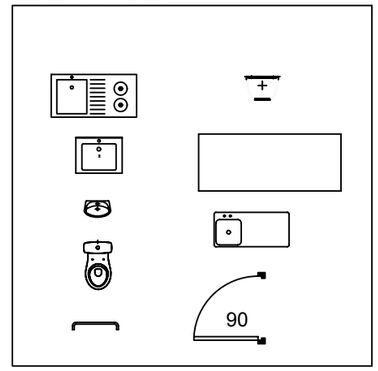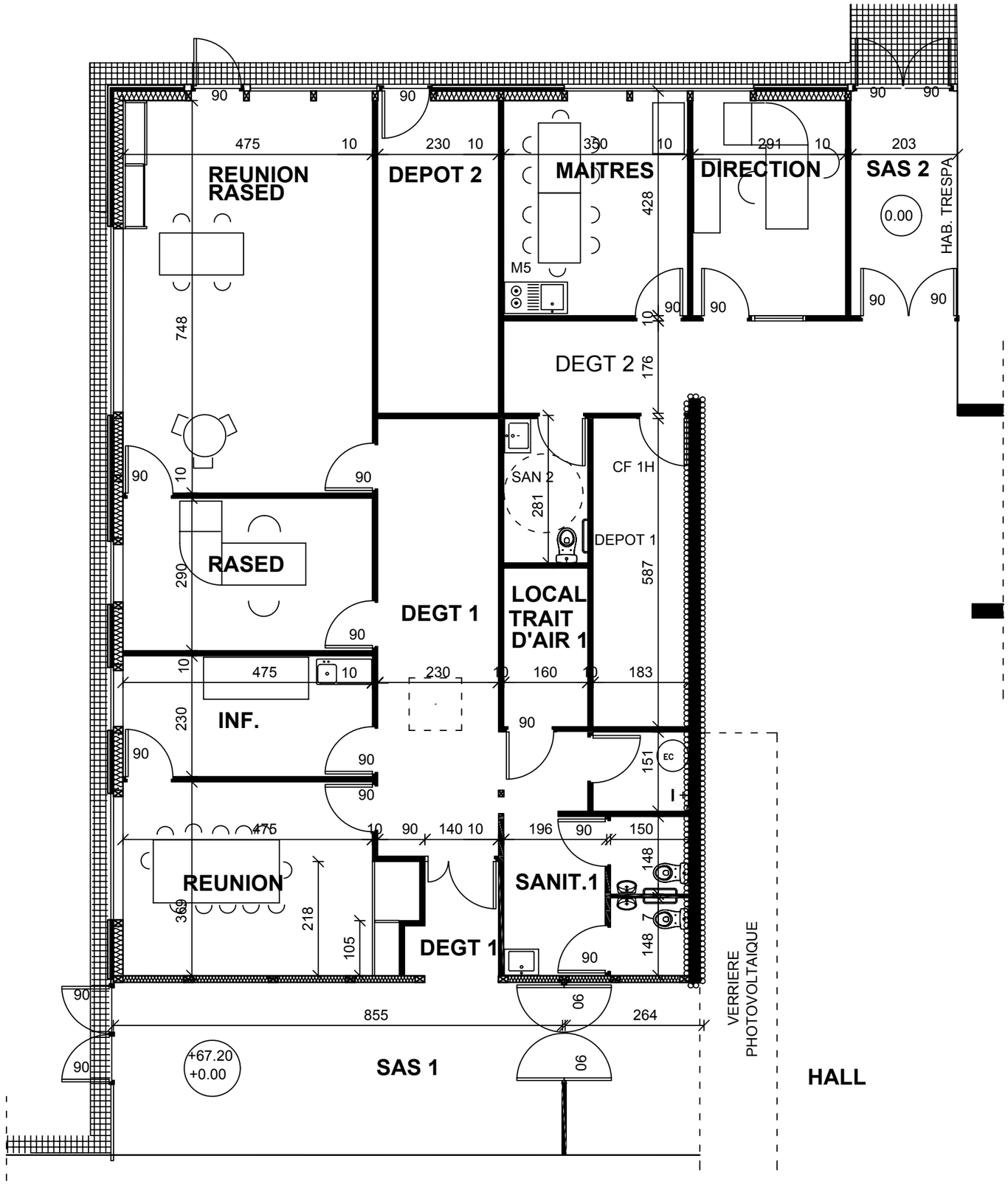ELEMENTS A INSERER