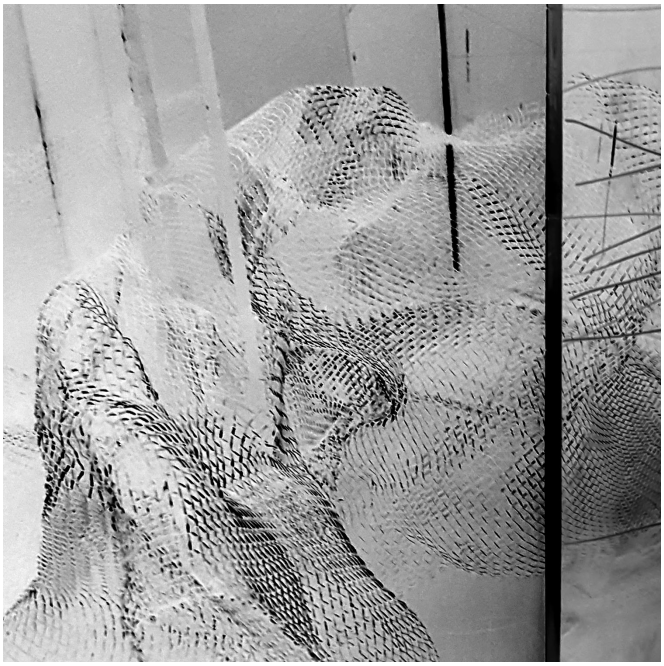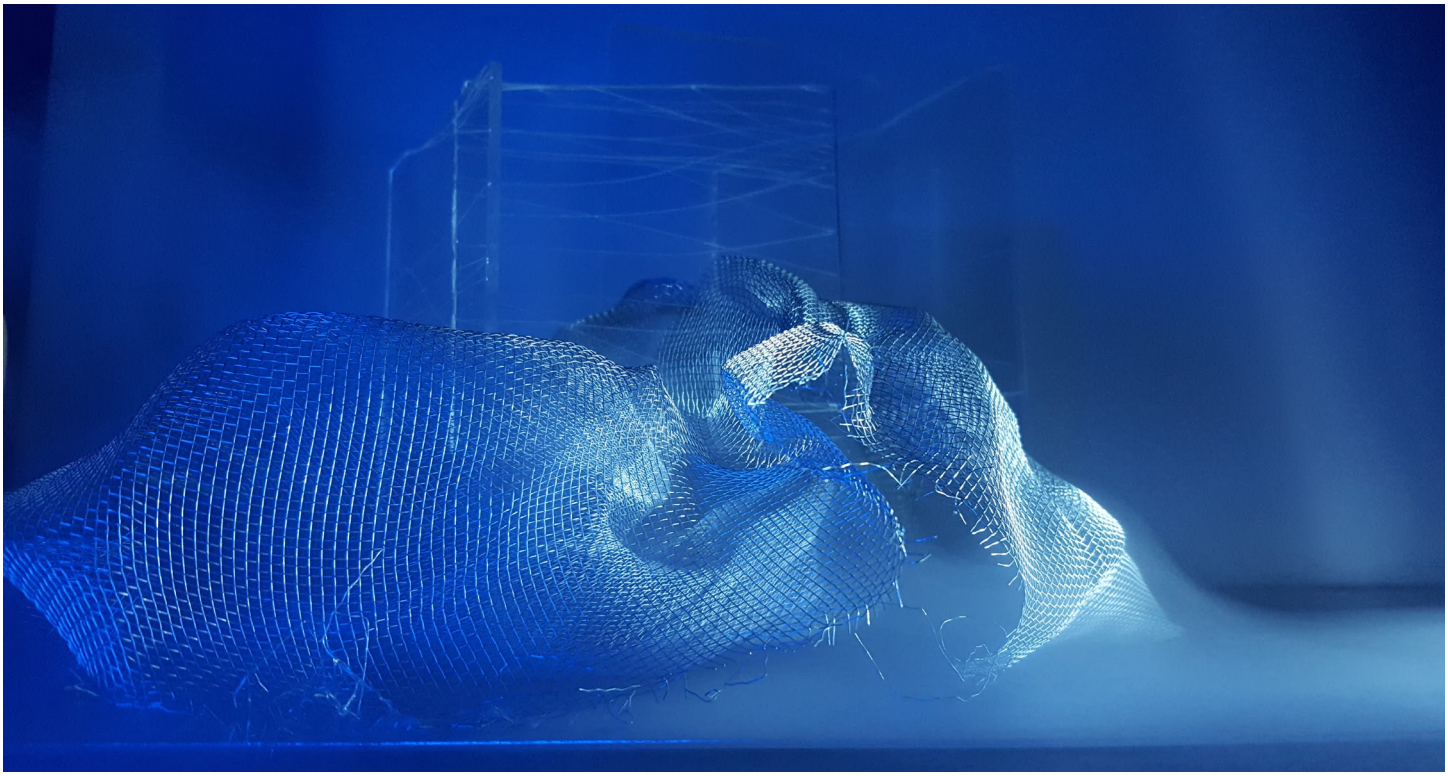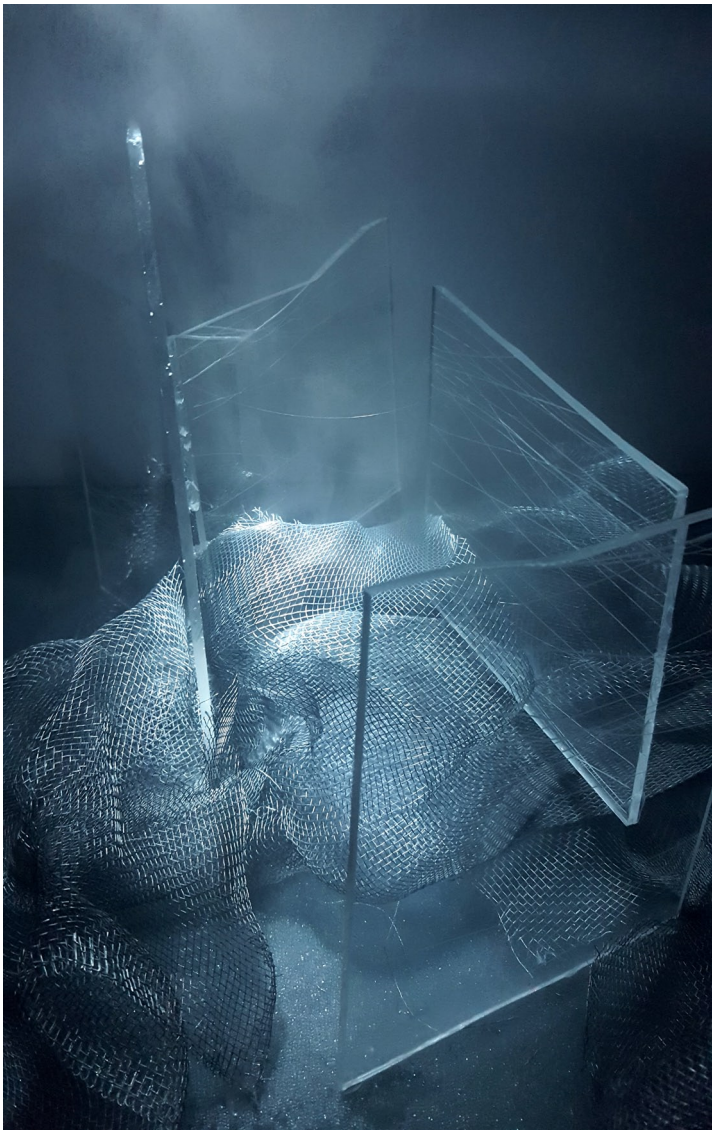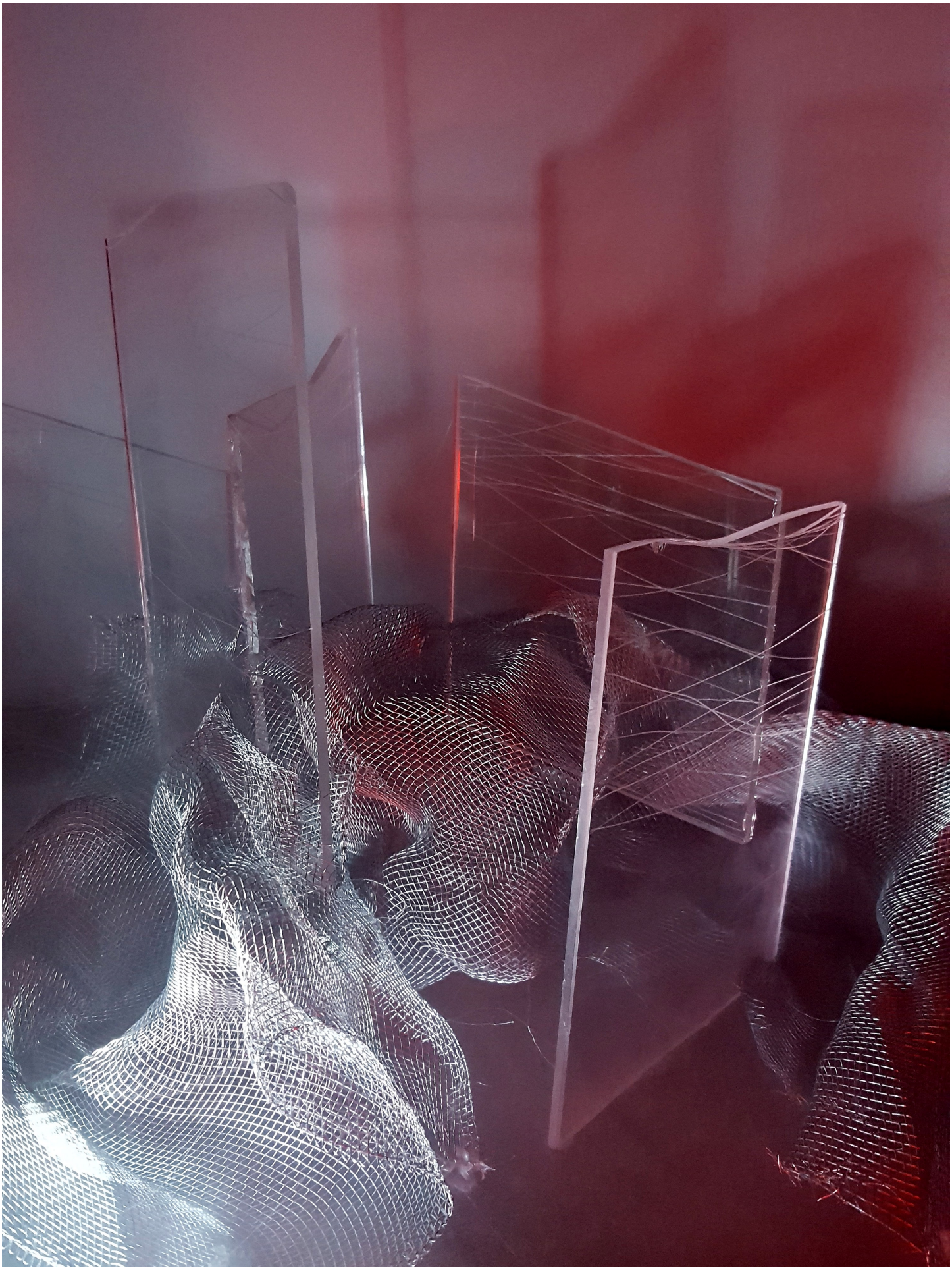In / out
In - between
In terlude
In tervene