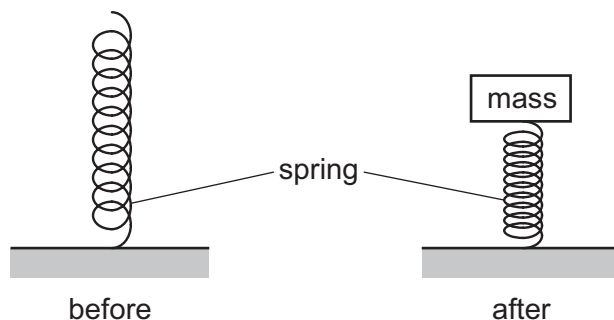


**16** A spring is compressed by a mass, as shown.



Which statement describes the changes to the energy of the spring when it is compressed by the mass?

- A** The spring gains both gravitational potential energy and elastic potential energy.
- B** The spring gains gravitational potential energy and loses elastic potential energy.
- C** The spring loses both gravitational potential energy and elastic potential energy.
- D** The spring loses gravitational potential energy and gains elastic potential energy.