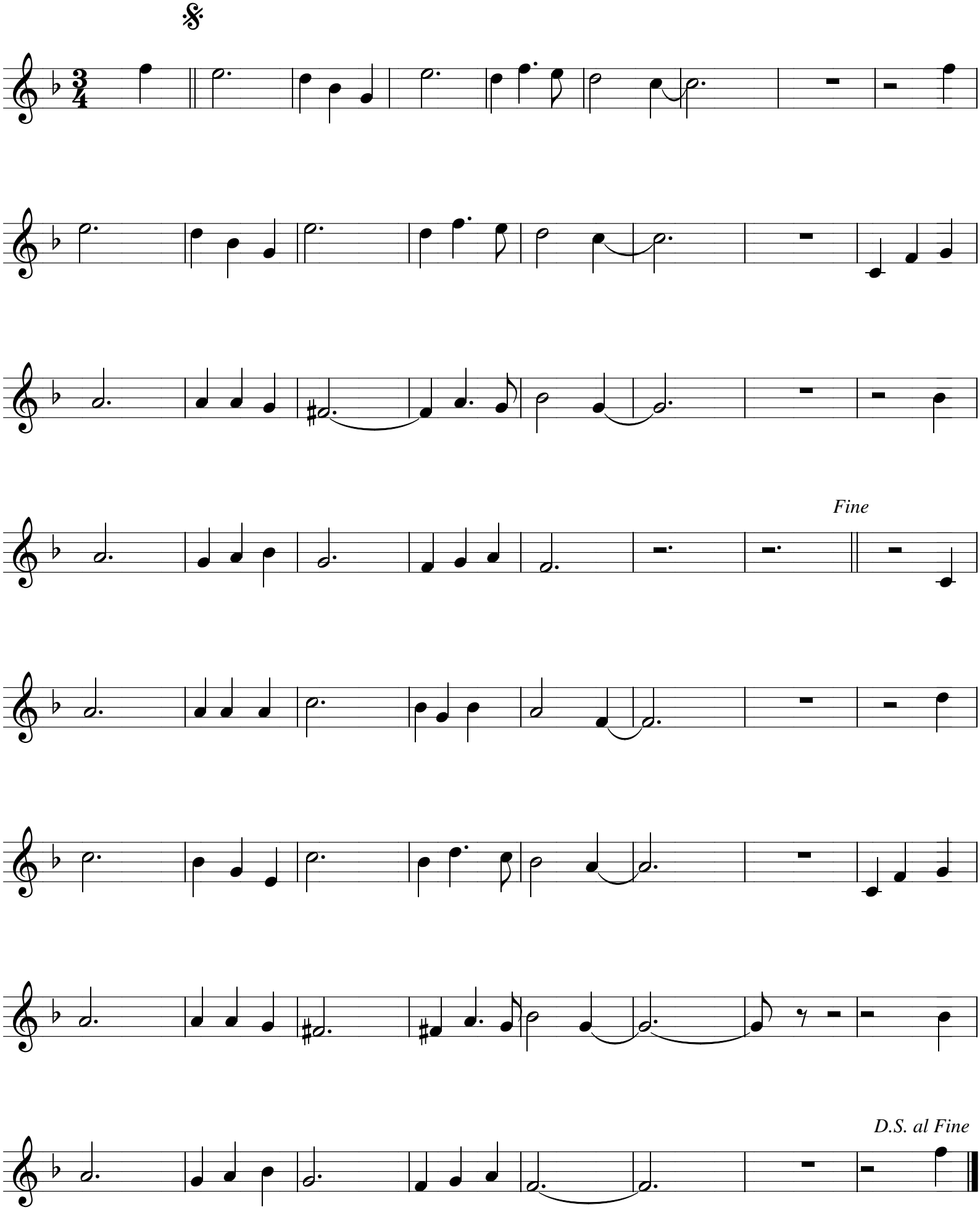De nach is nog zoe laank