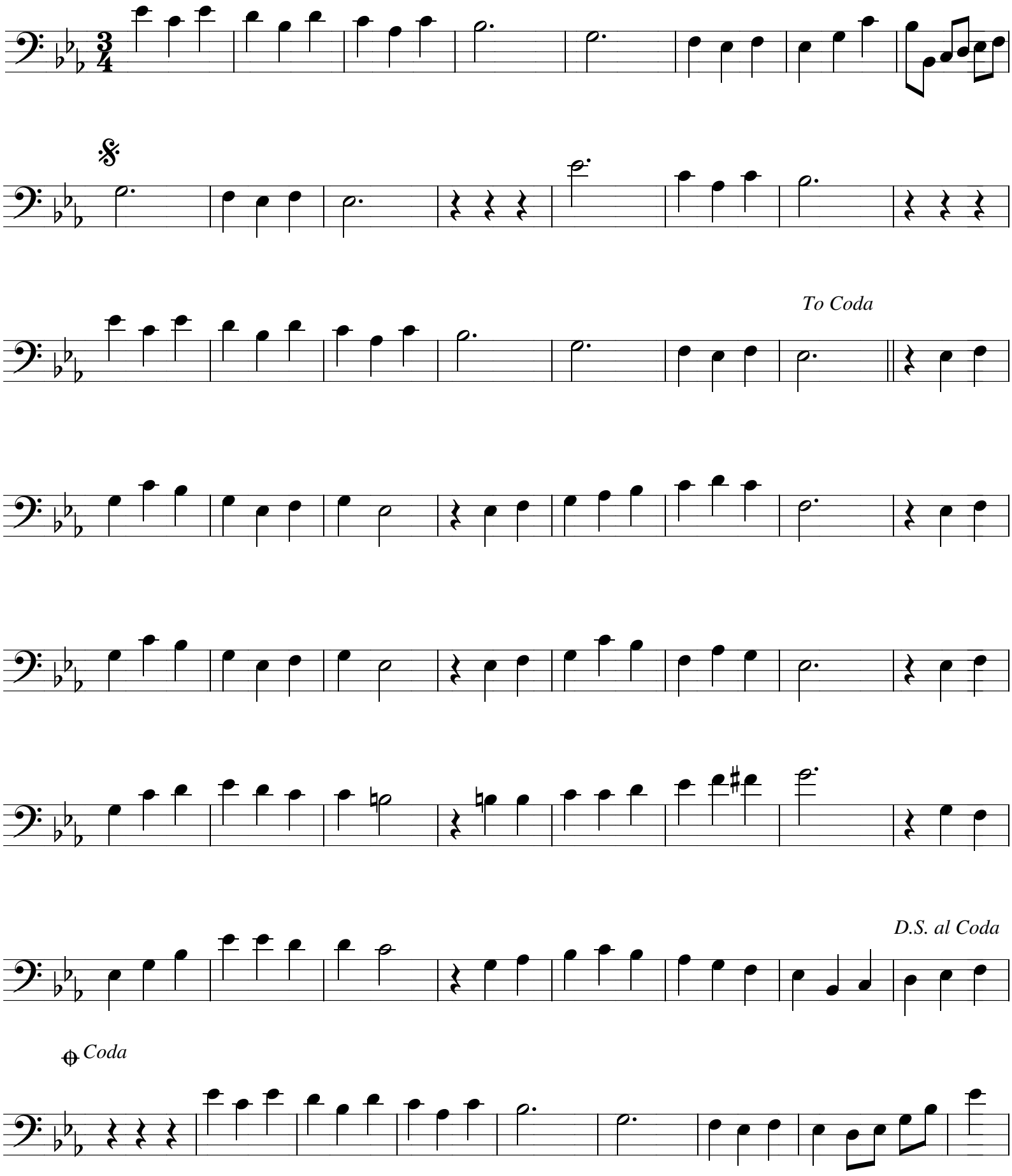Iech bin zoe verleef