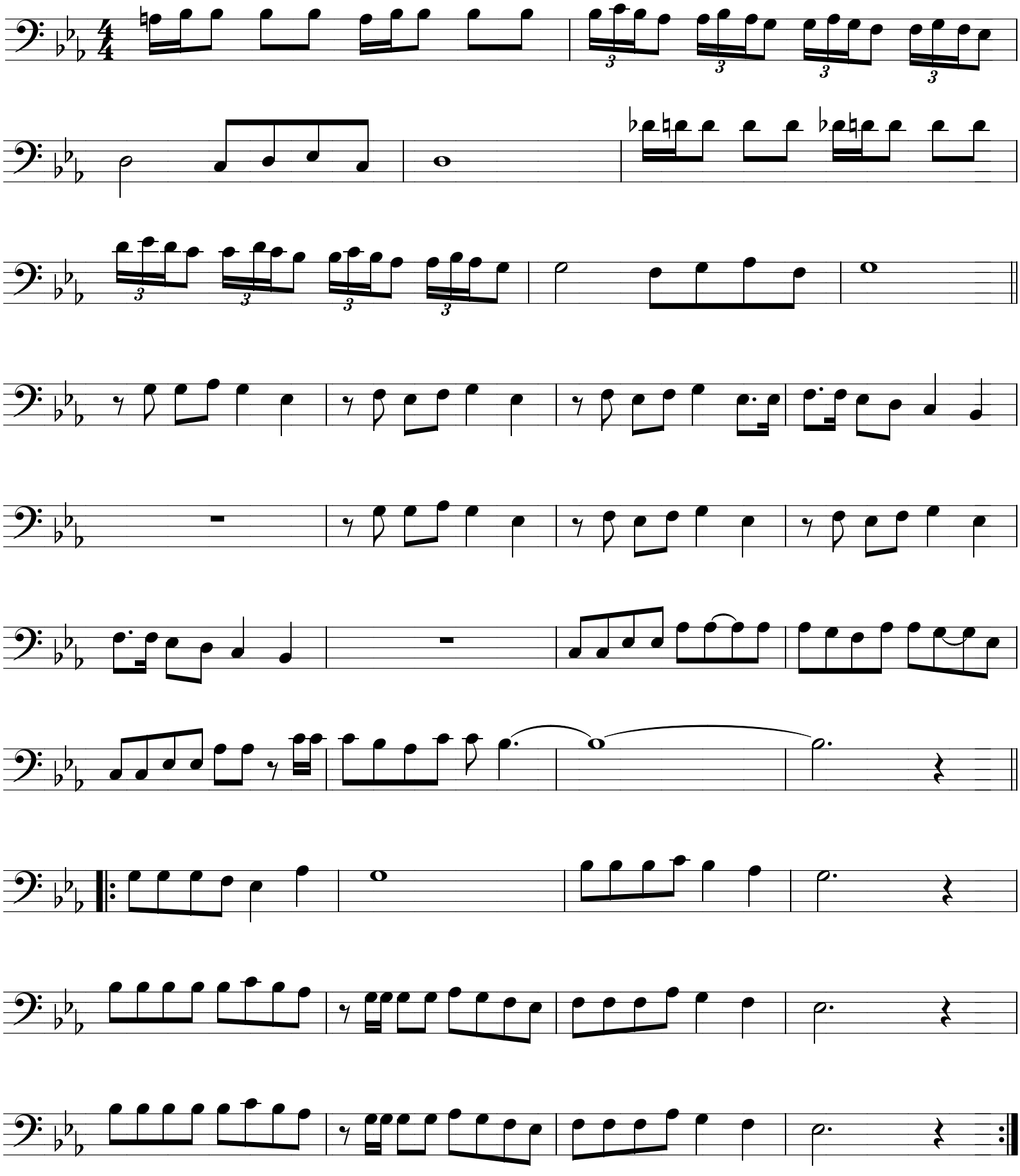Ach wat is 't leve sjoen