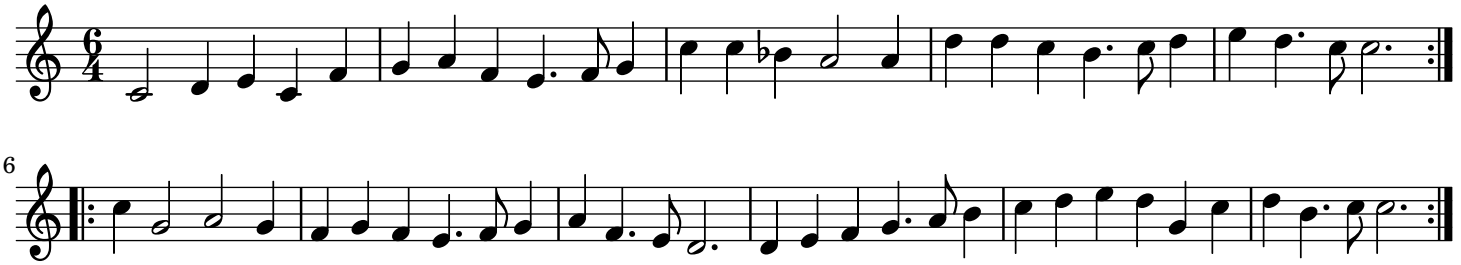Een man is myn vermaak