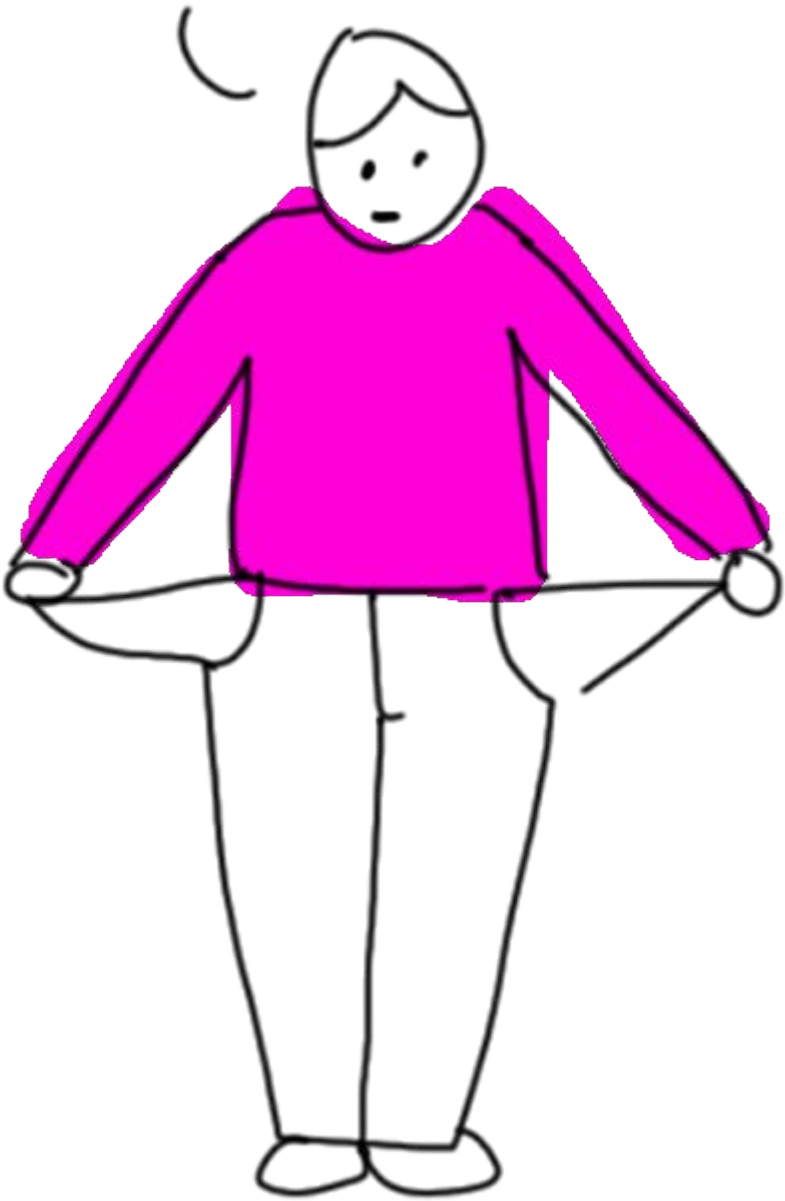het is op