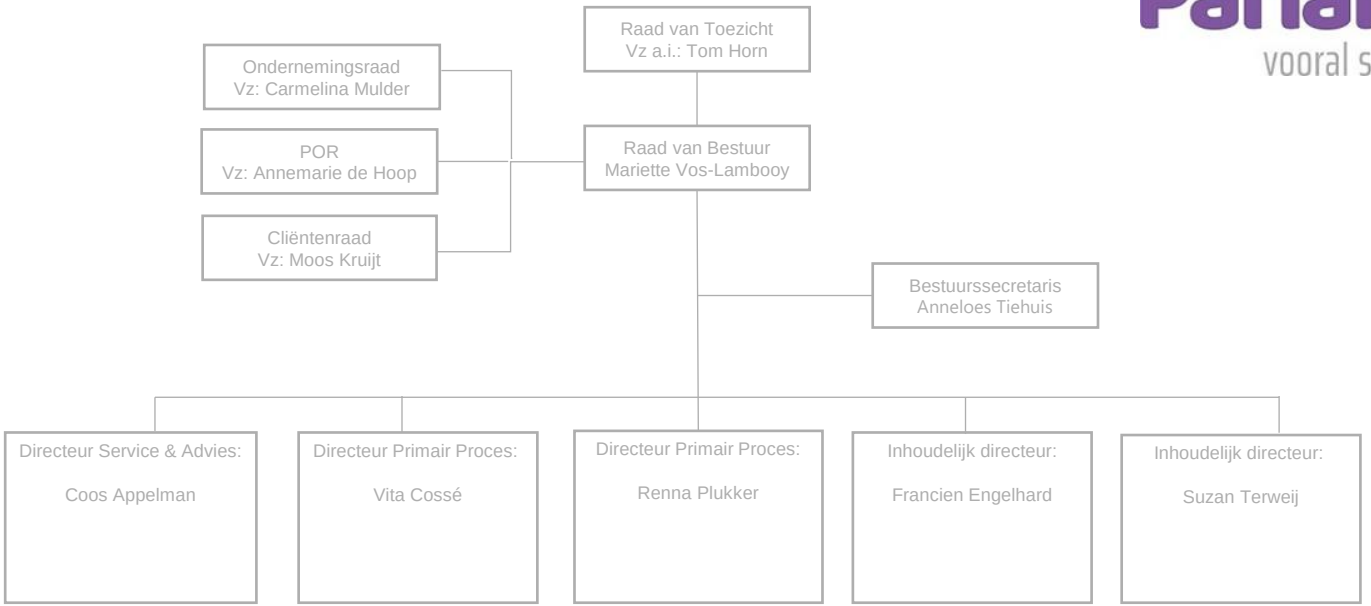Parlan
vooral samen