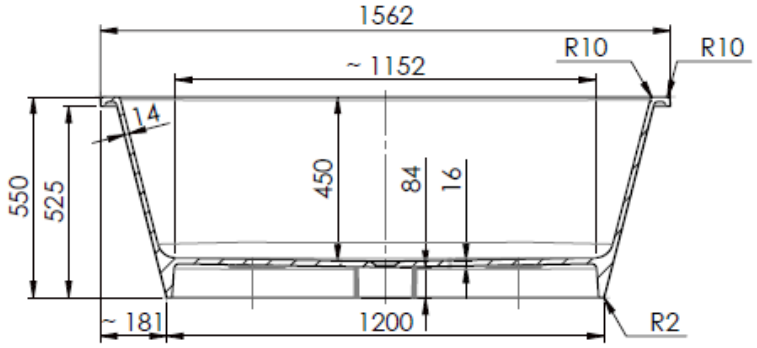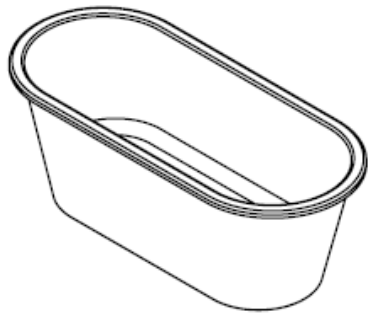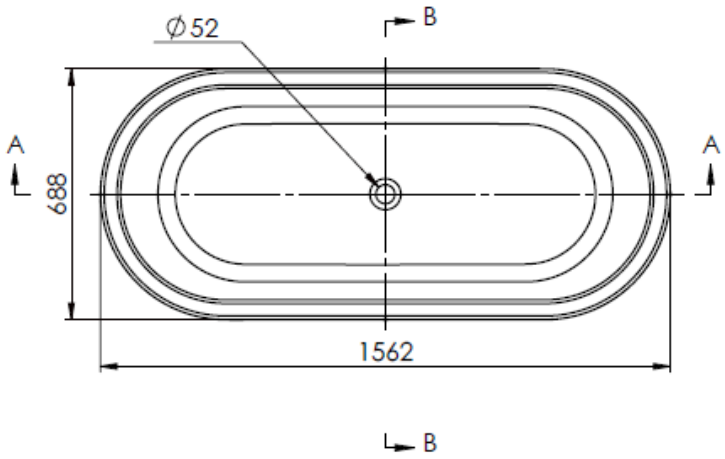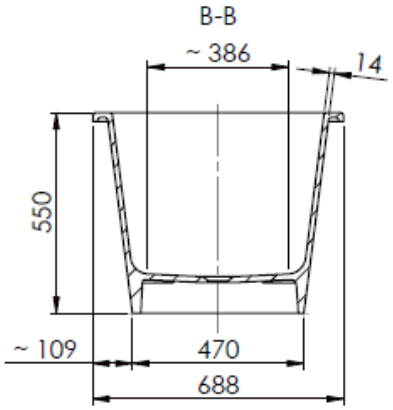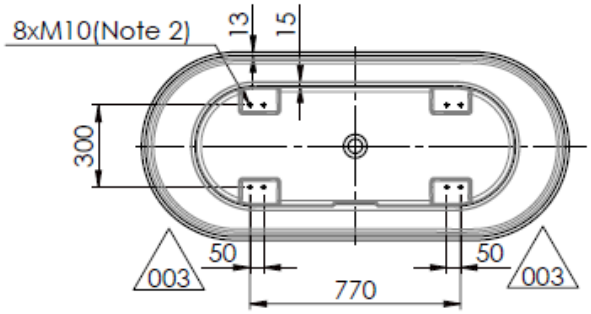JACK (zonder overloop / sans trop-plein)