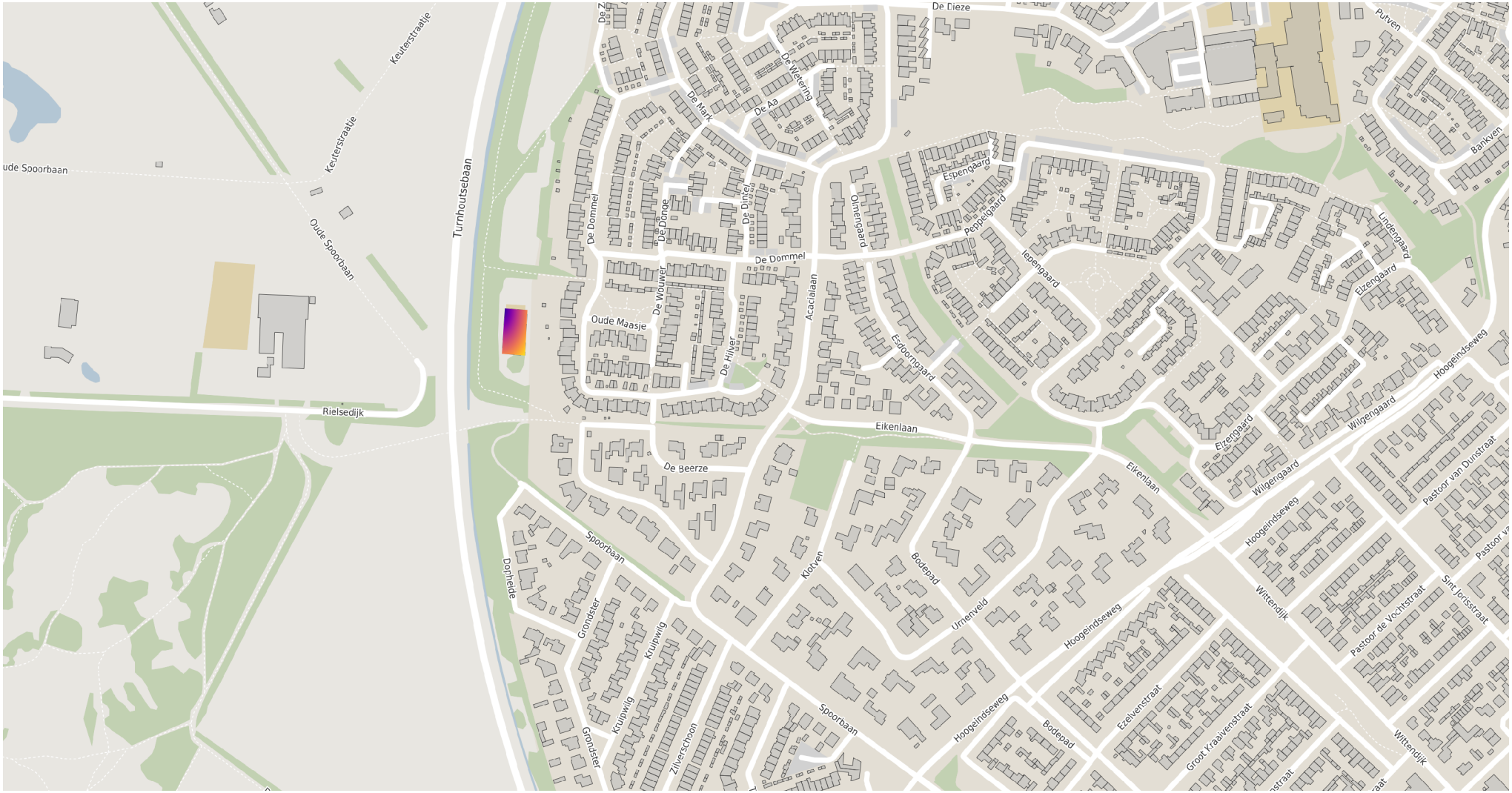Wijk 09 De Hellen