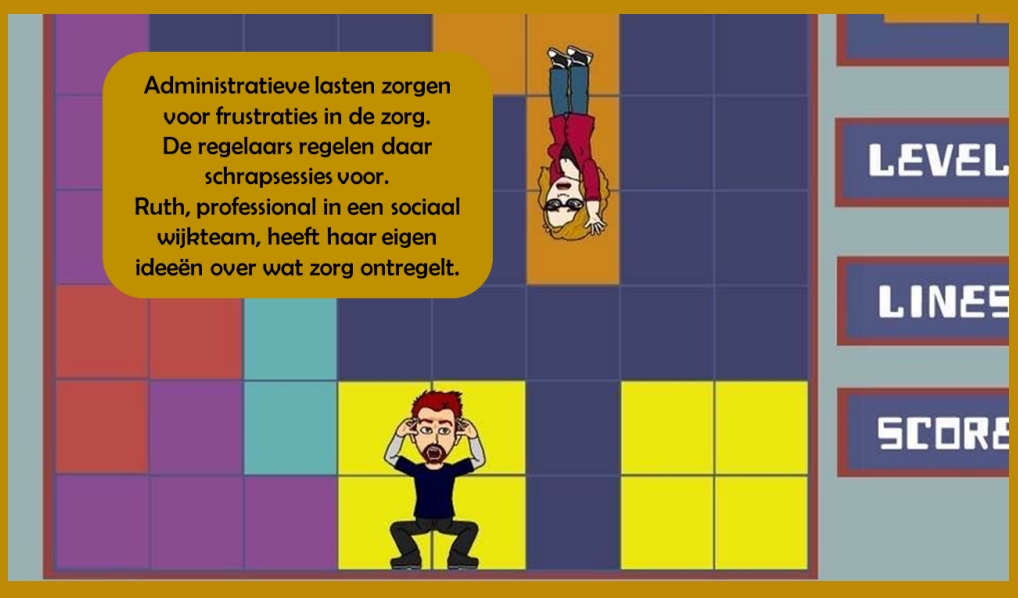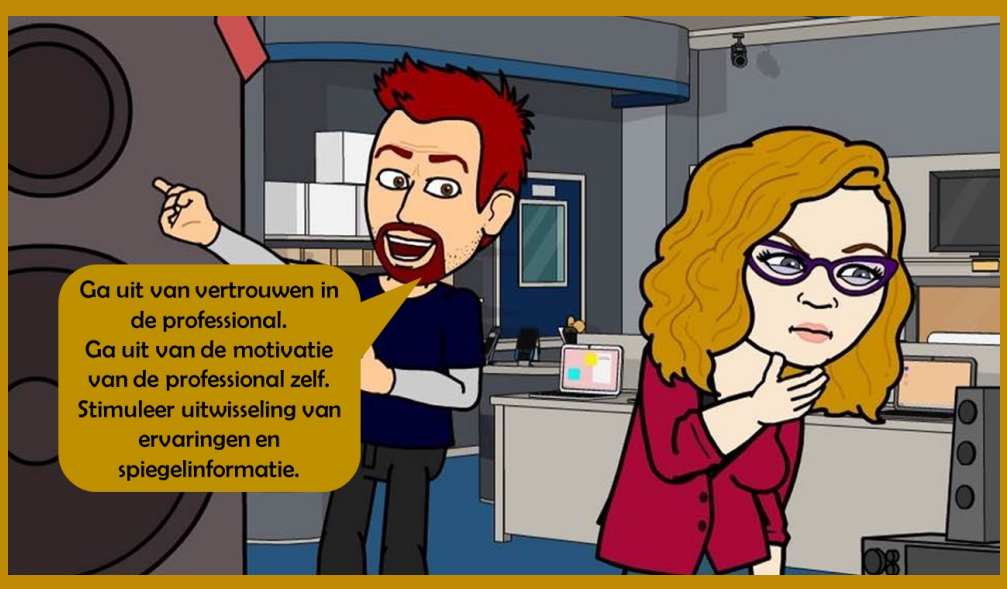Ruth ontregelt de zorg — Het roer moet om