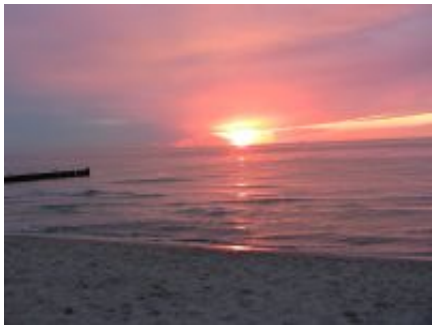Meer und Strand