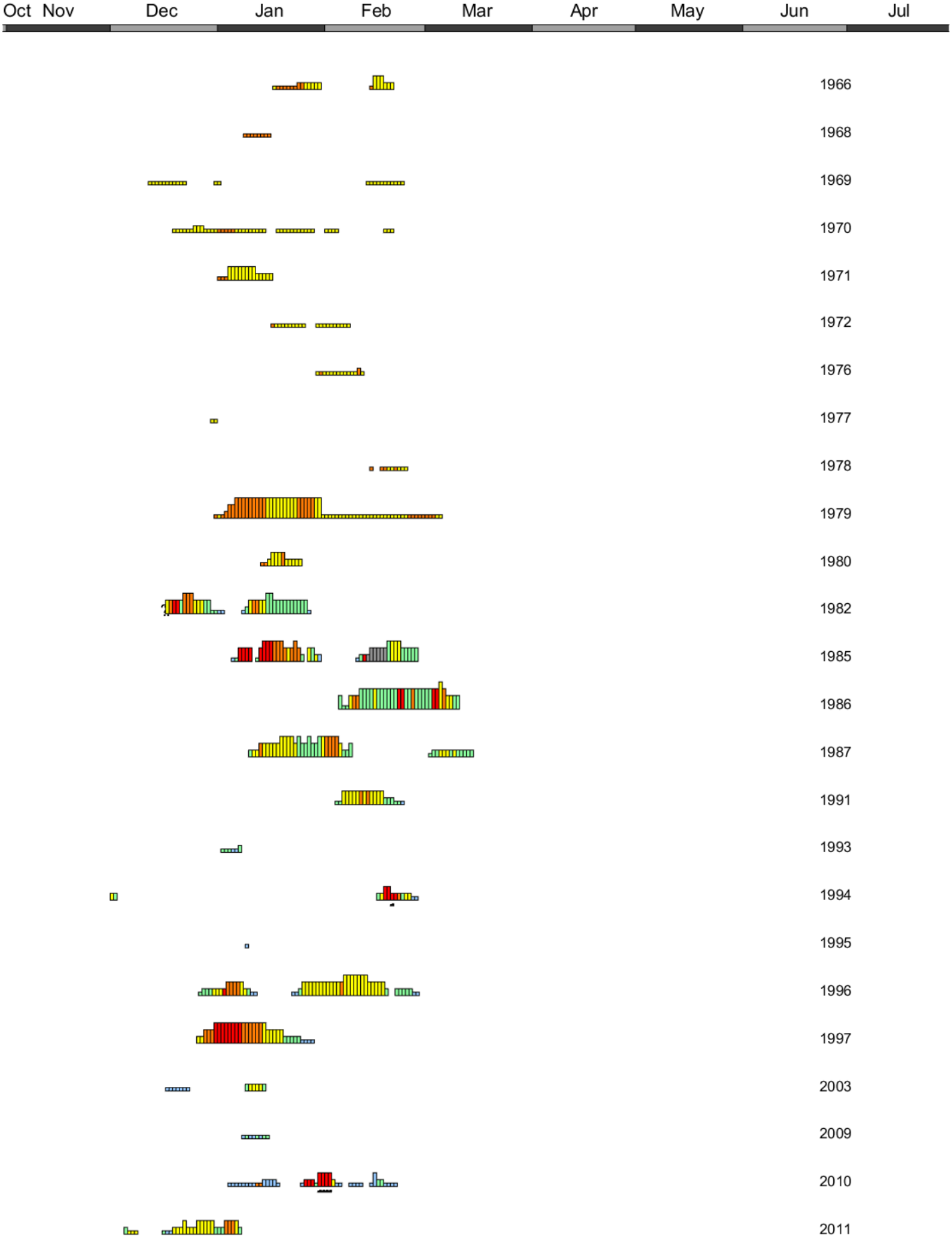Emden, Ems und Aussenhafen