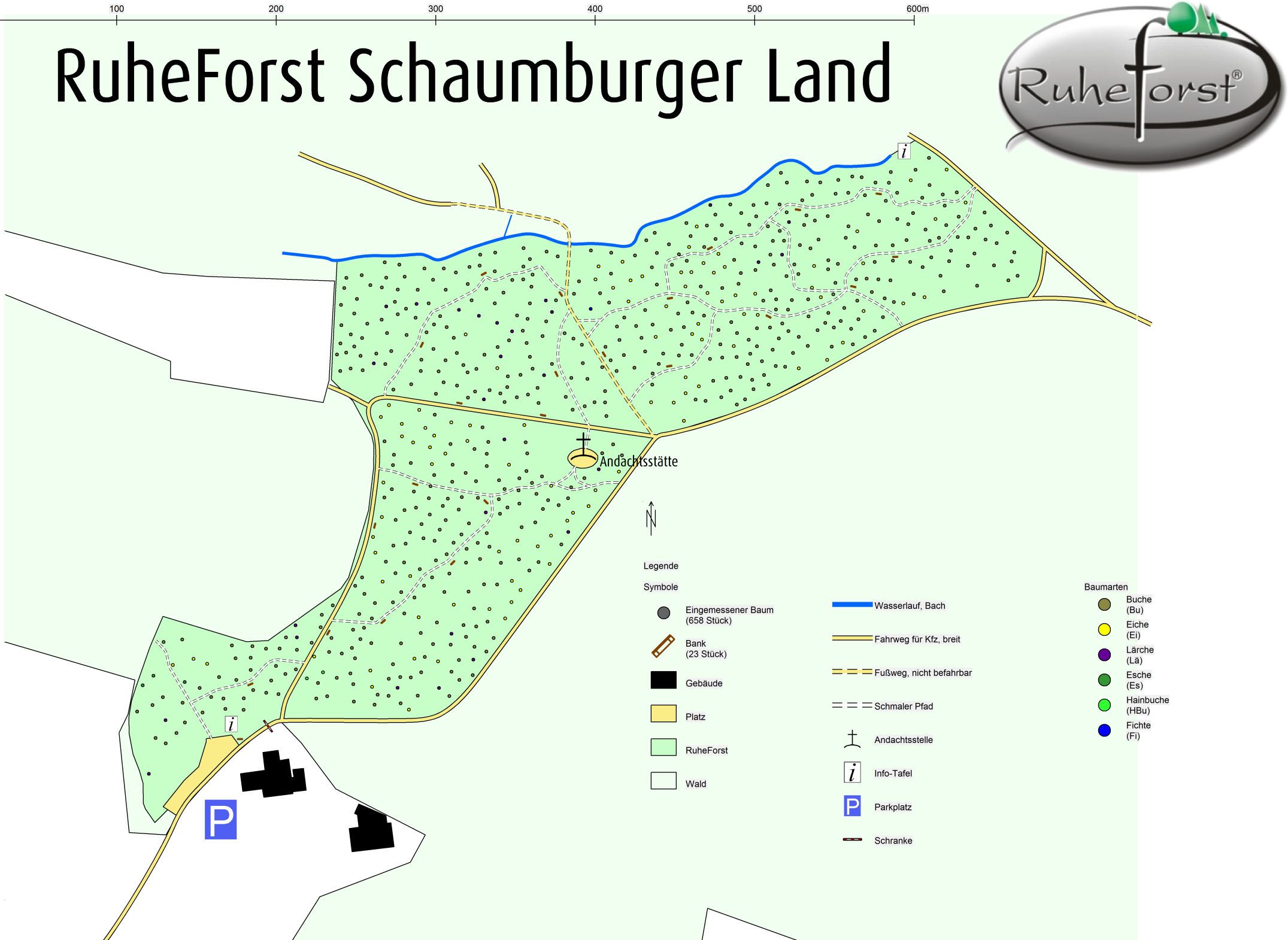RuheForst Schaumburger Land