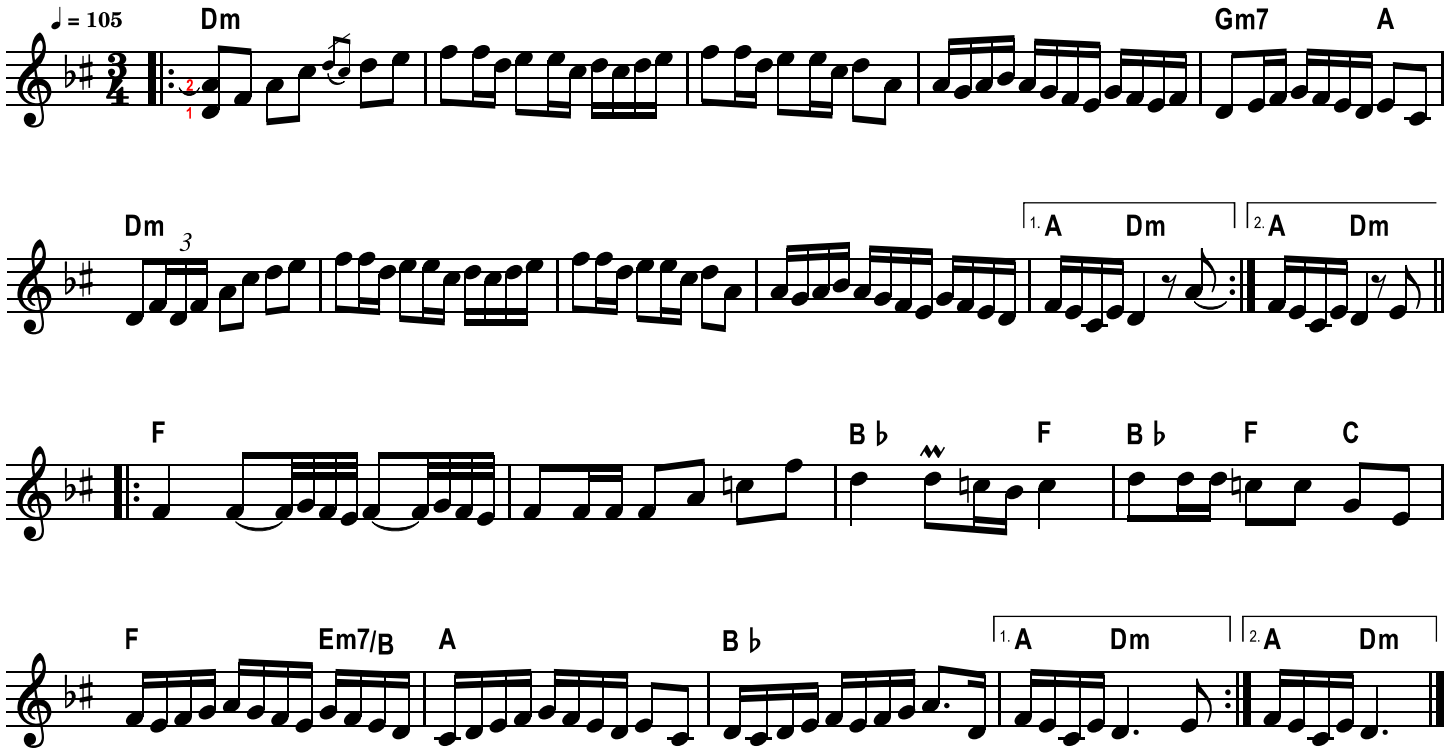Appelqvists polska