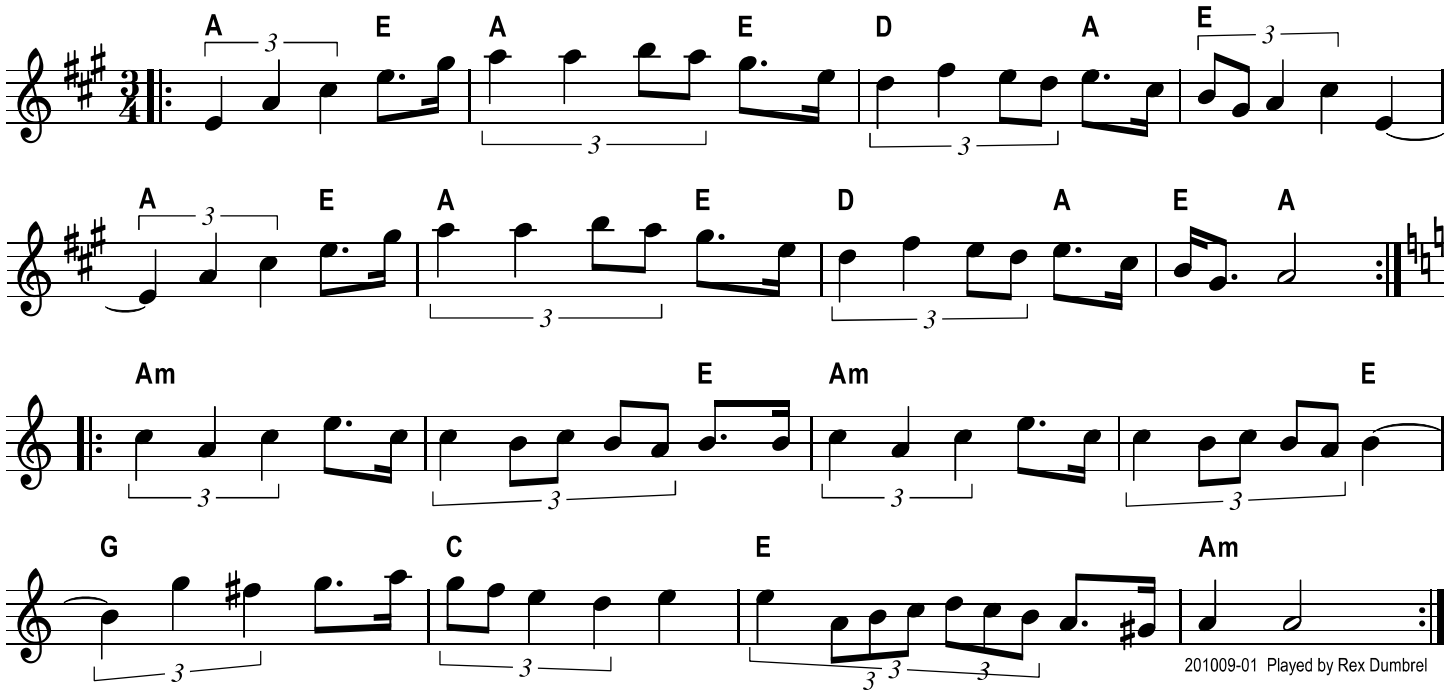Jön Lars Fars Bodapolska