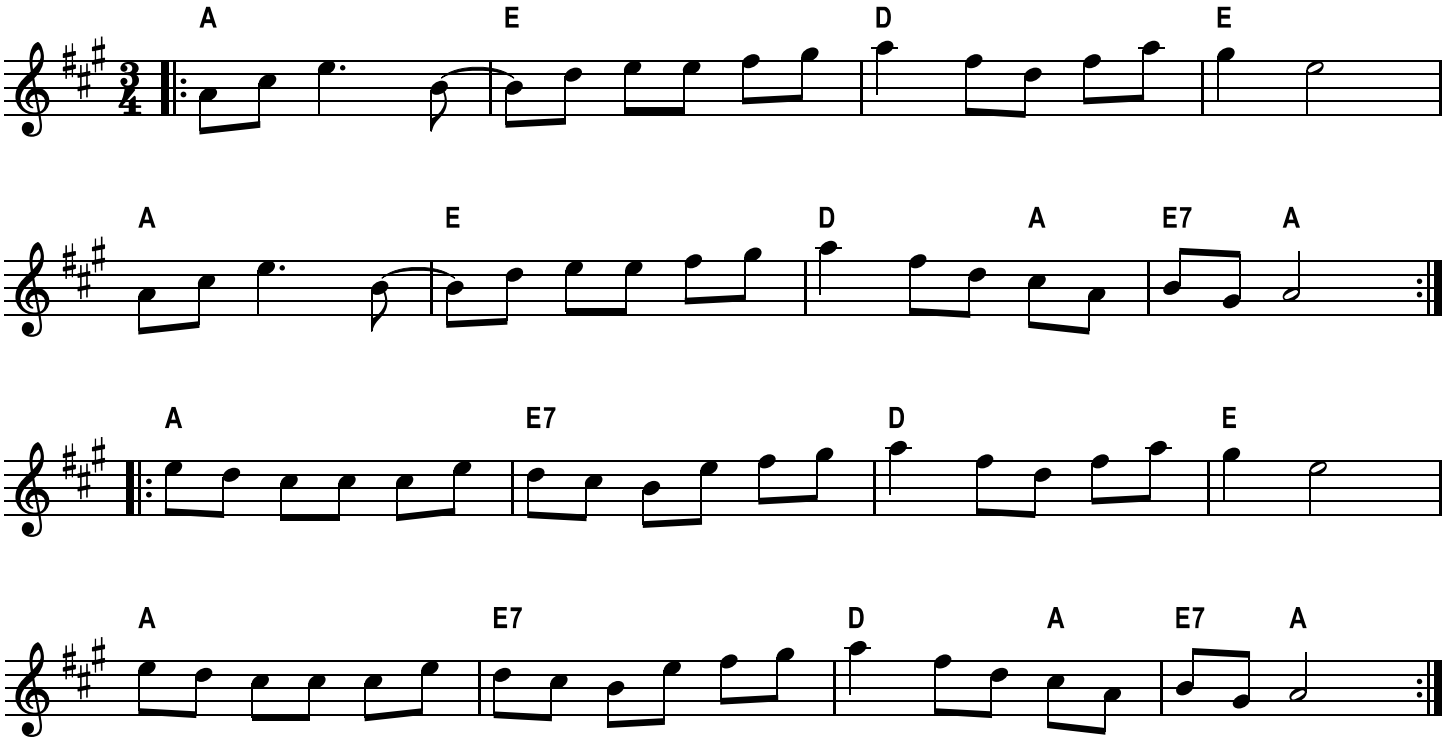Polska efter Lars i Kontere