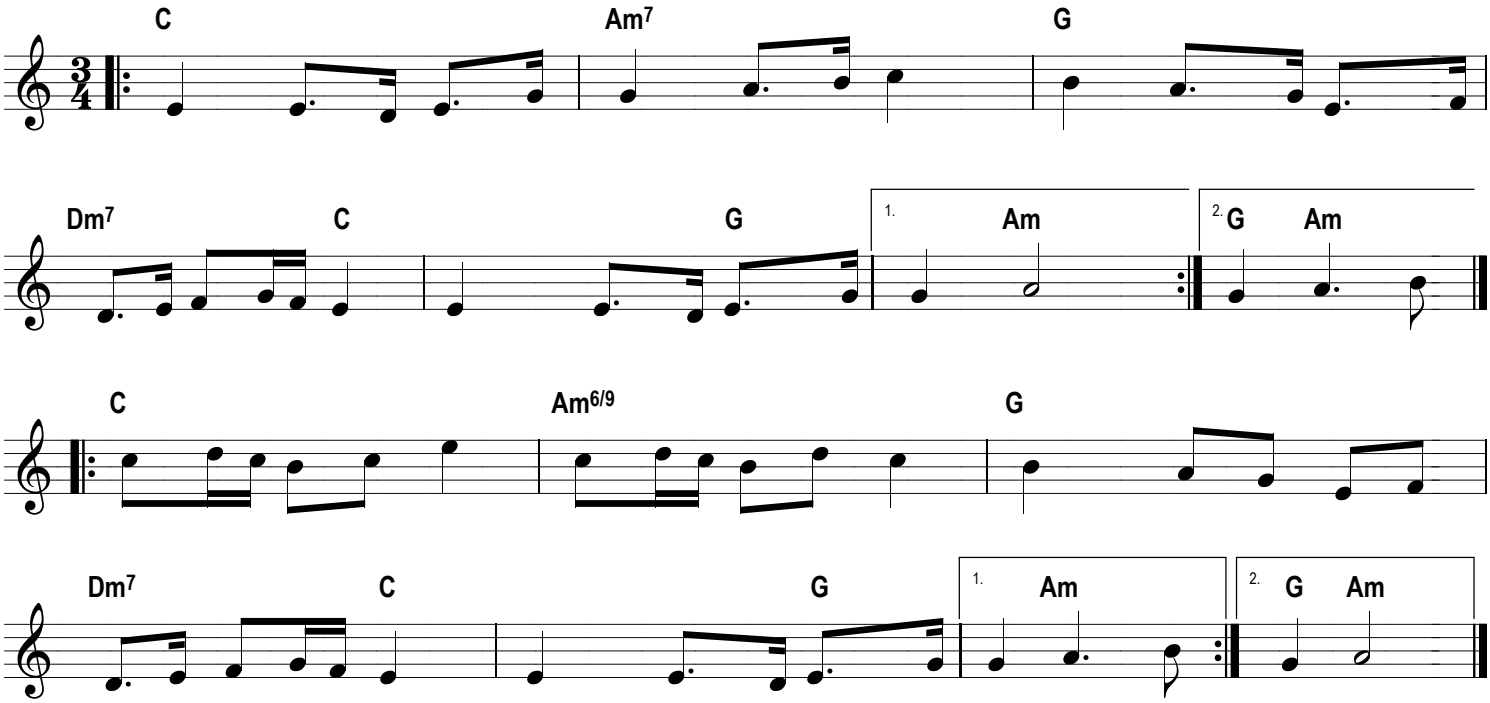Polska från Södermanland