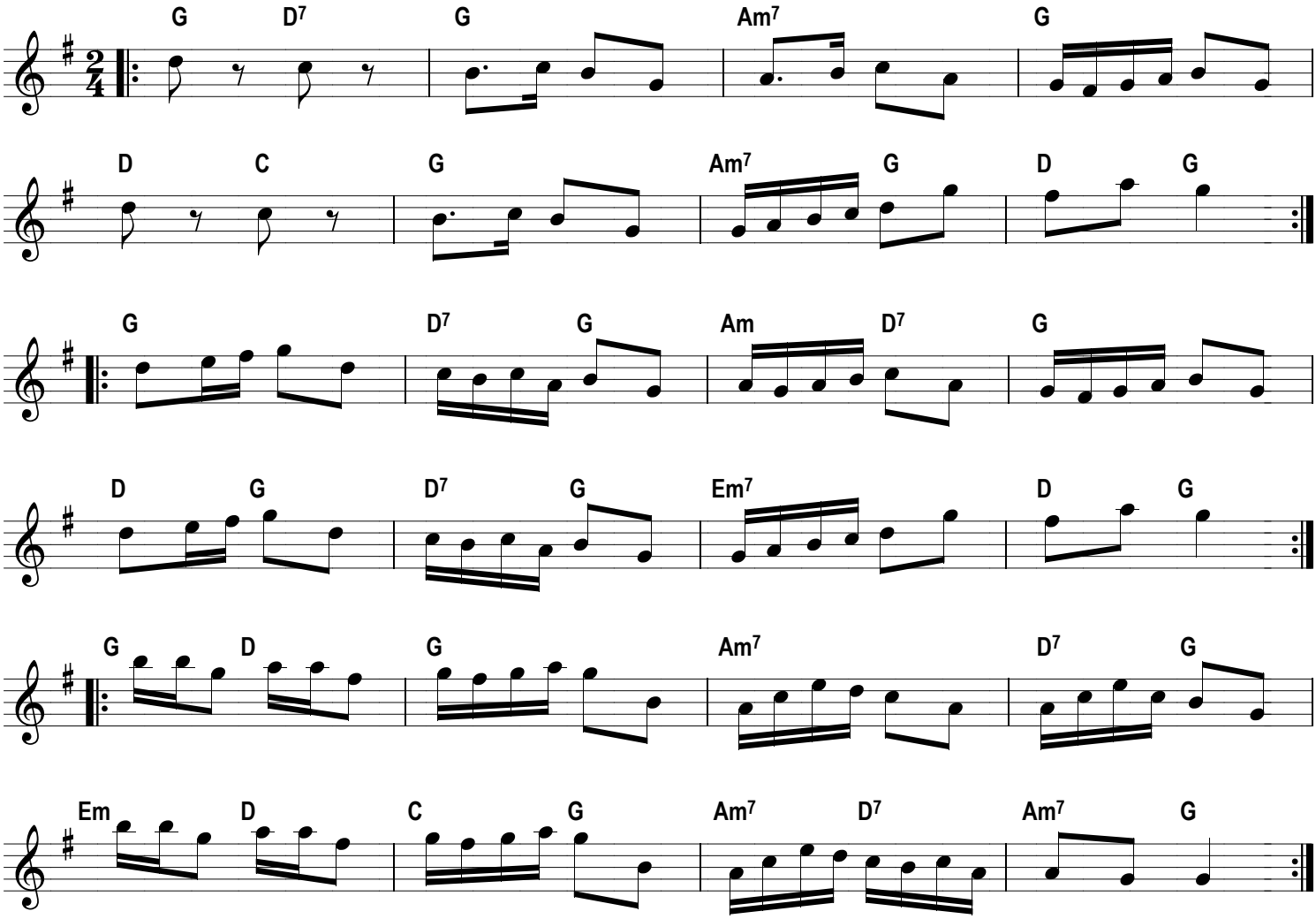Ryska polskan