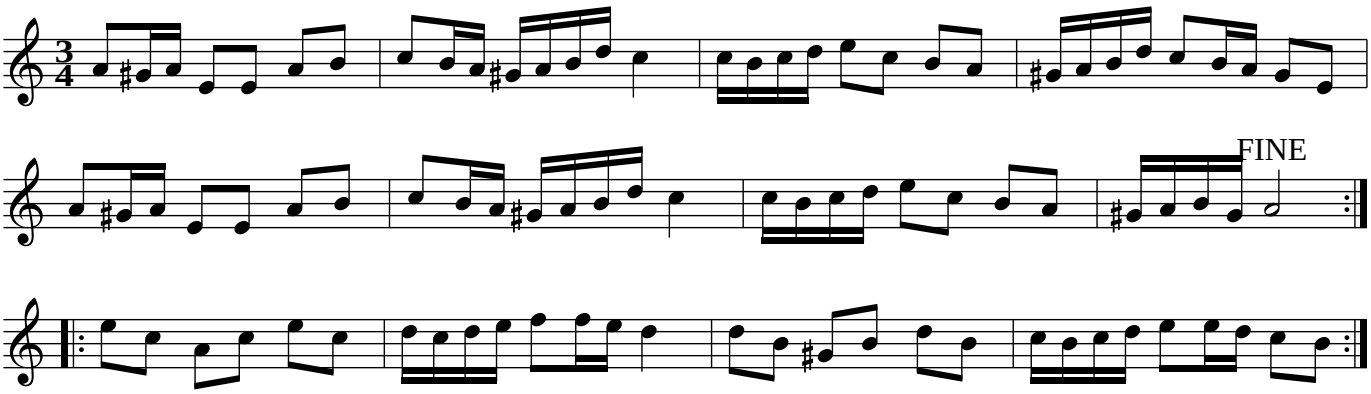Polska i Am