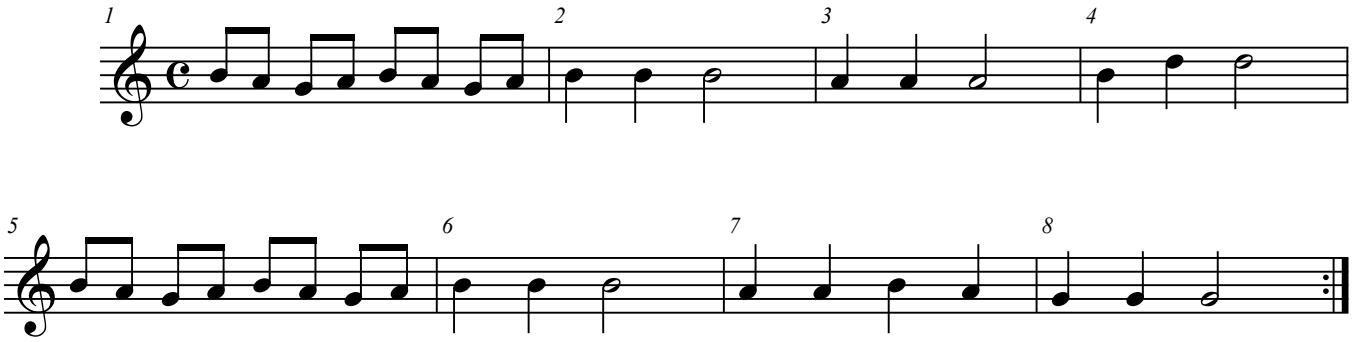Polka