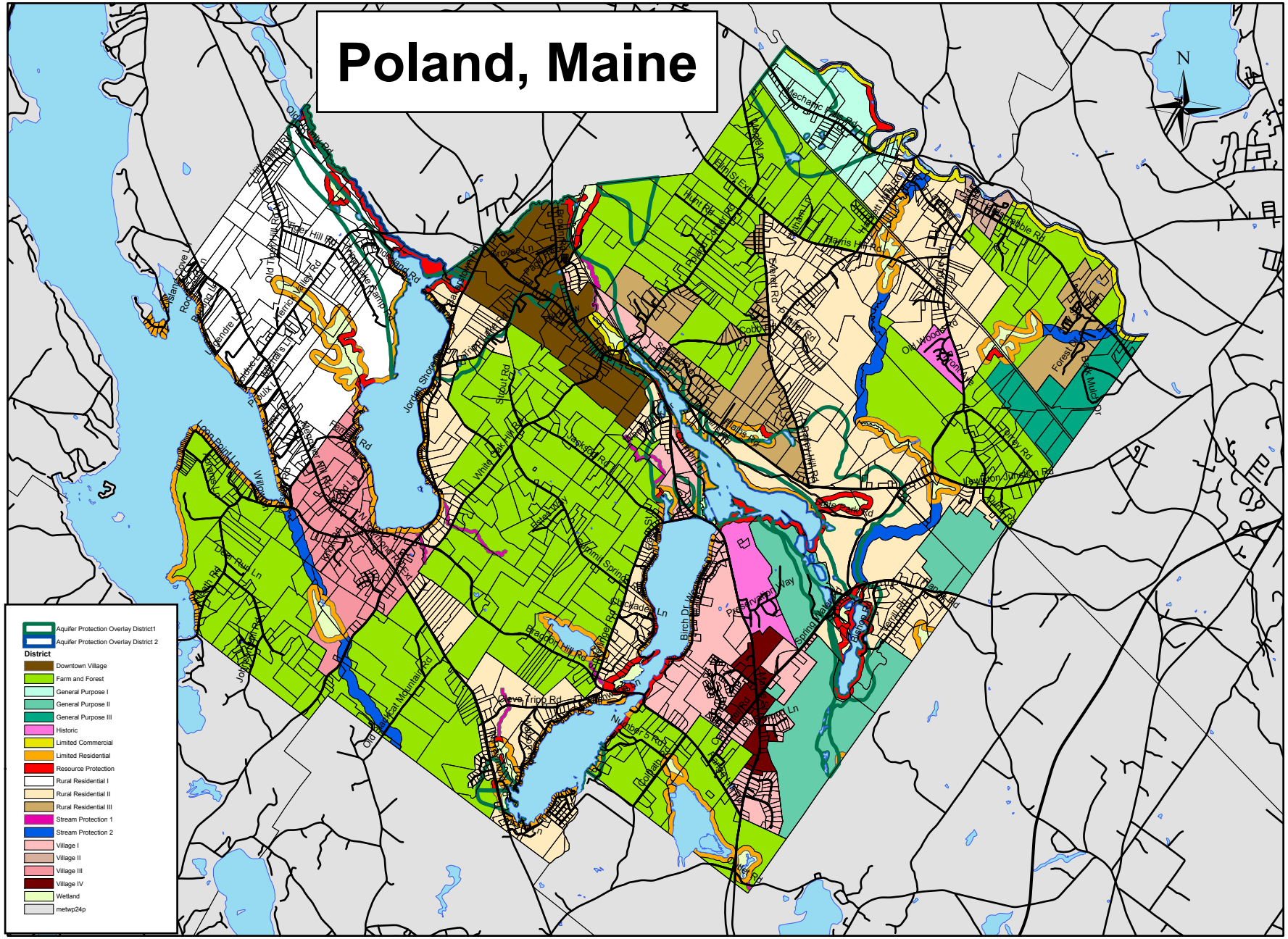Poland, Maine