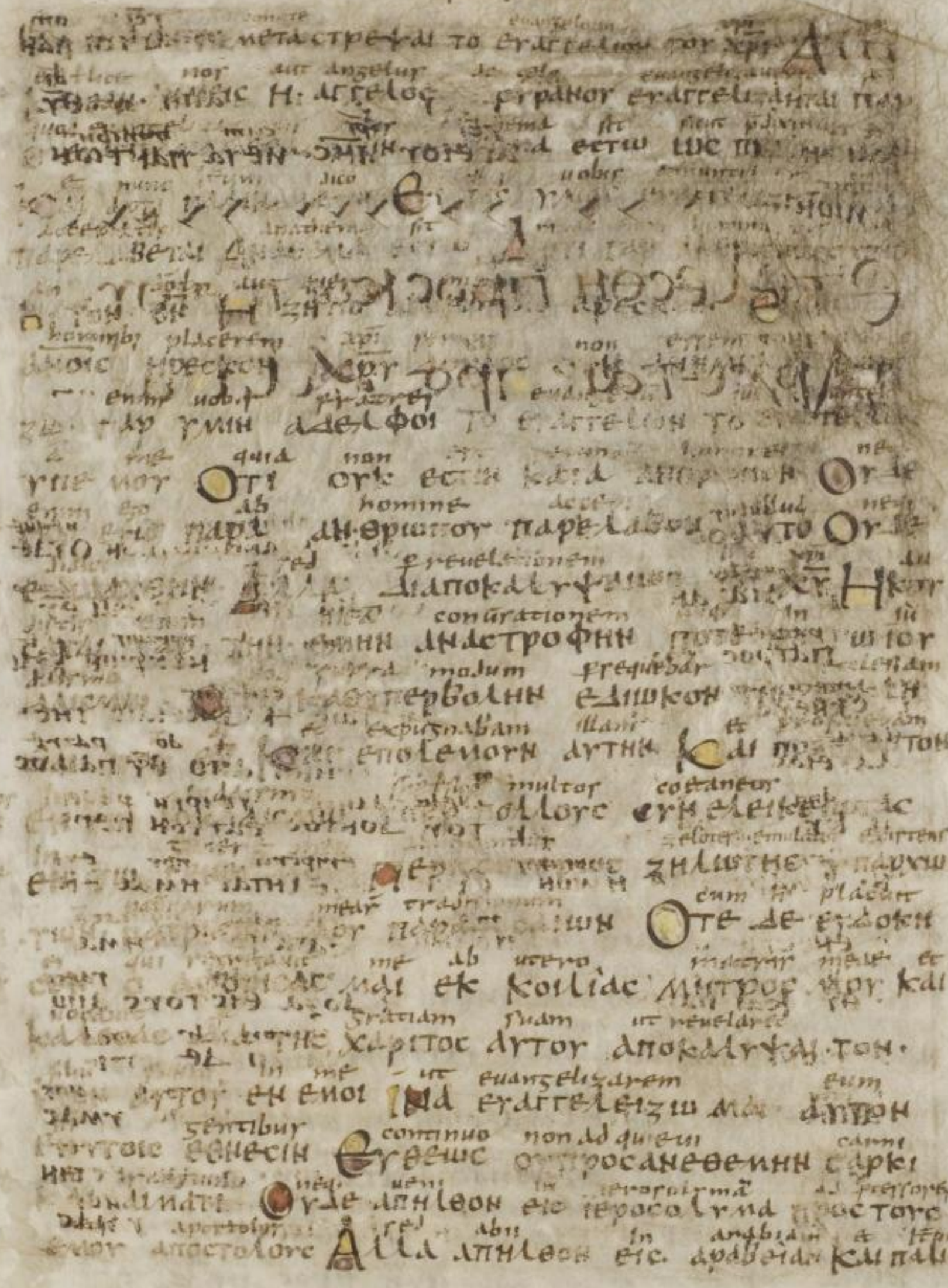προεφαδατε