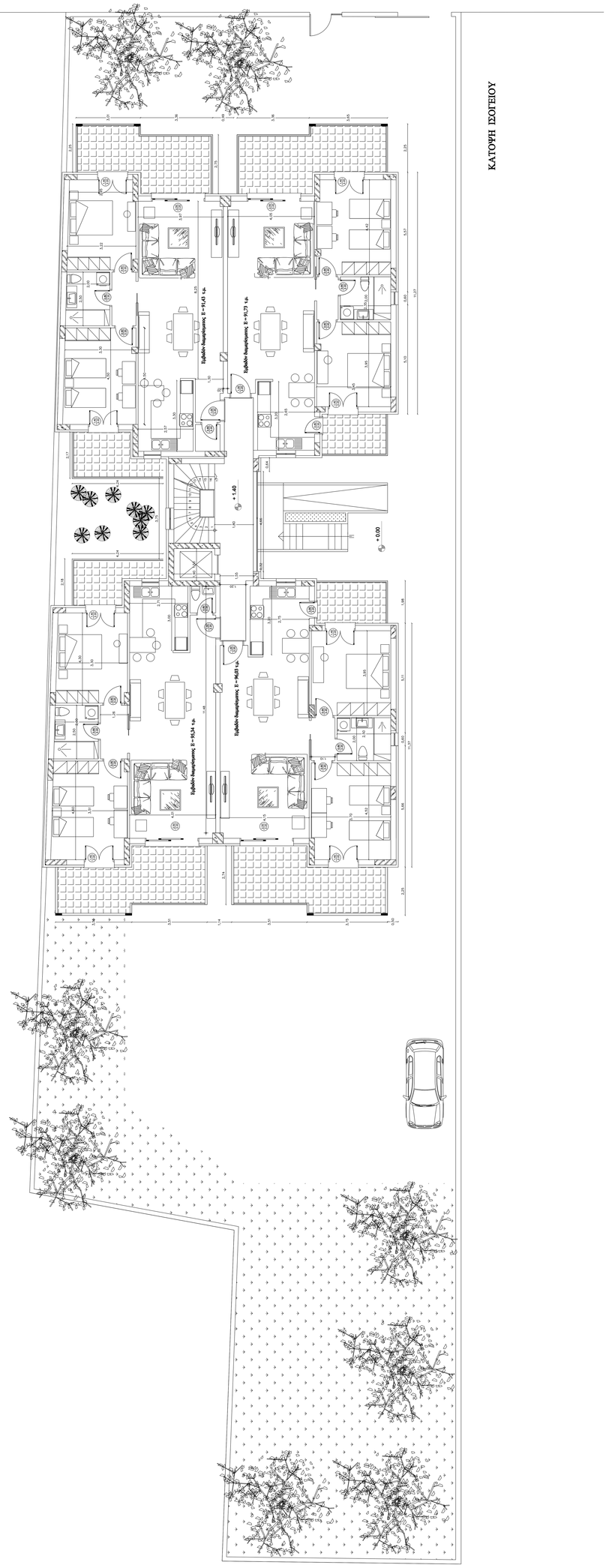ΑΗΜΟΤΙΚΟΣ ΑΡΟΜΟΣ