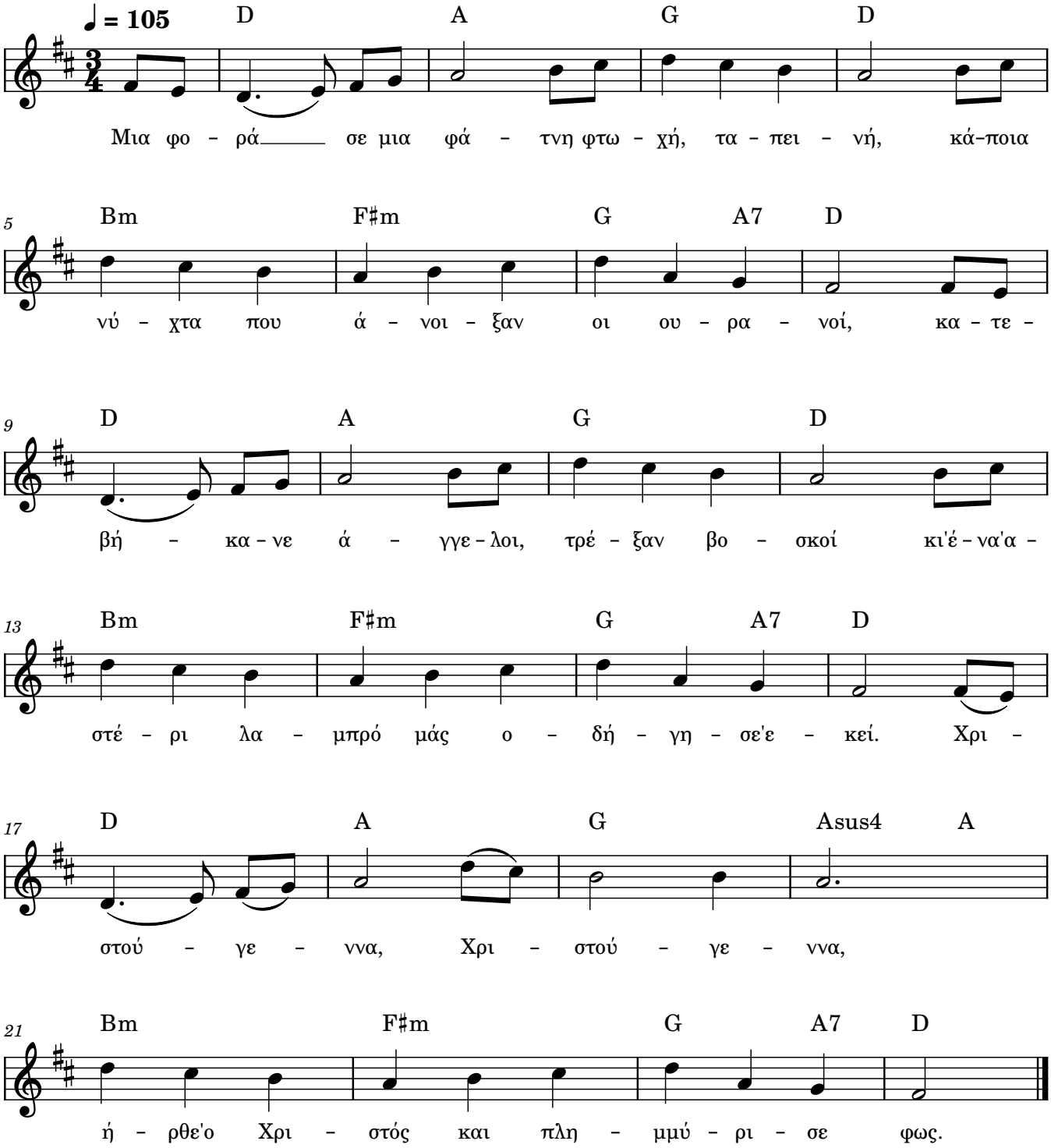Μια φορά σε μια φάτνη