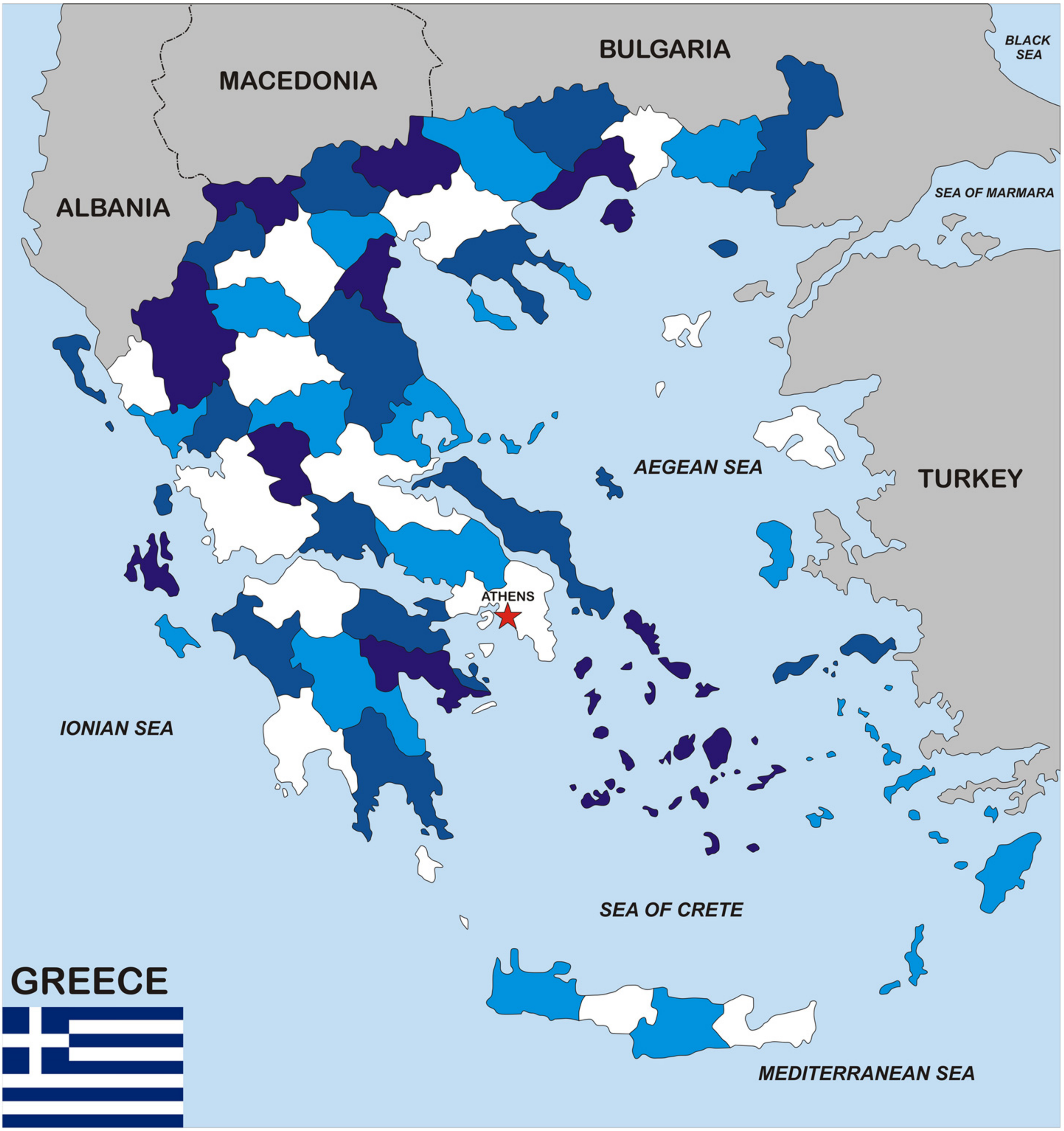Cava Spiliadis