Scrivi c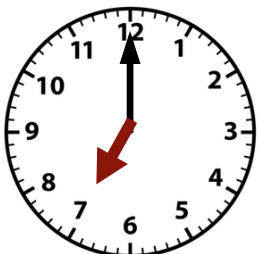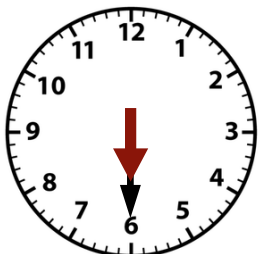he ore sono