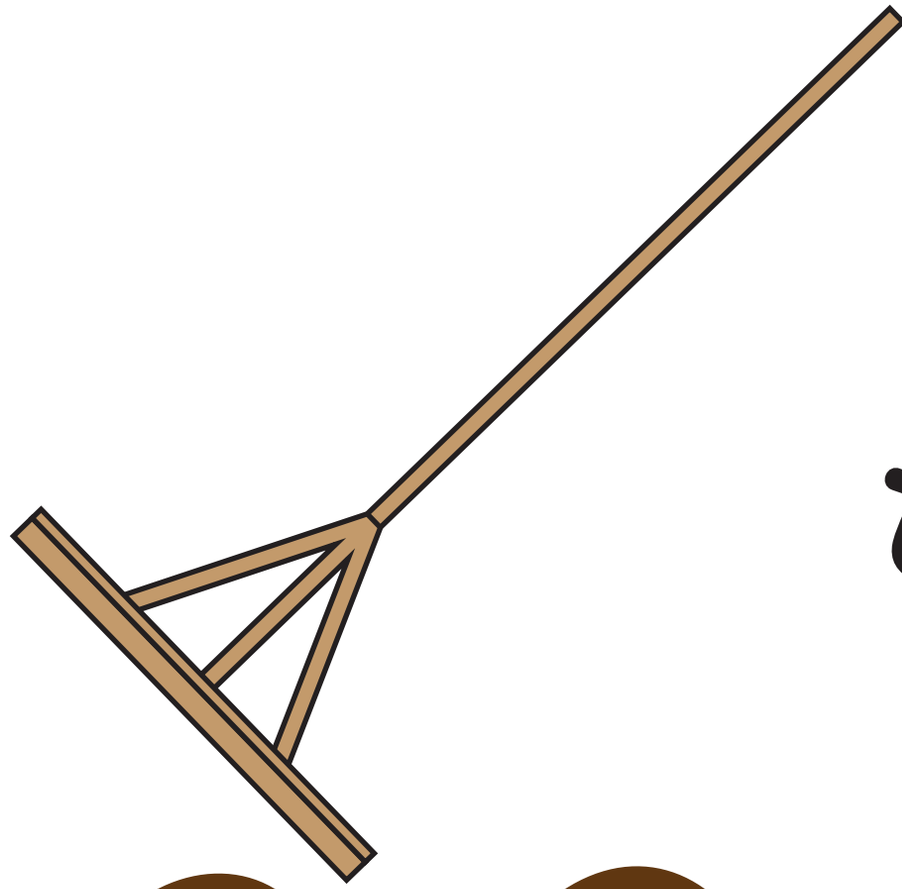
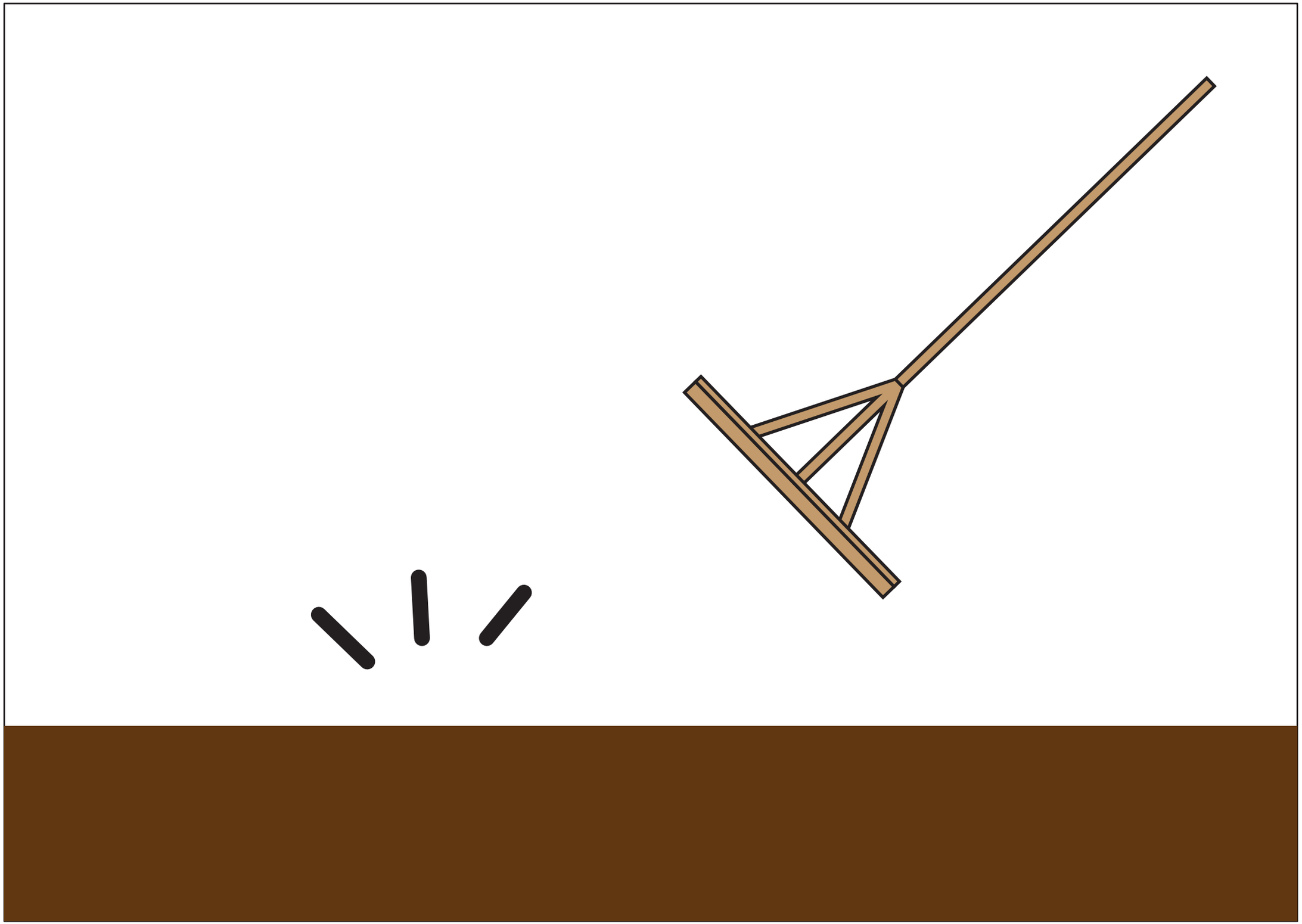
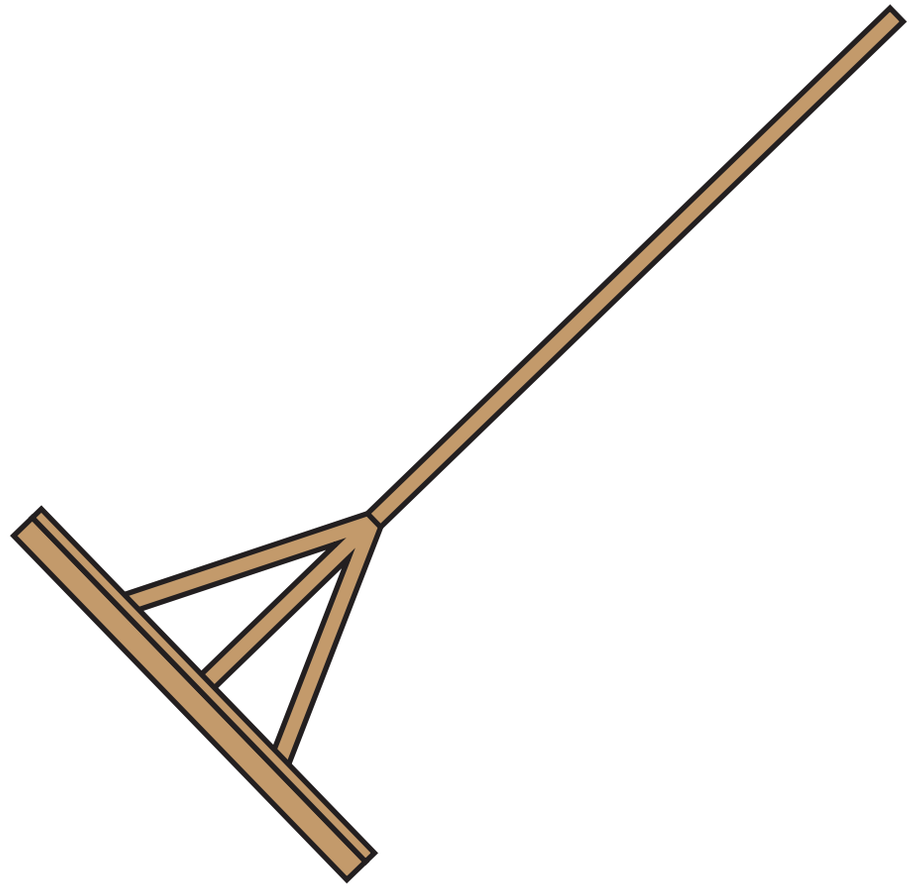
せっ



せっ



ならす