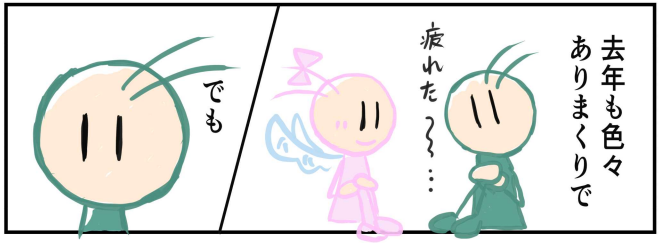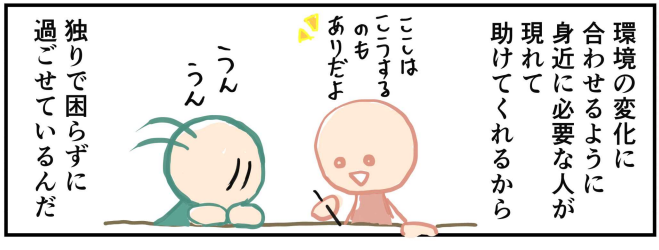いつでもどこでも明けまして　まりも