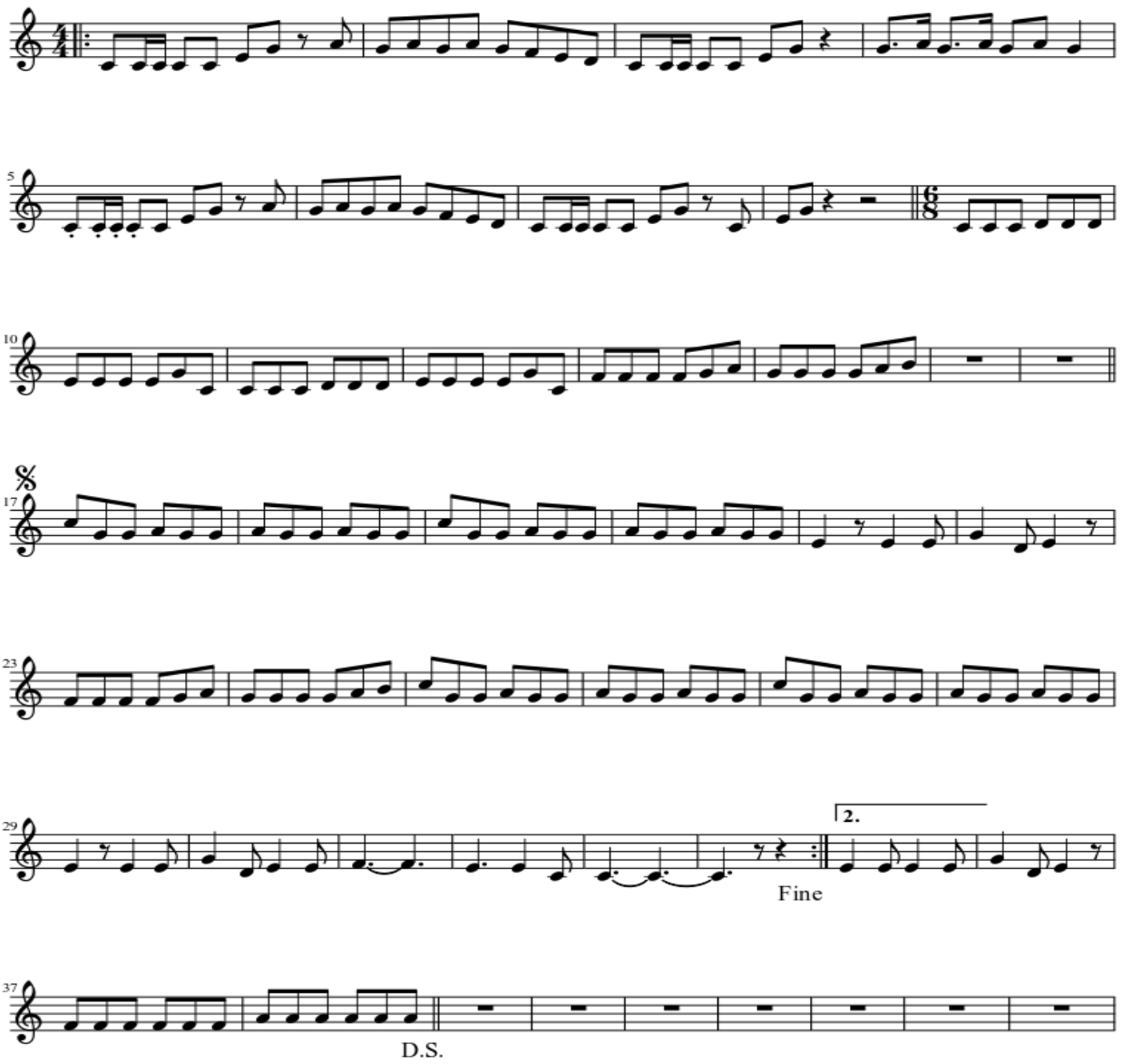ぐるり