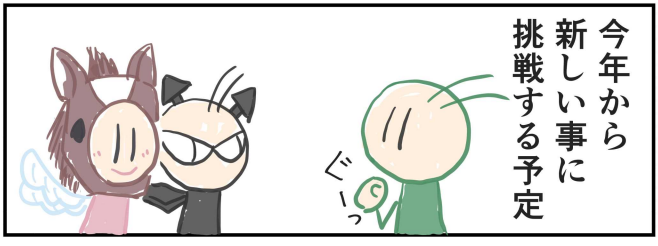明けまして元頑張れ　まりも