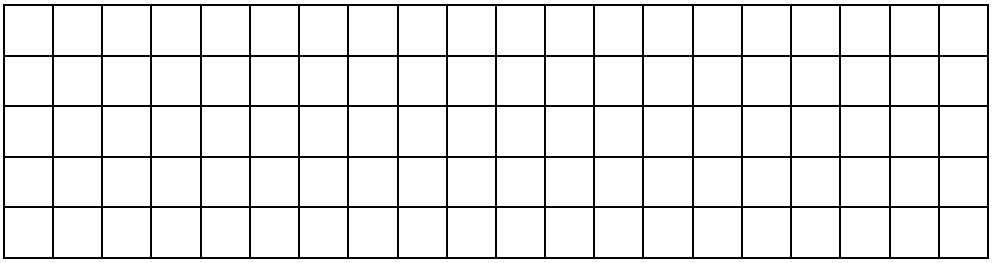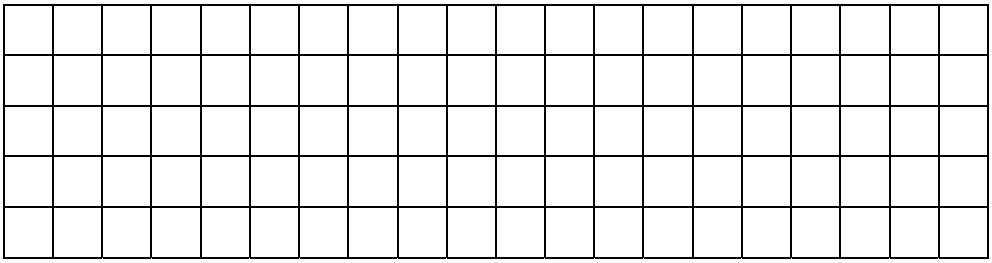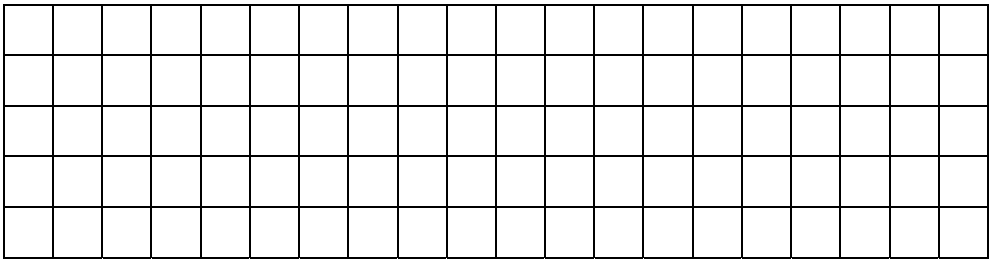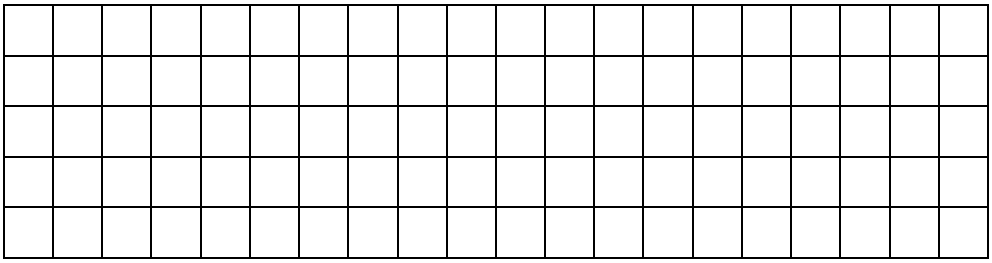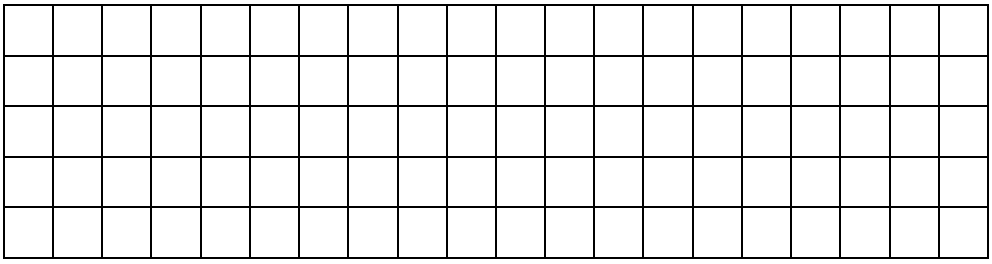【１００字対策】