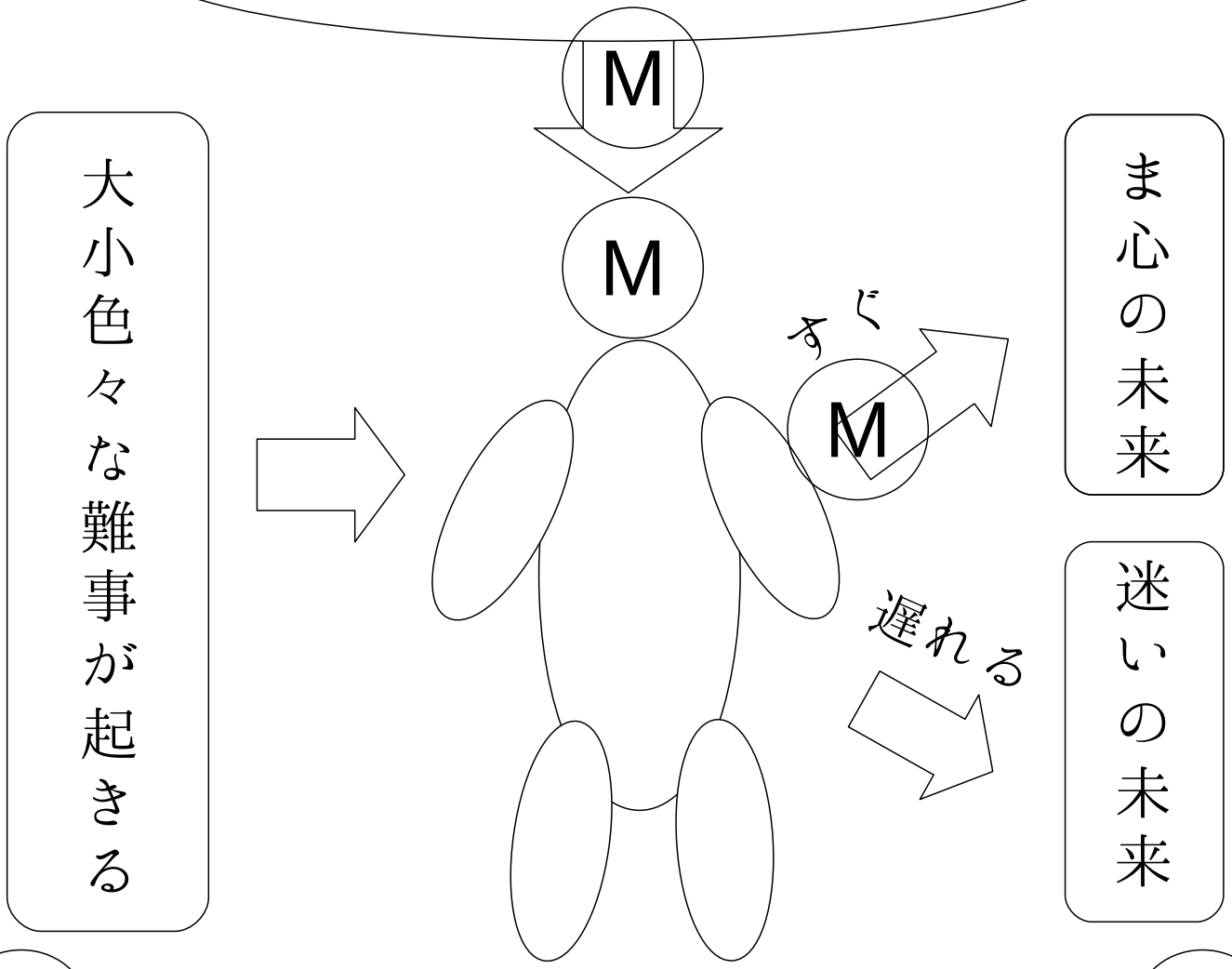ま心の瞬間