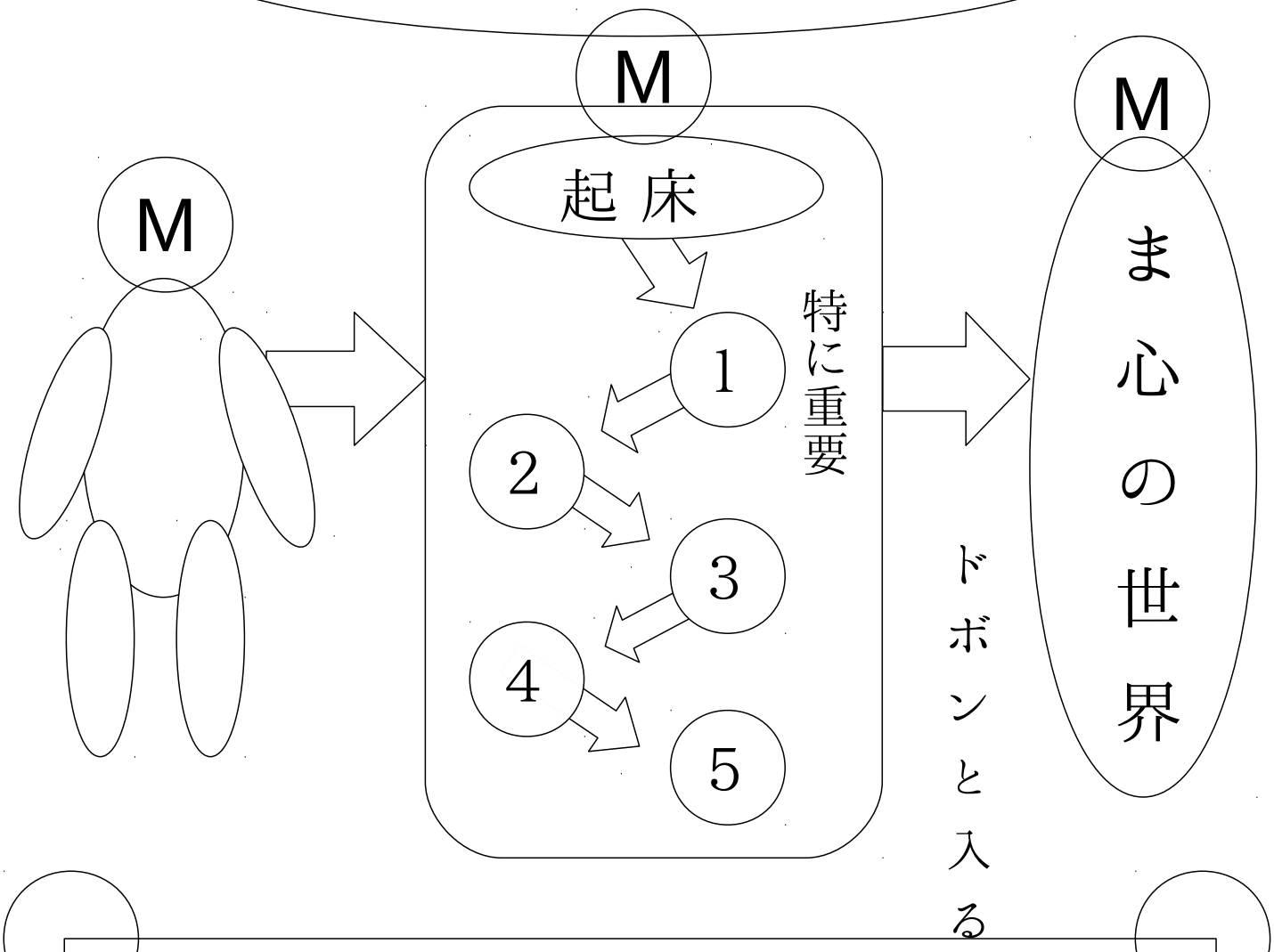ま心のスタート