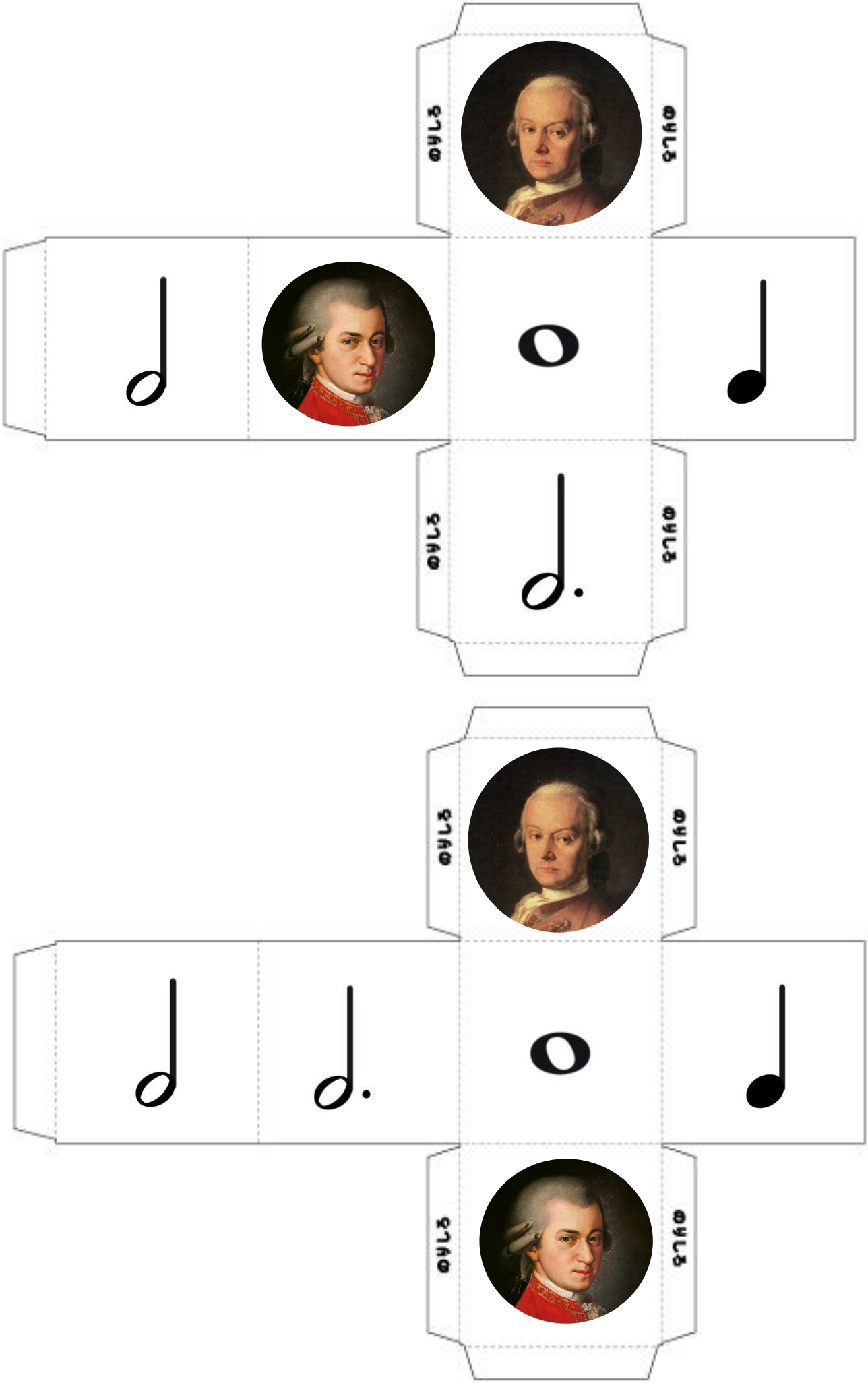さいこ