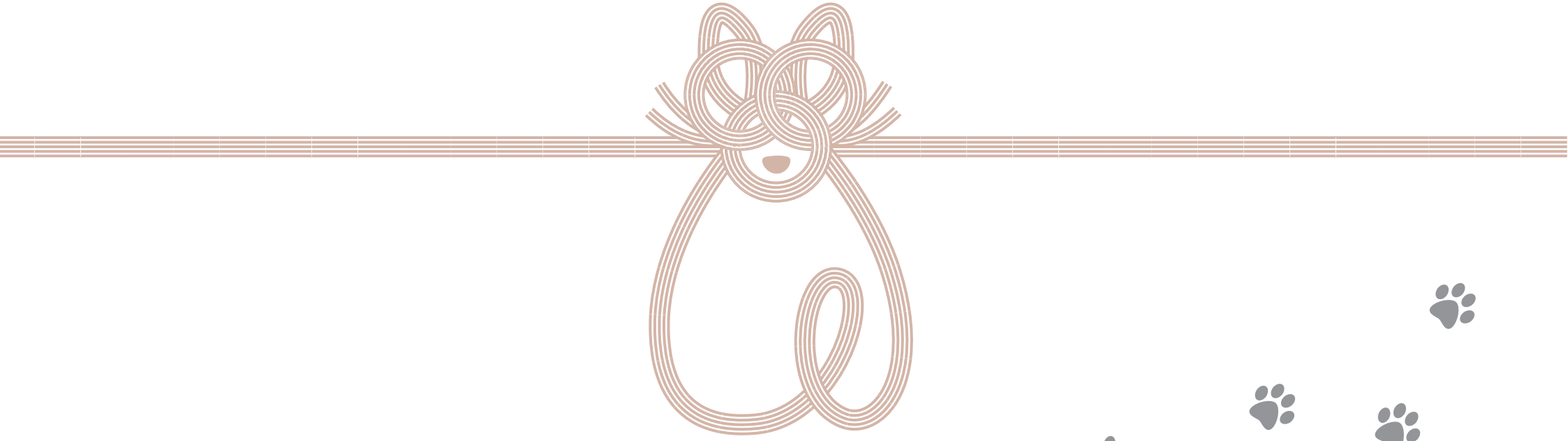元気出してね