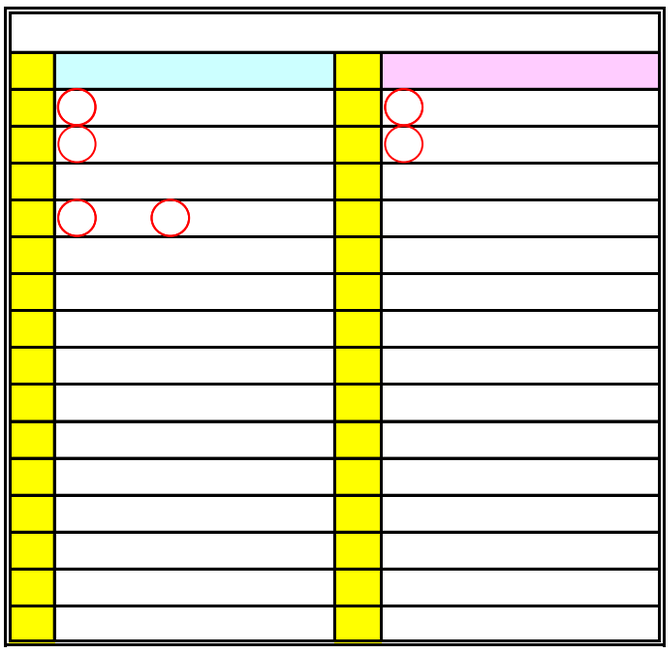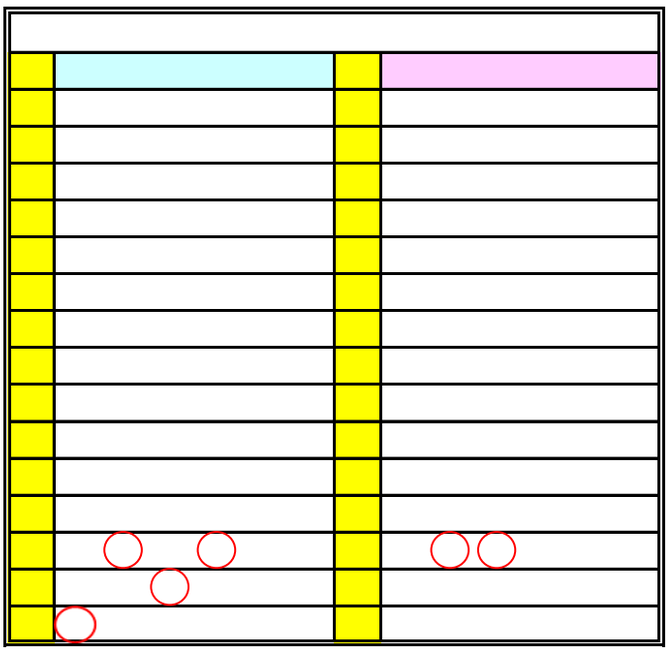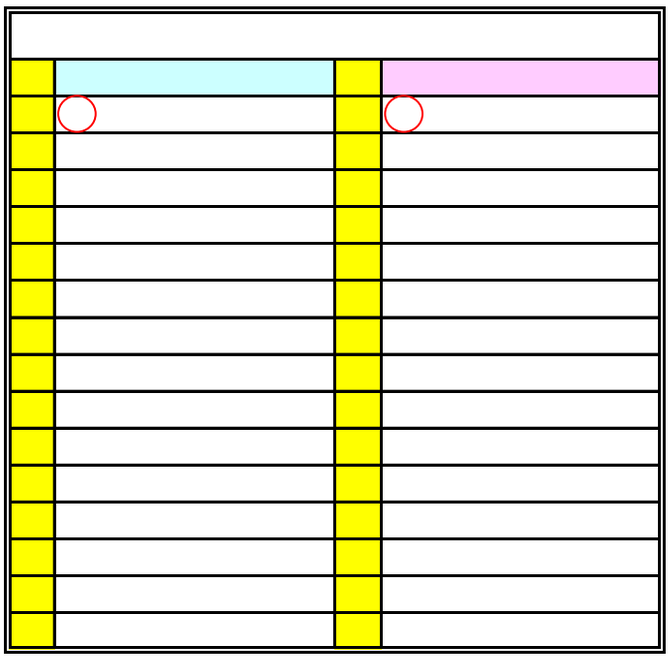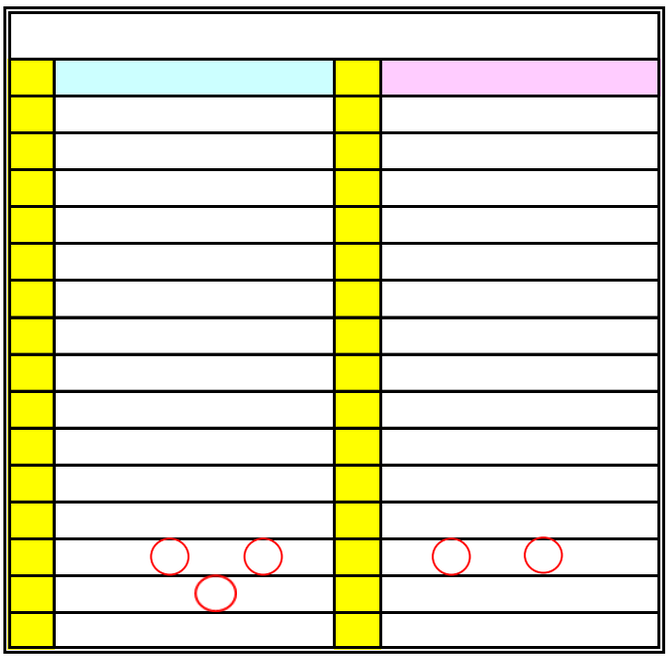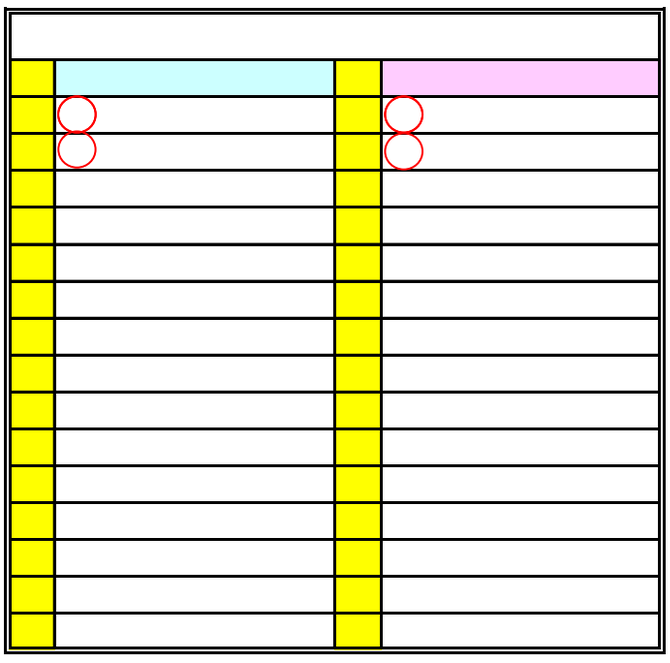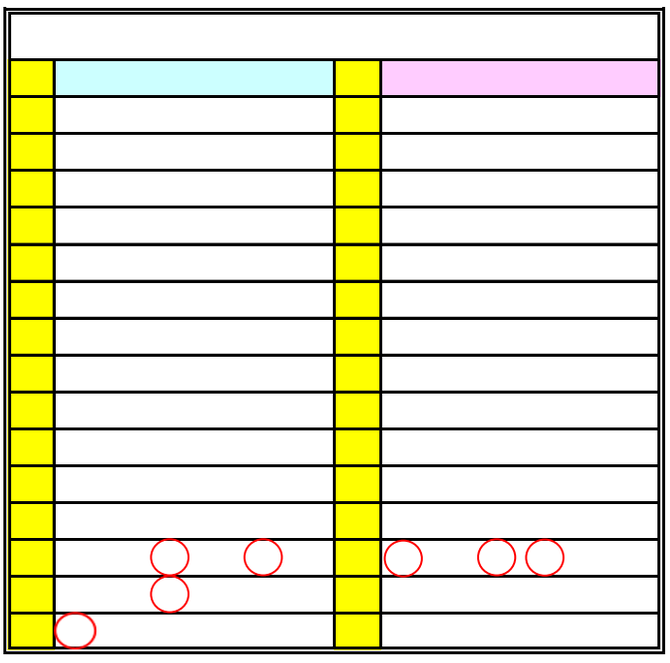以