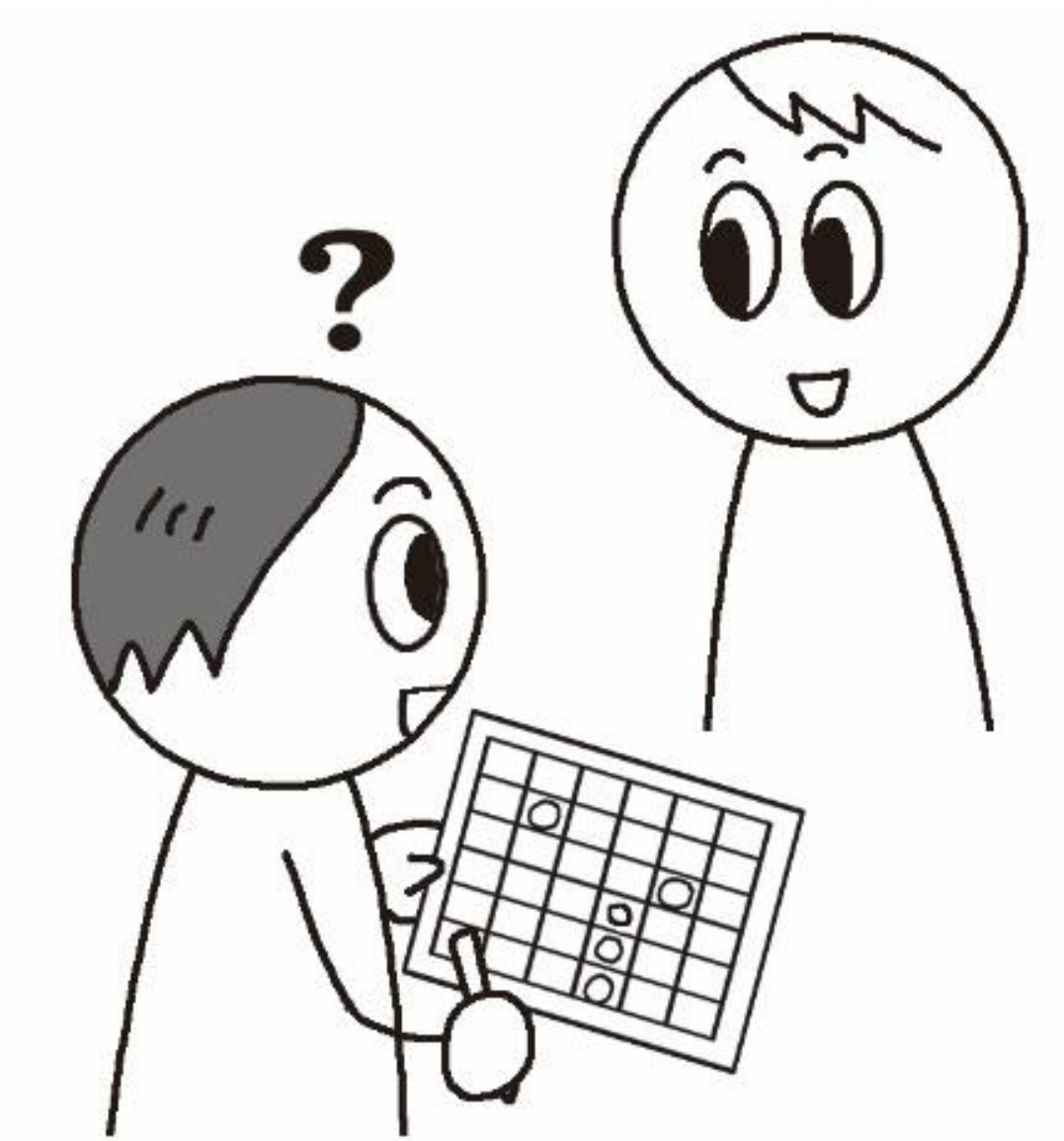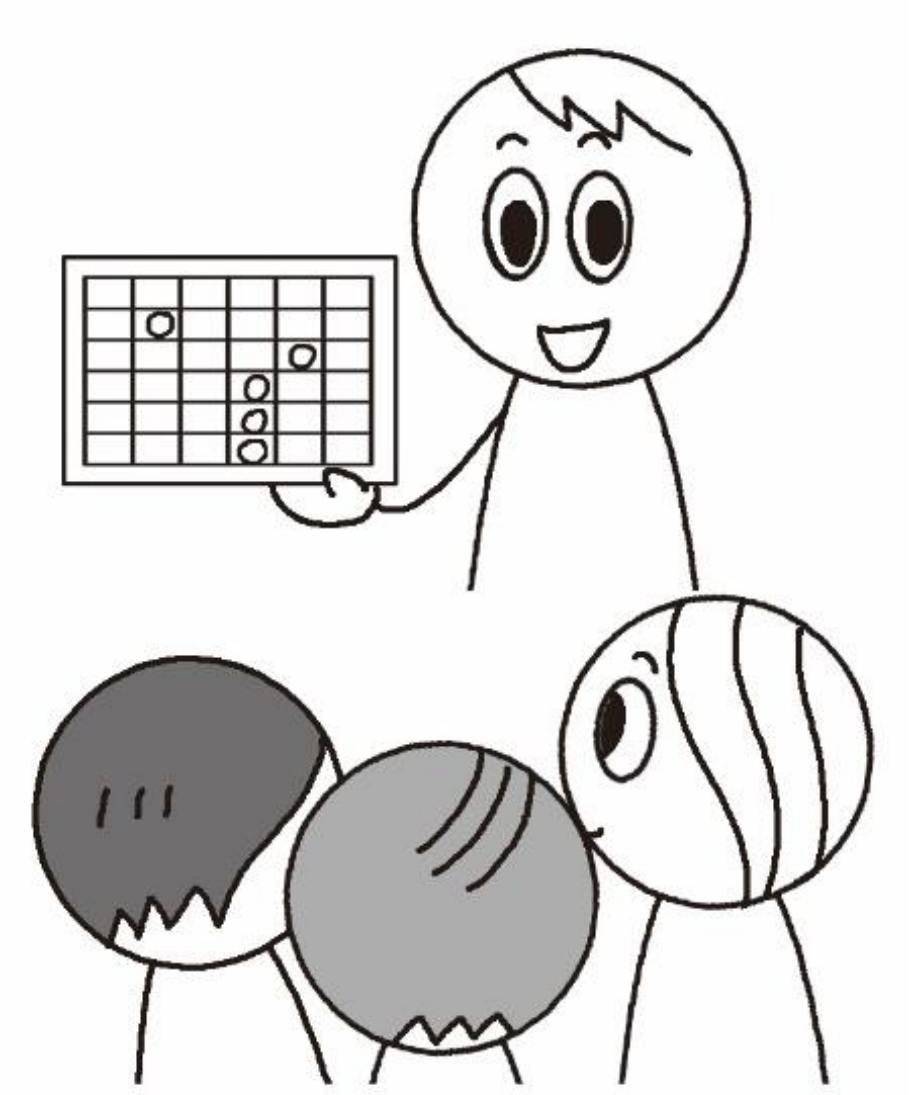L21ーアクティビティー