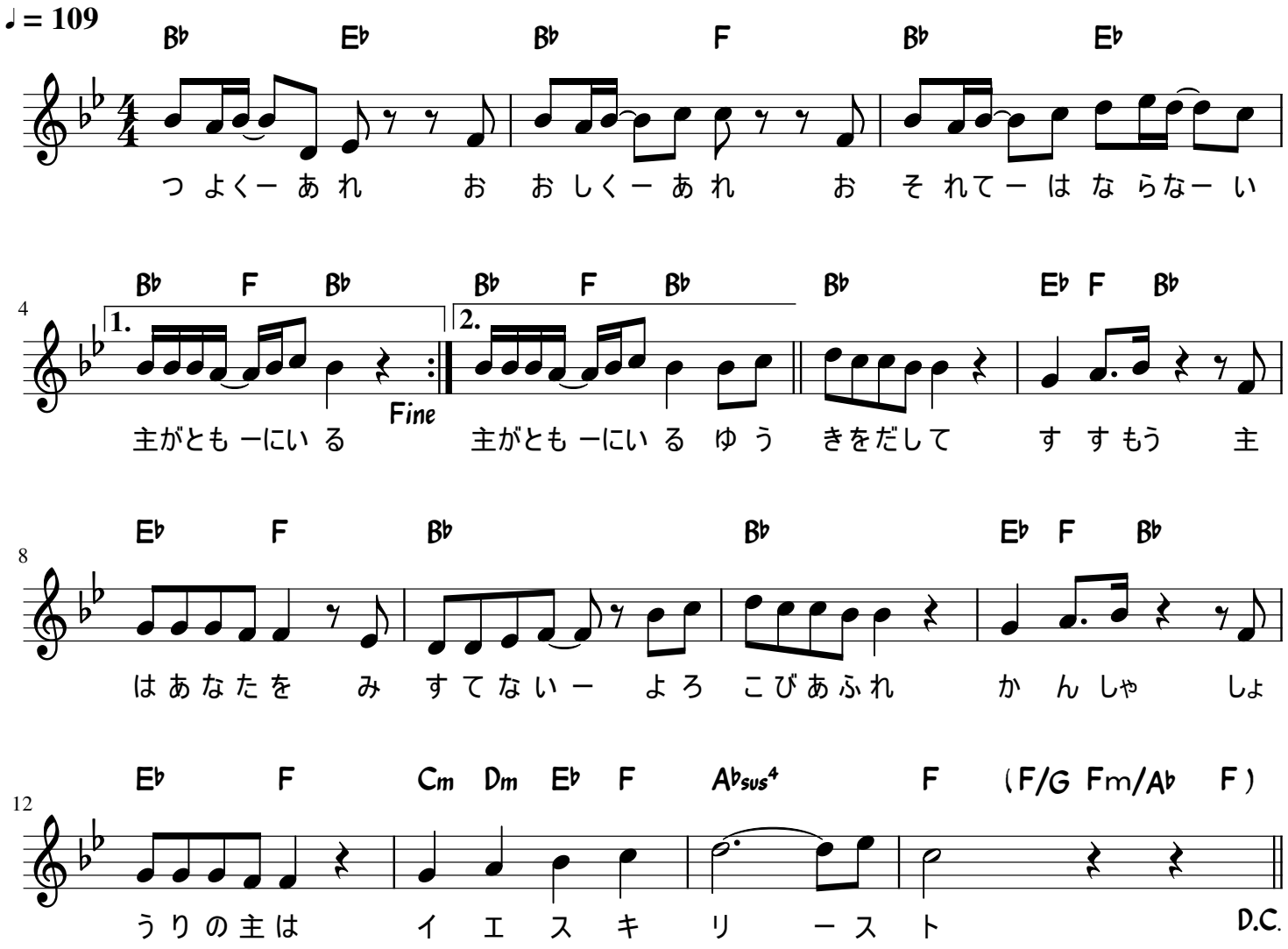
つよくあれ！

Michina