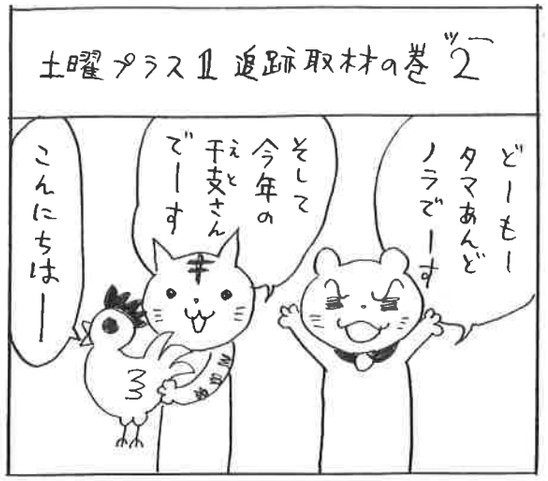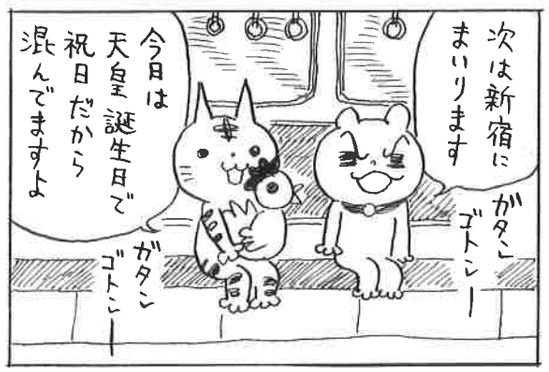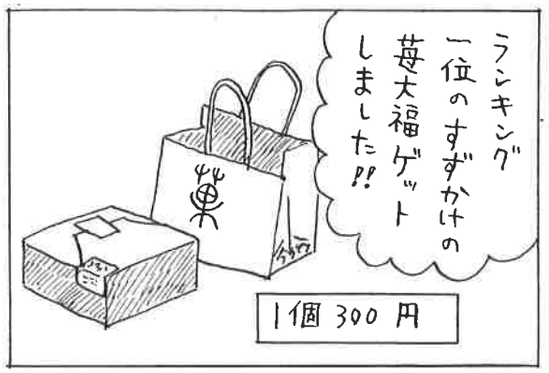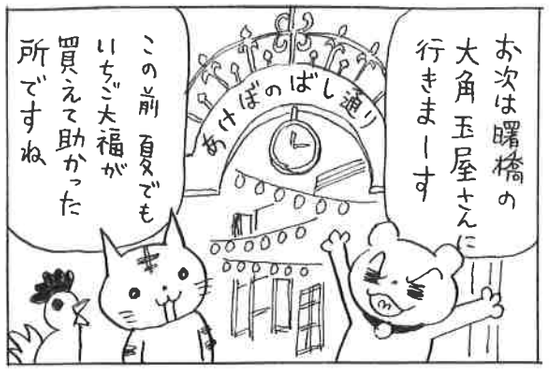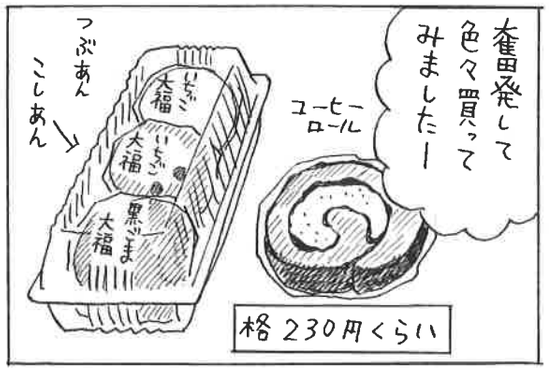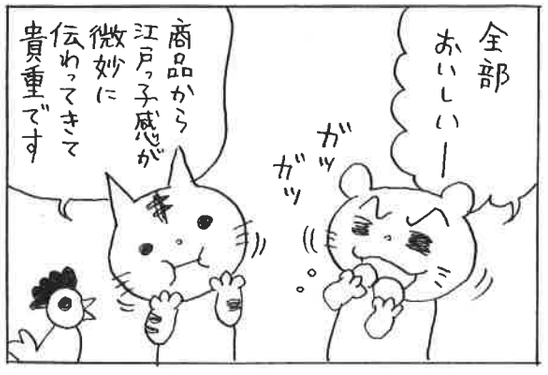タマあんどノラのおしゃべり黙示録