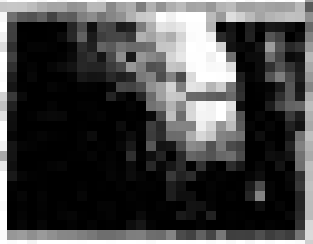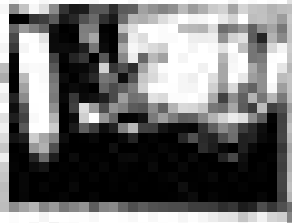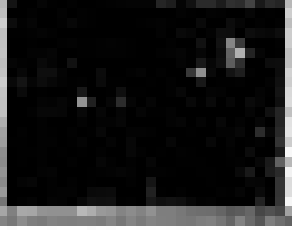リフレッシュ通信