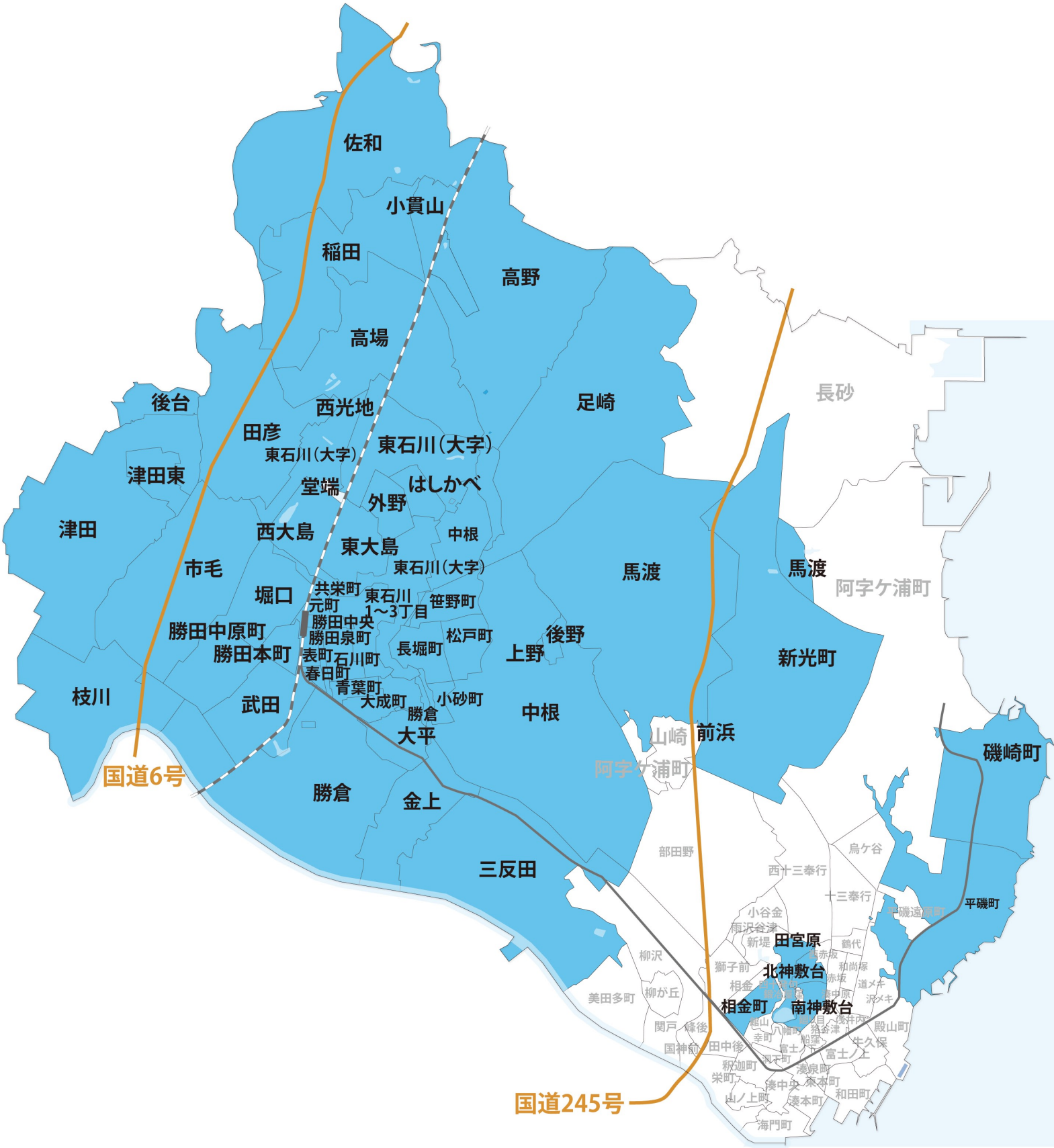ひたちなか市配布エリア