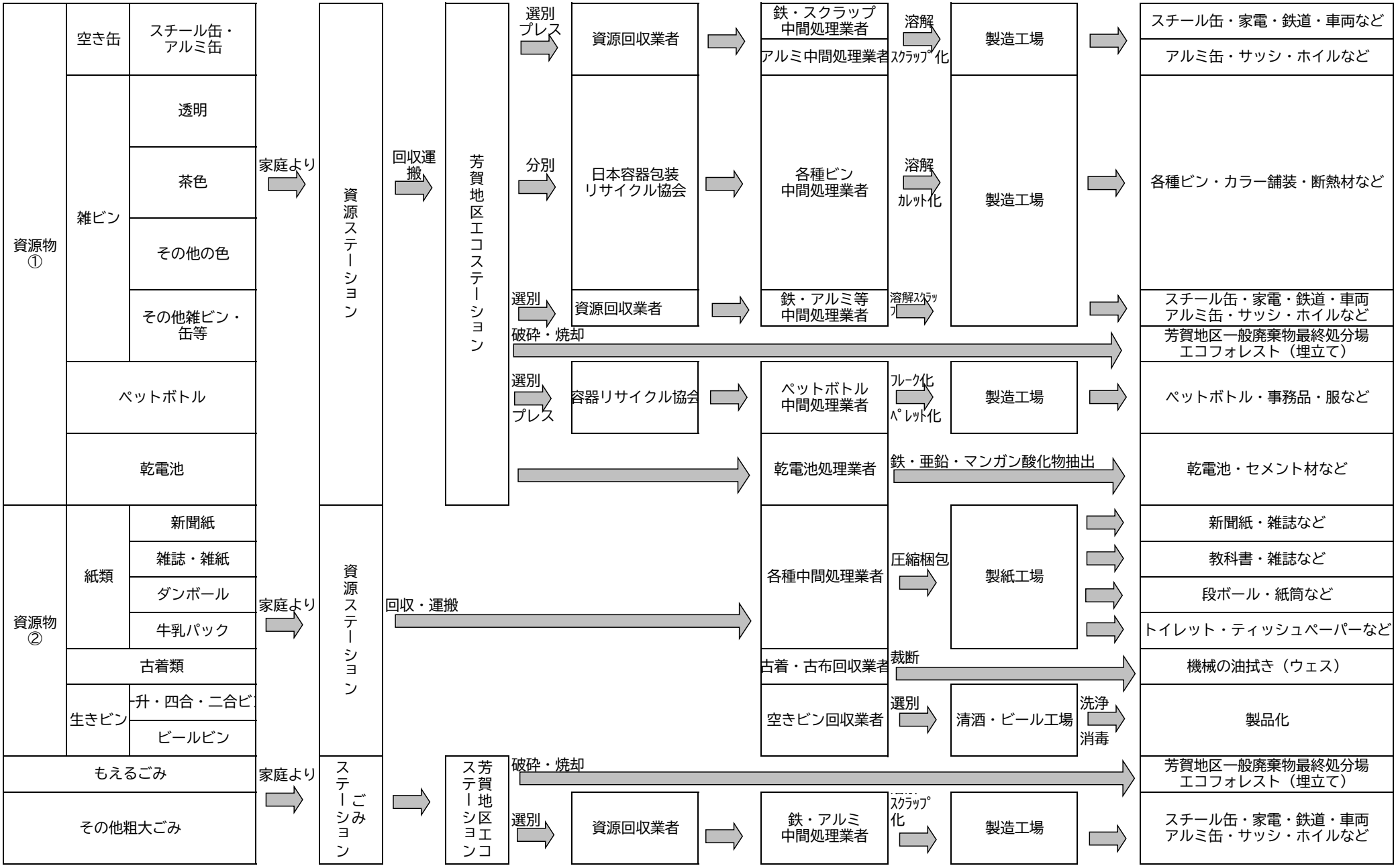真岡市の資源・ごみのゆくえ