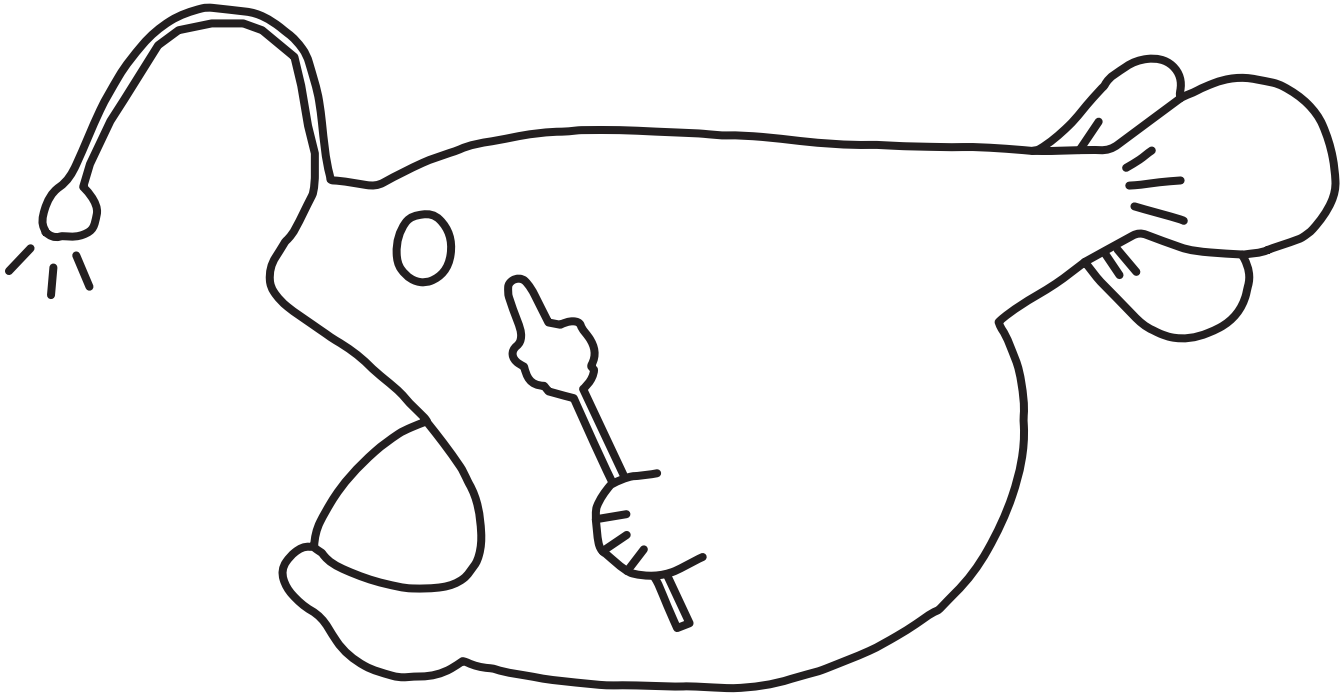「あんこうひかる先生」