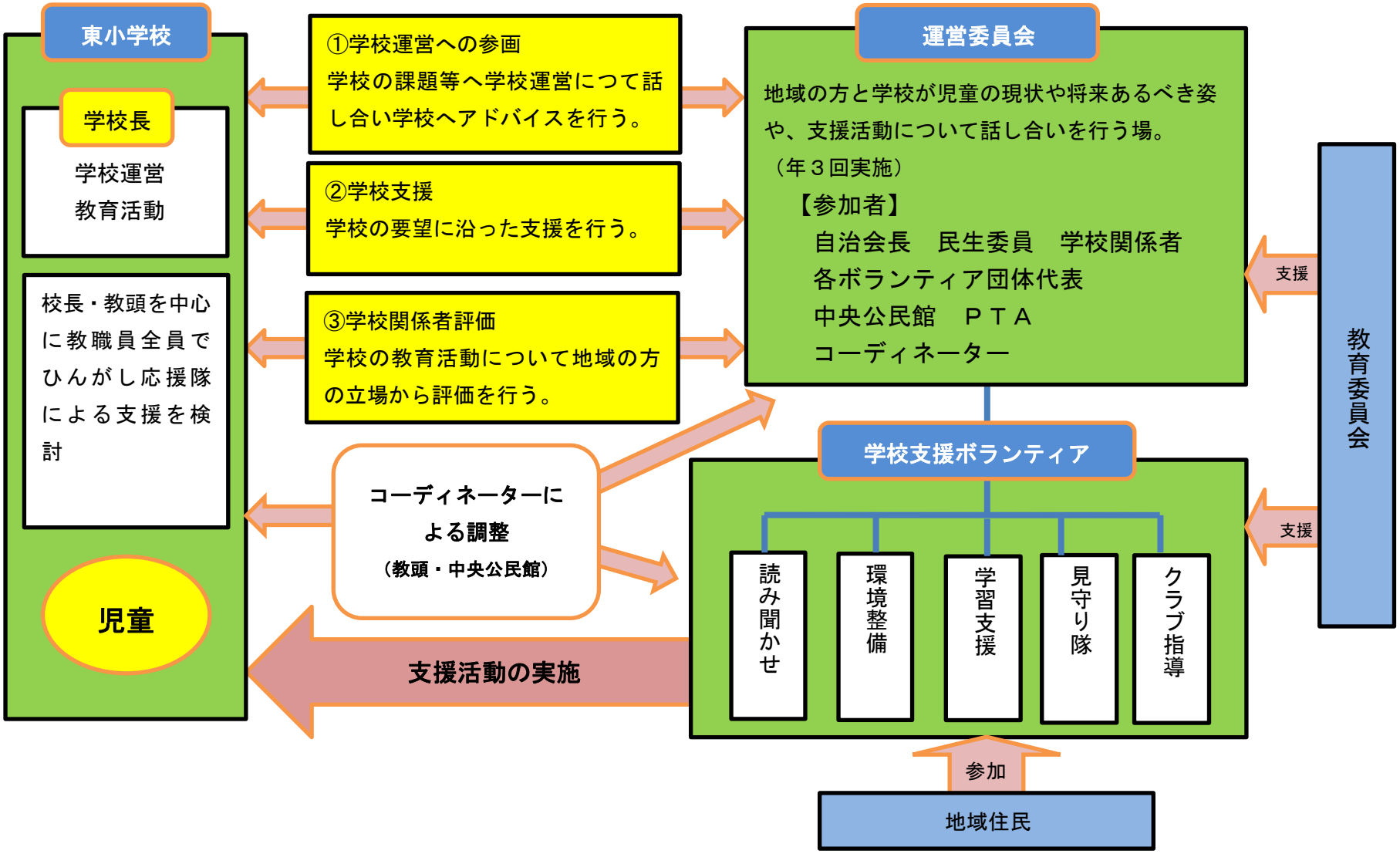# 「ひんがし応援隊」全体構成