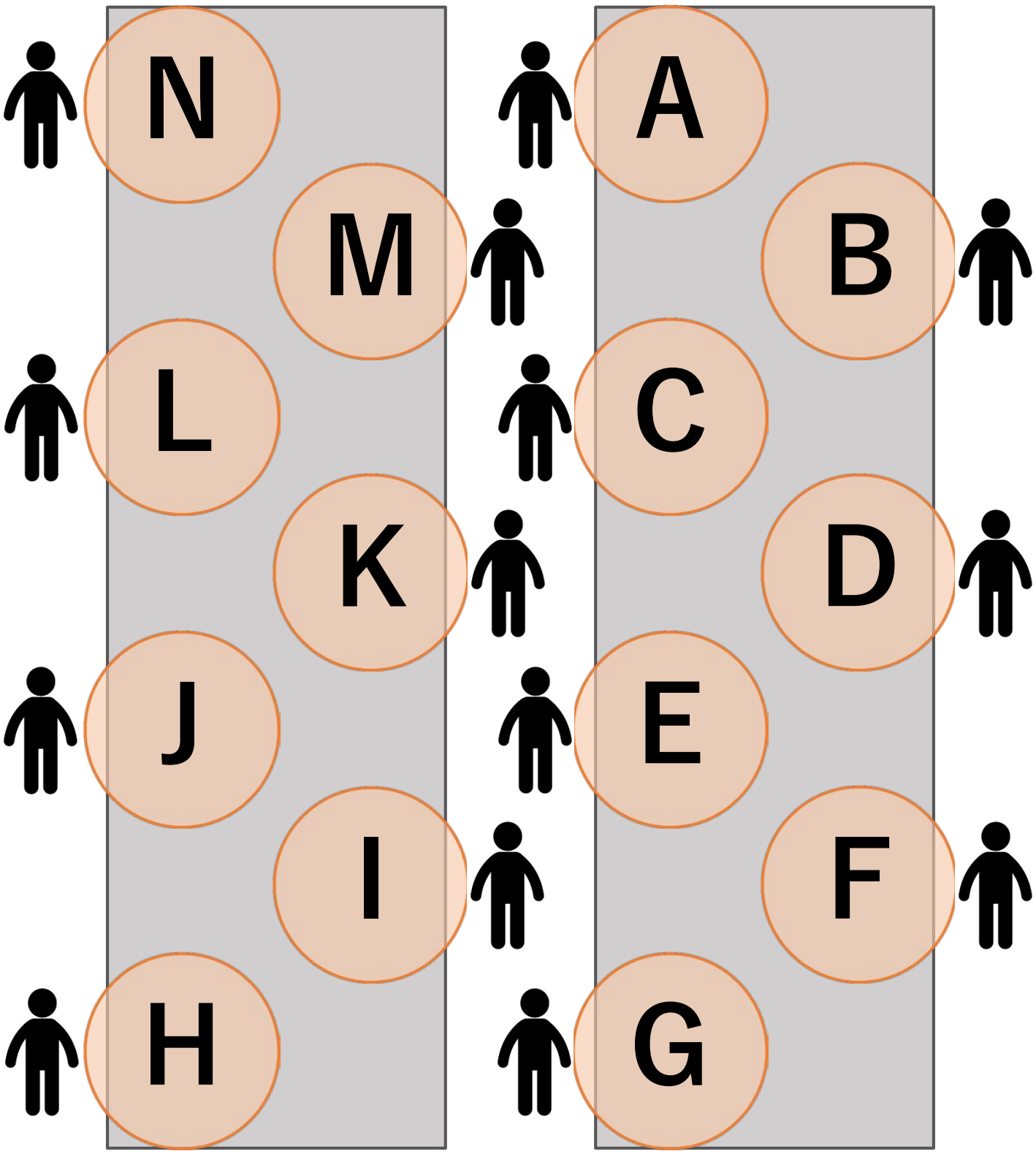黒板