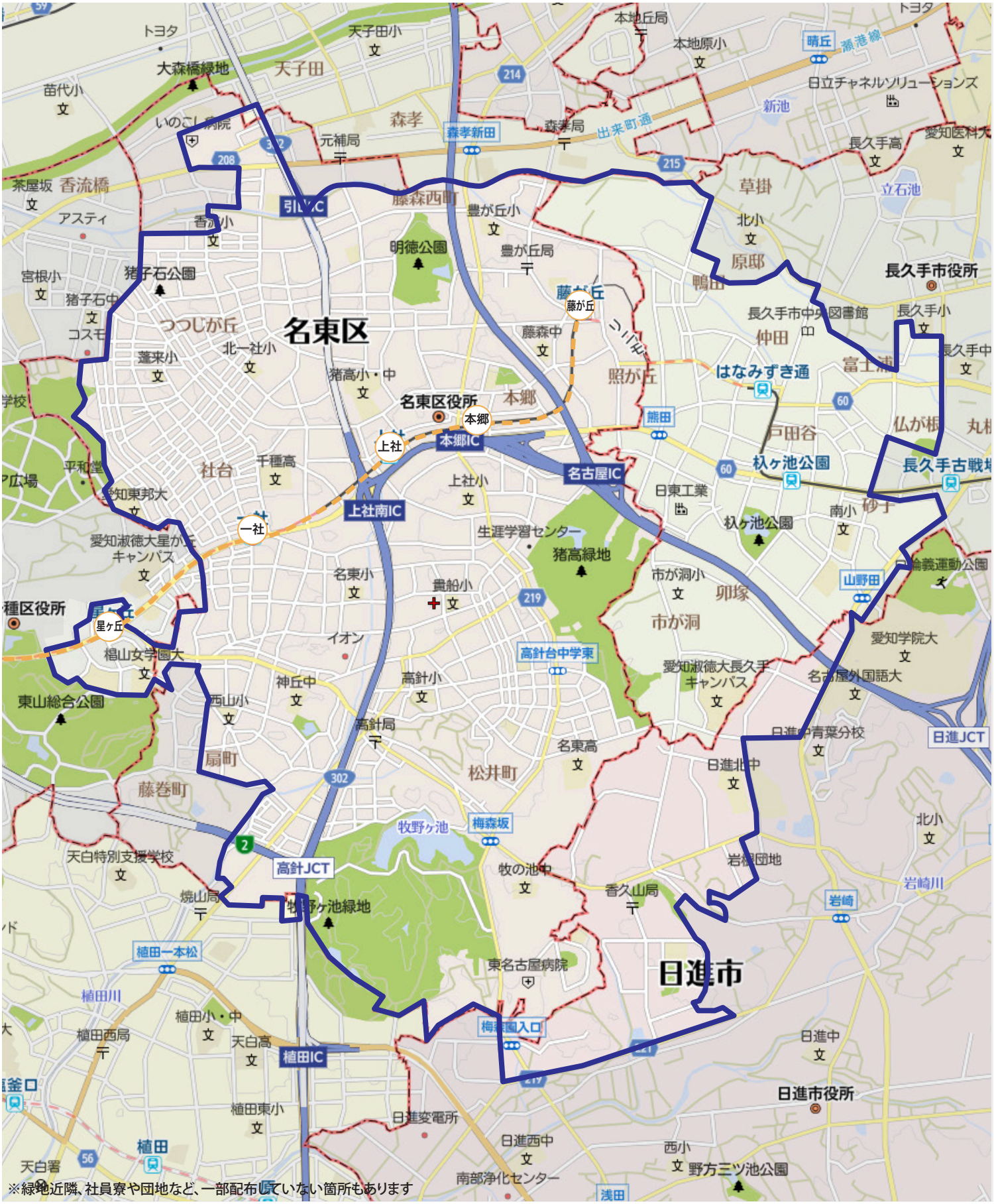ポトス特別増刊号(名東版) 配布エリア