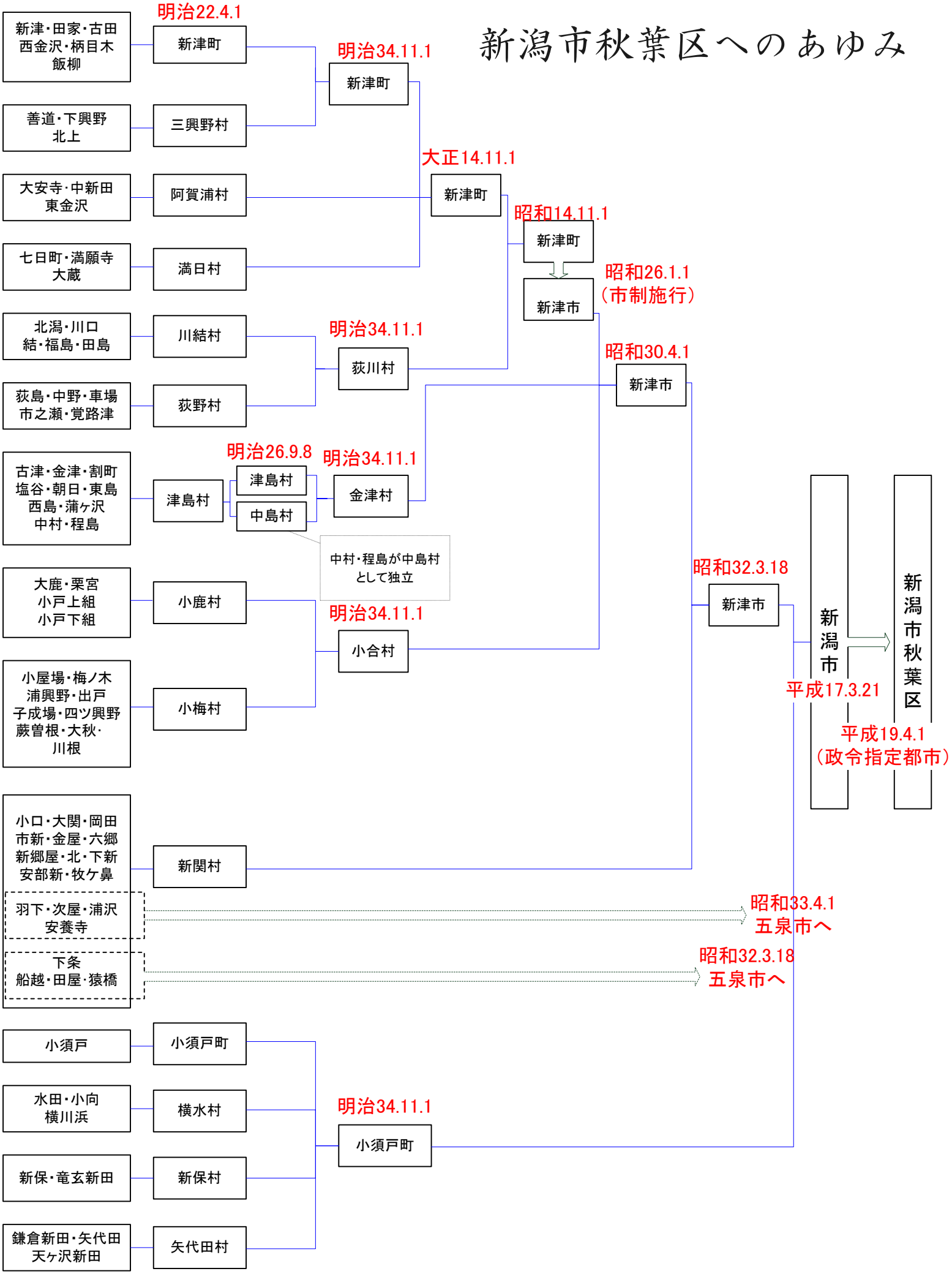新潟市秋葉区へのあゆみ