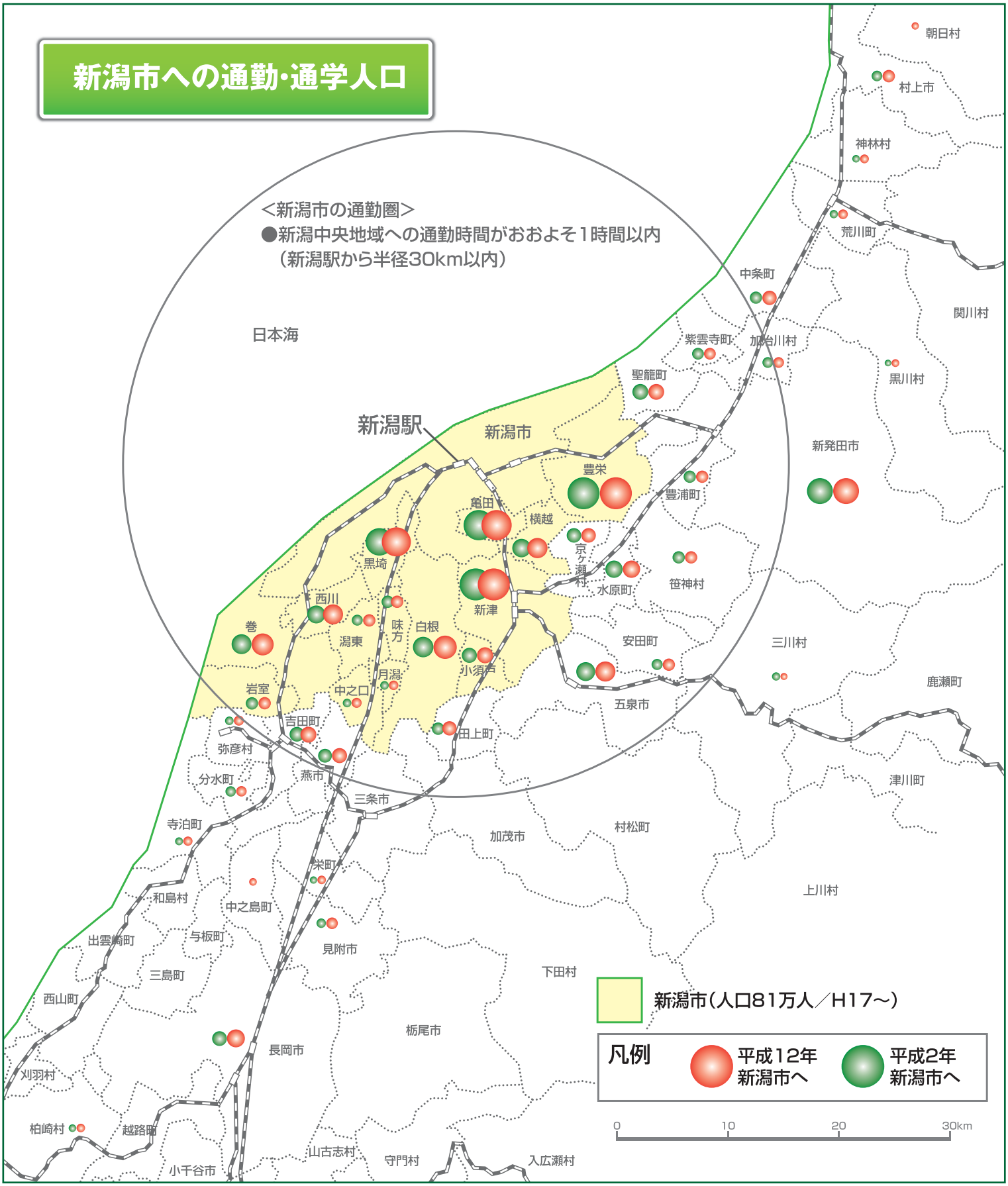新潟市への通勤・通学人口