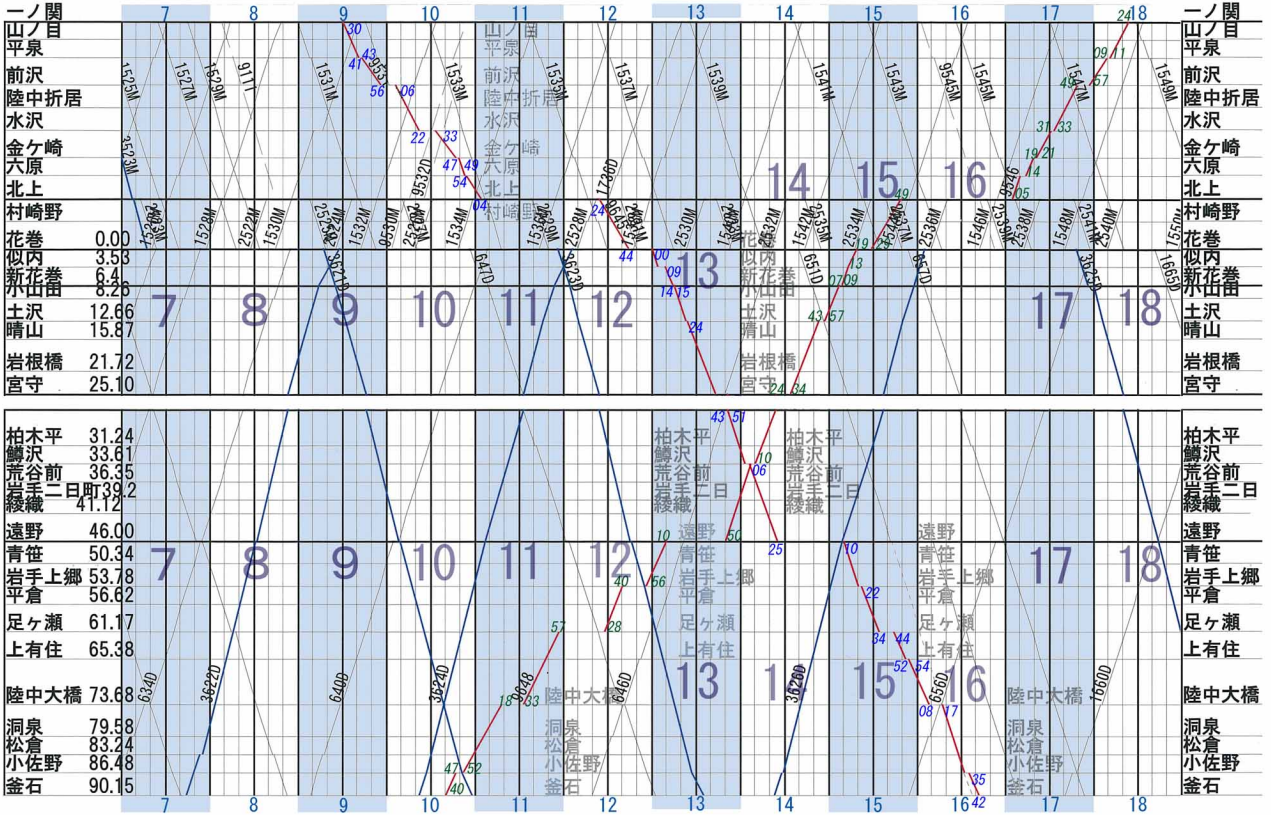2012 東北本線・釜石線