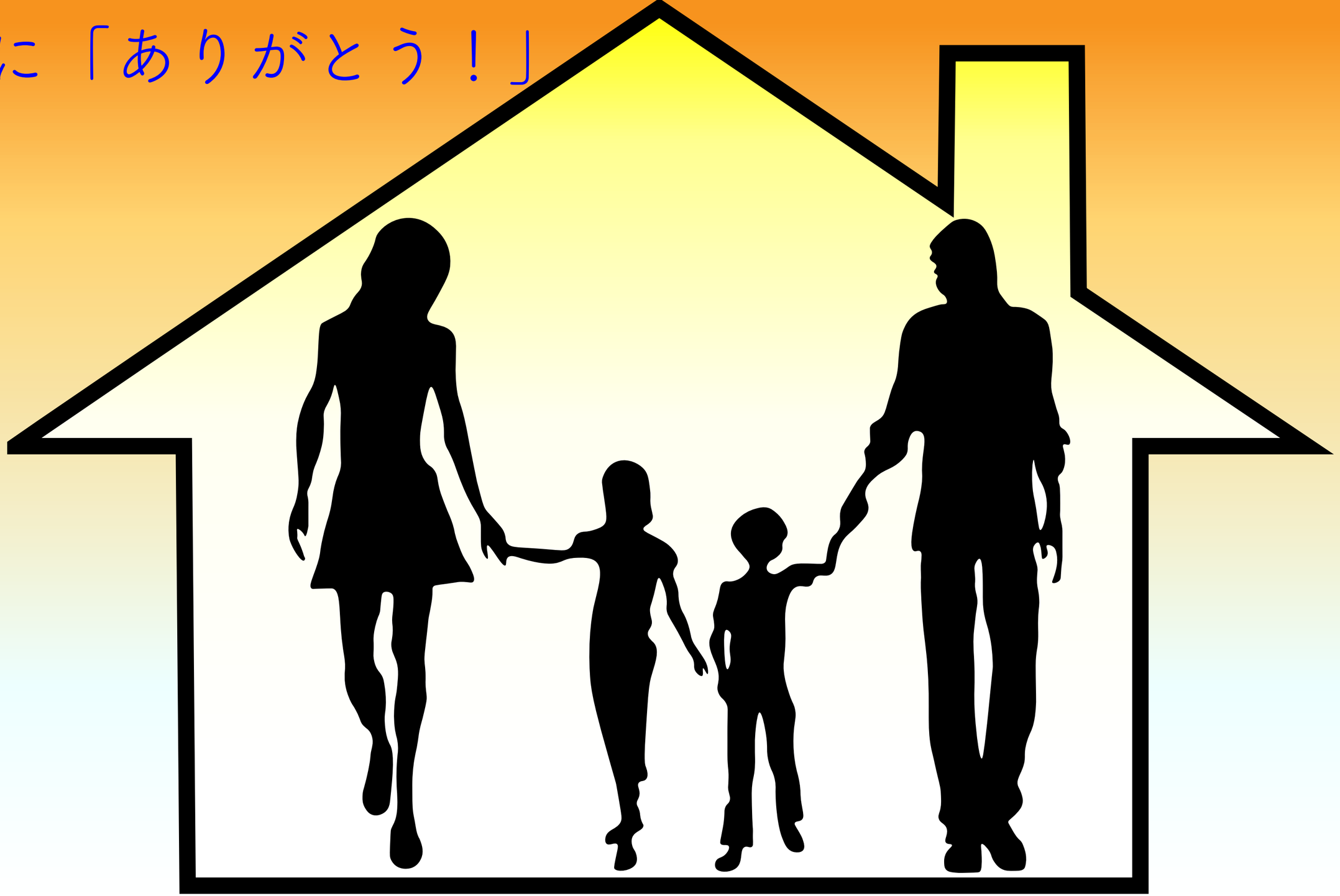家族に「ありがとう！」