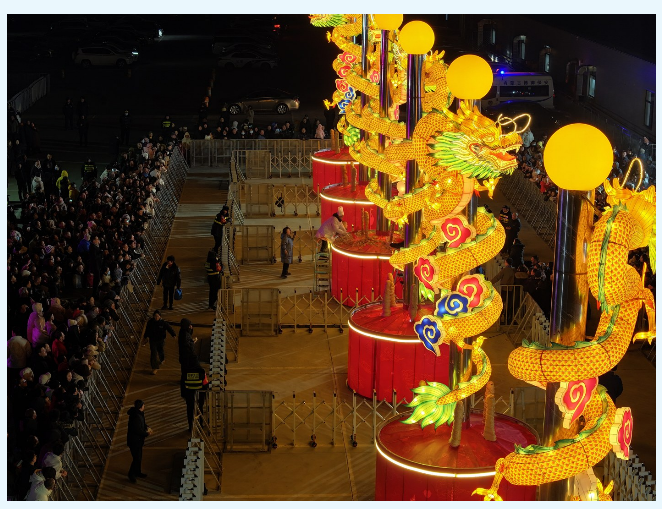乌兰察布之夜