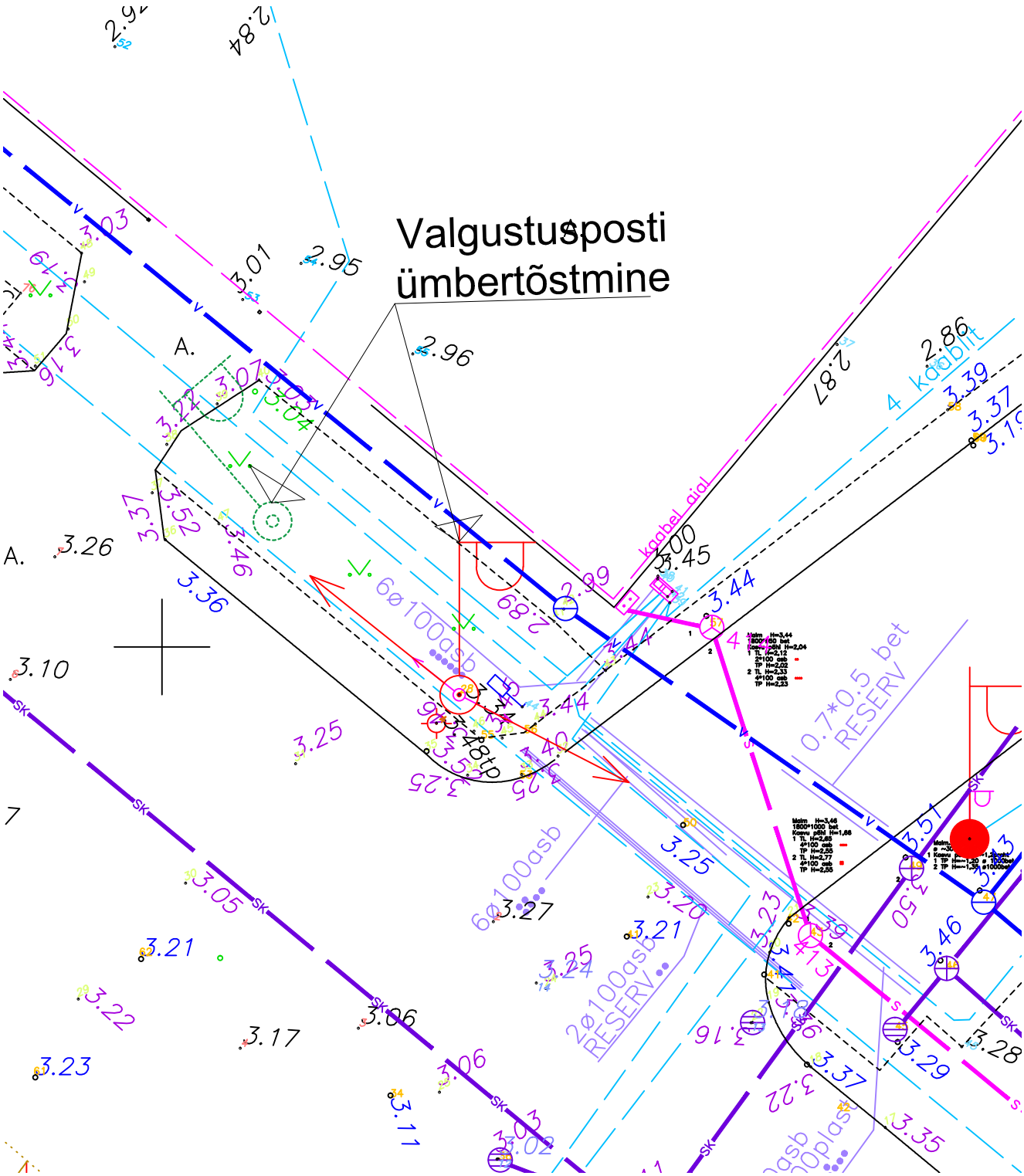Valgustusposti ümbertõstmine