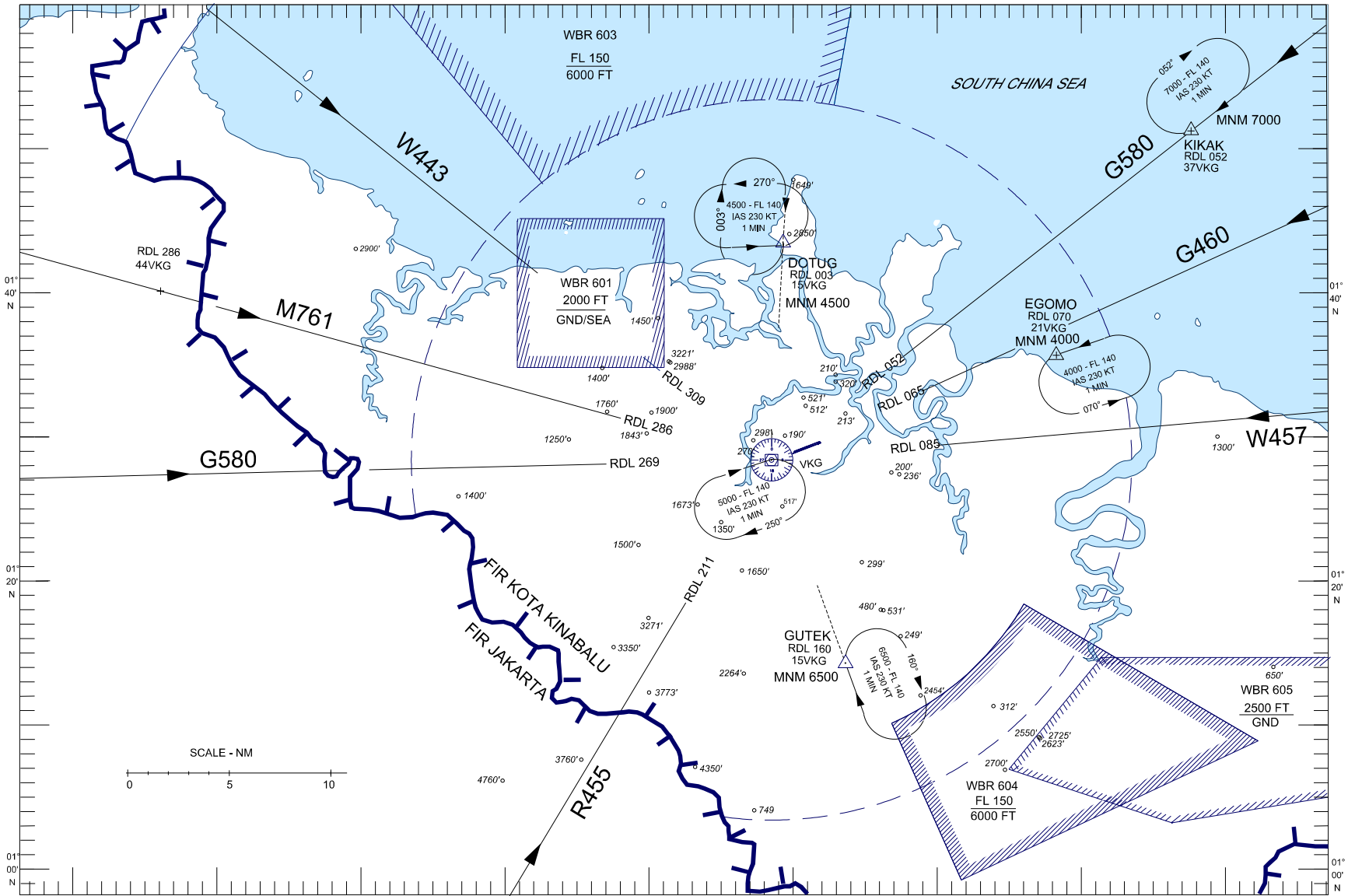IFR HOLDING AREAS