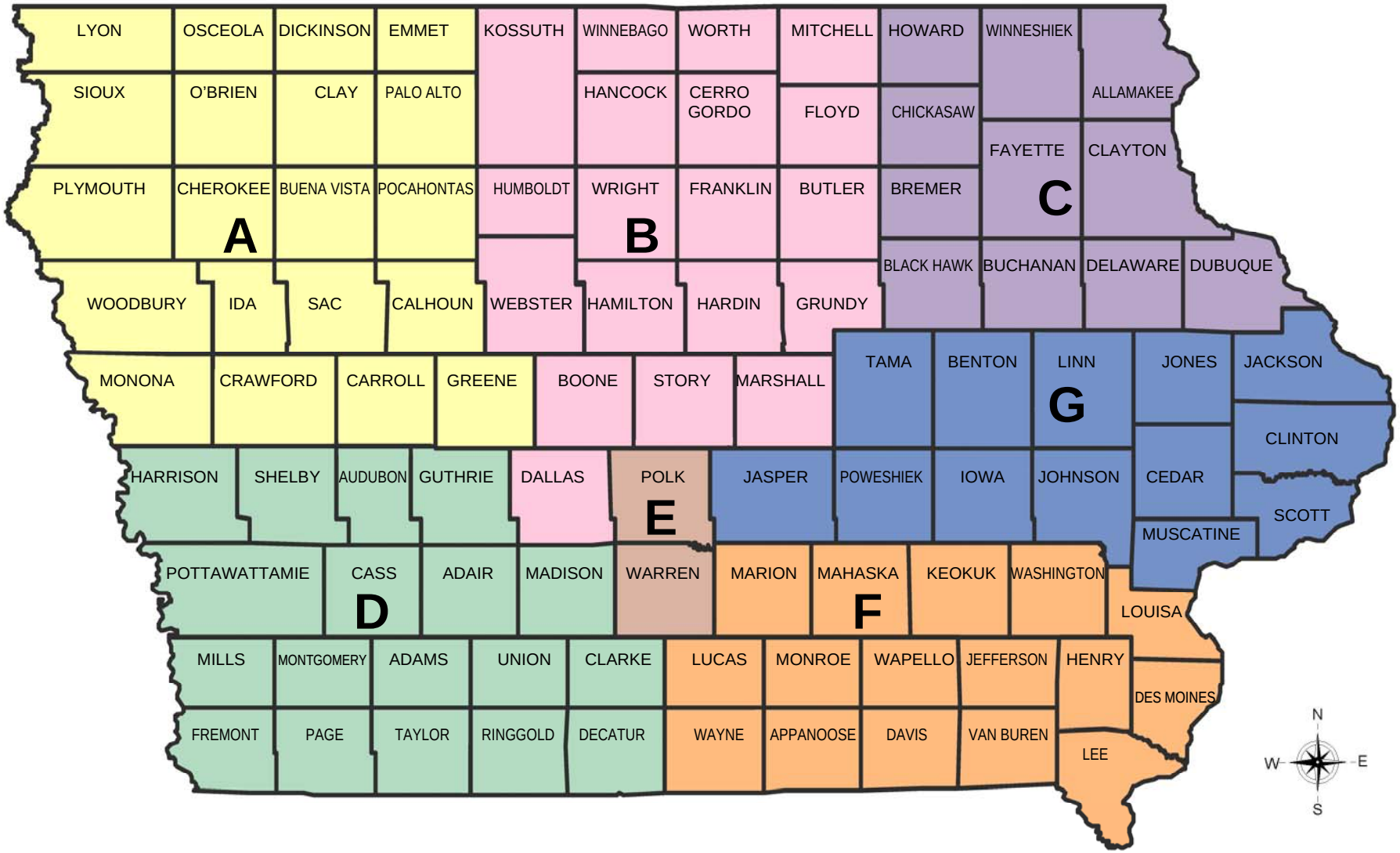IHA Districts