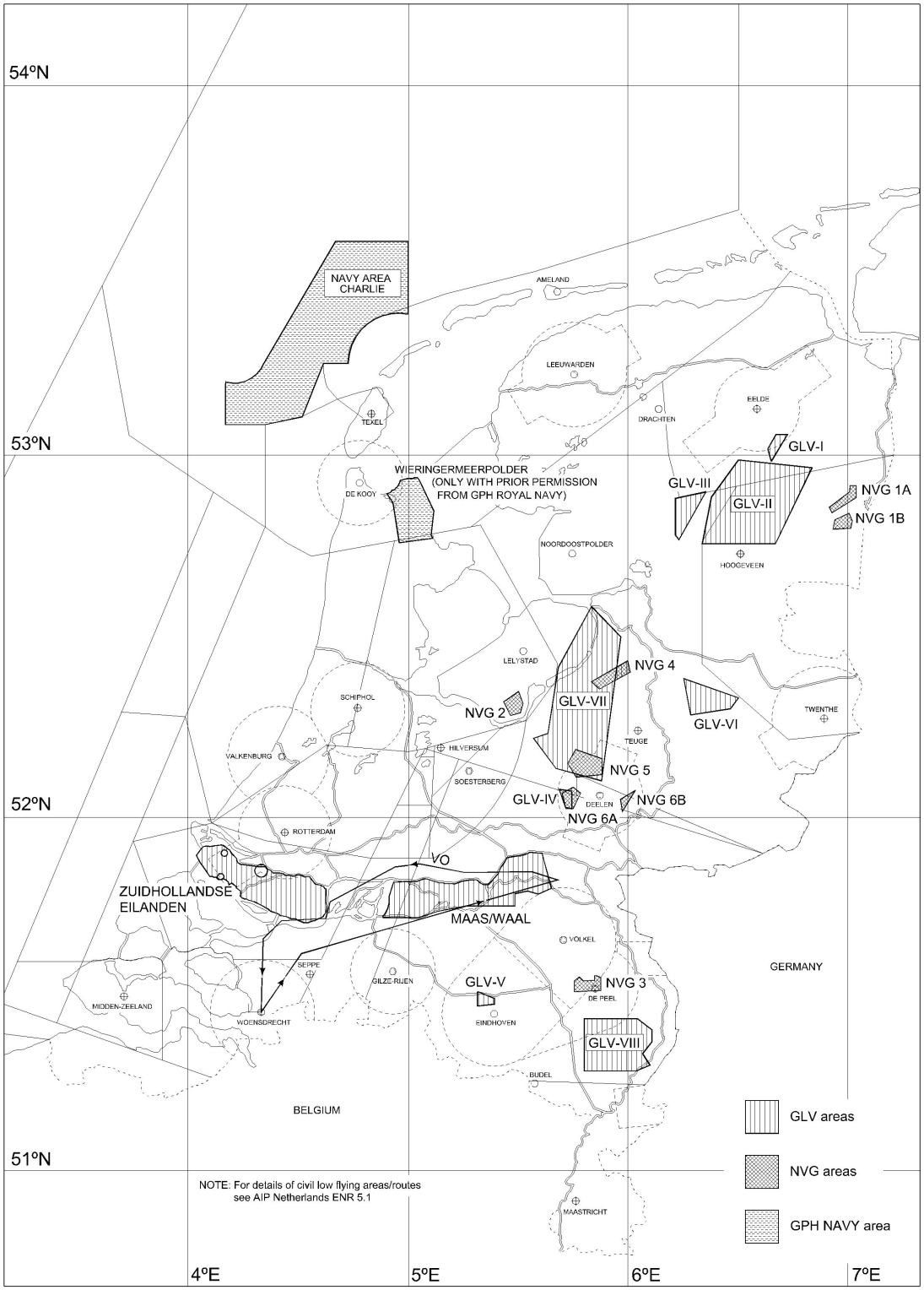MIL LOW FLYING AREAS/ROUTES FOR HEL AND PROPELLER DRIVEN TRAINING ACFT