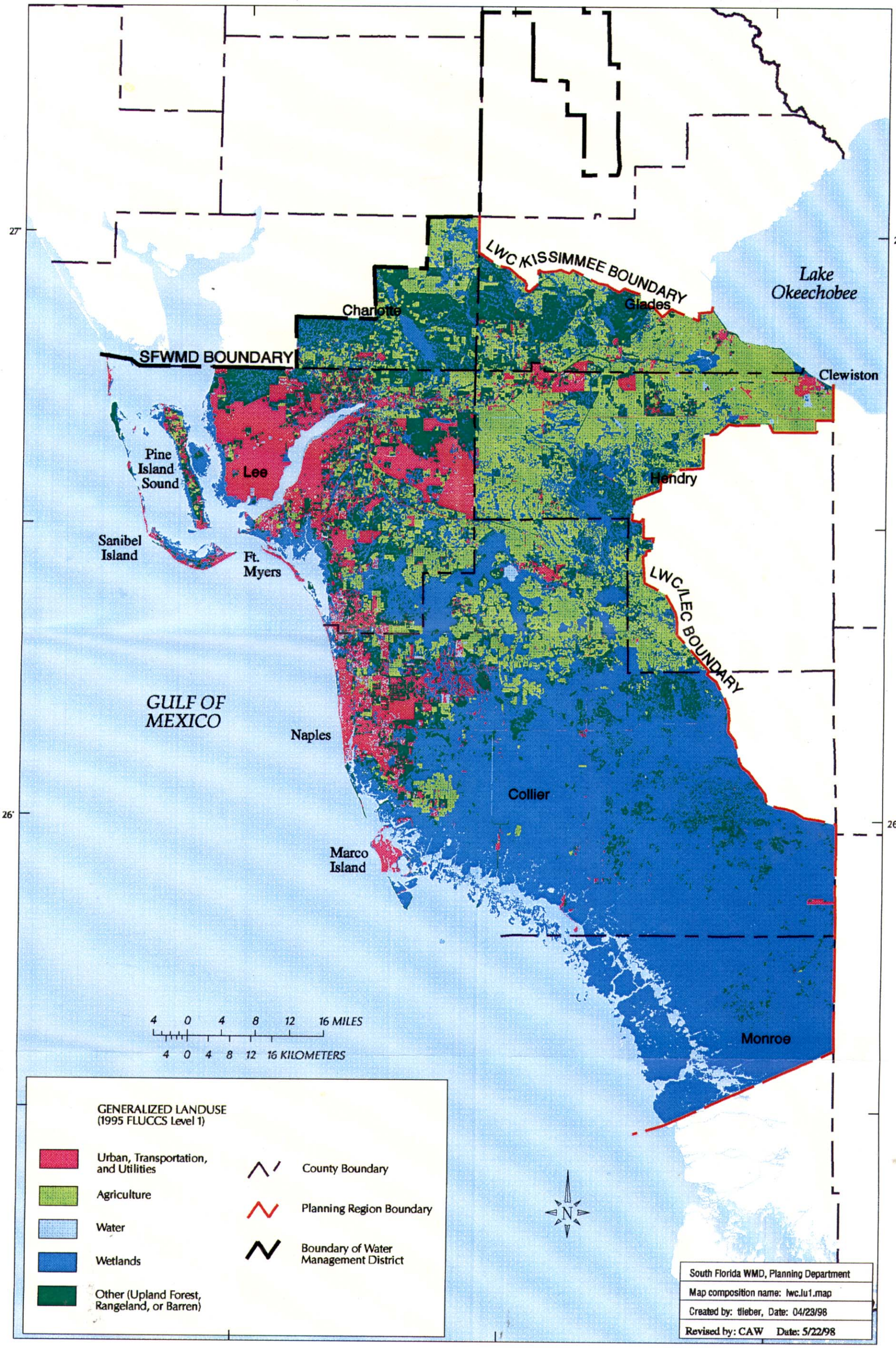LAND USE IN THE LOWER WEST COAST PLANNING REGION