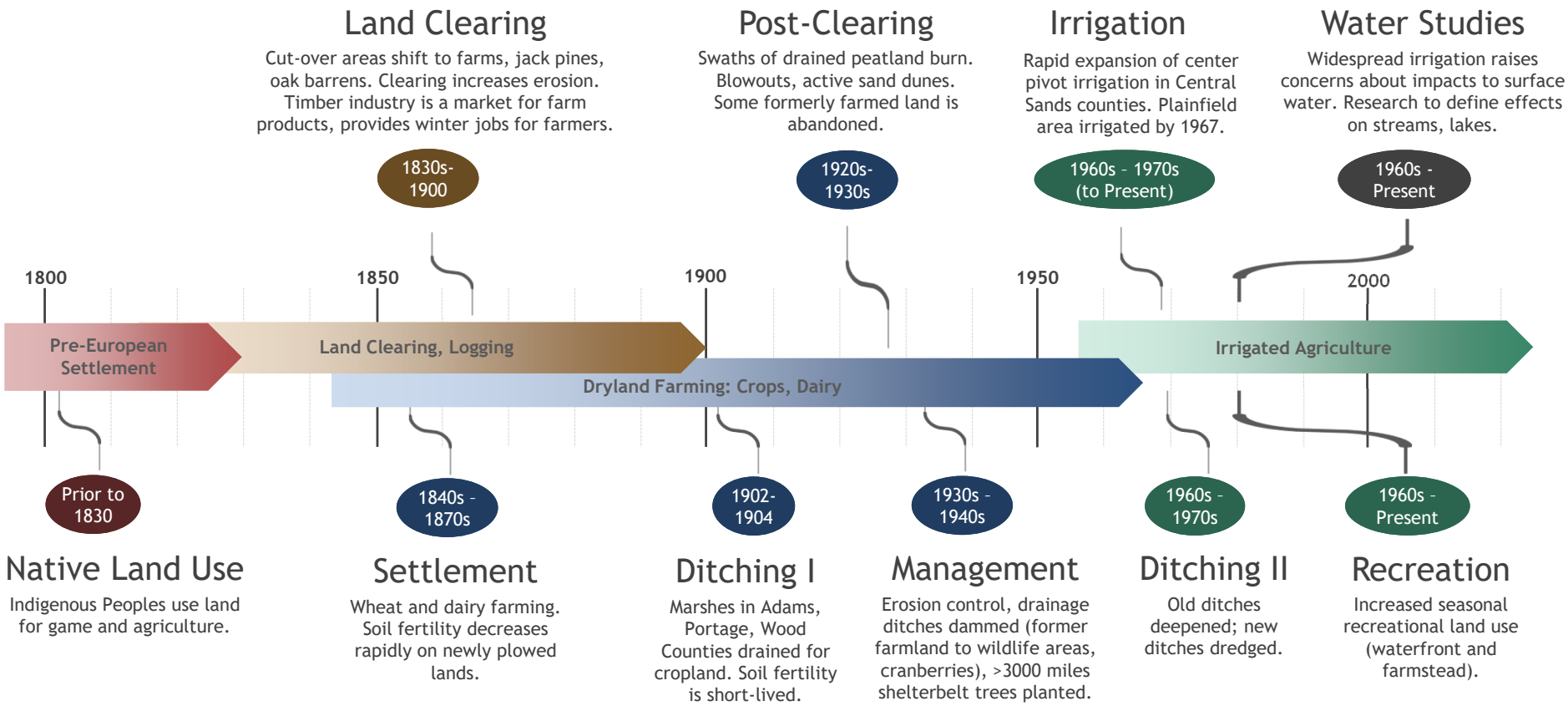Land Use in the Central Sands