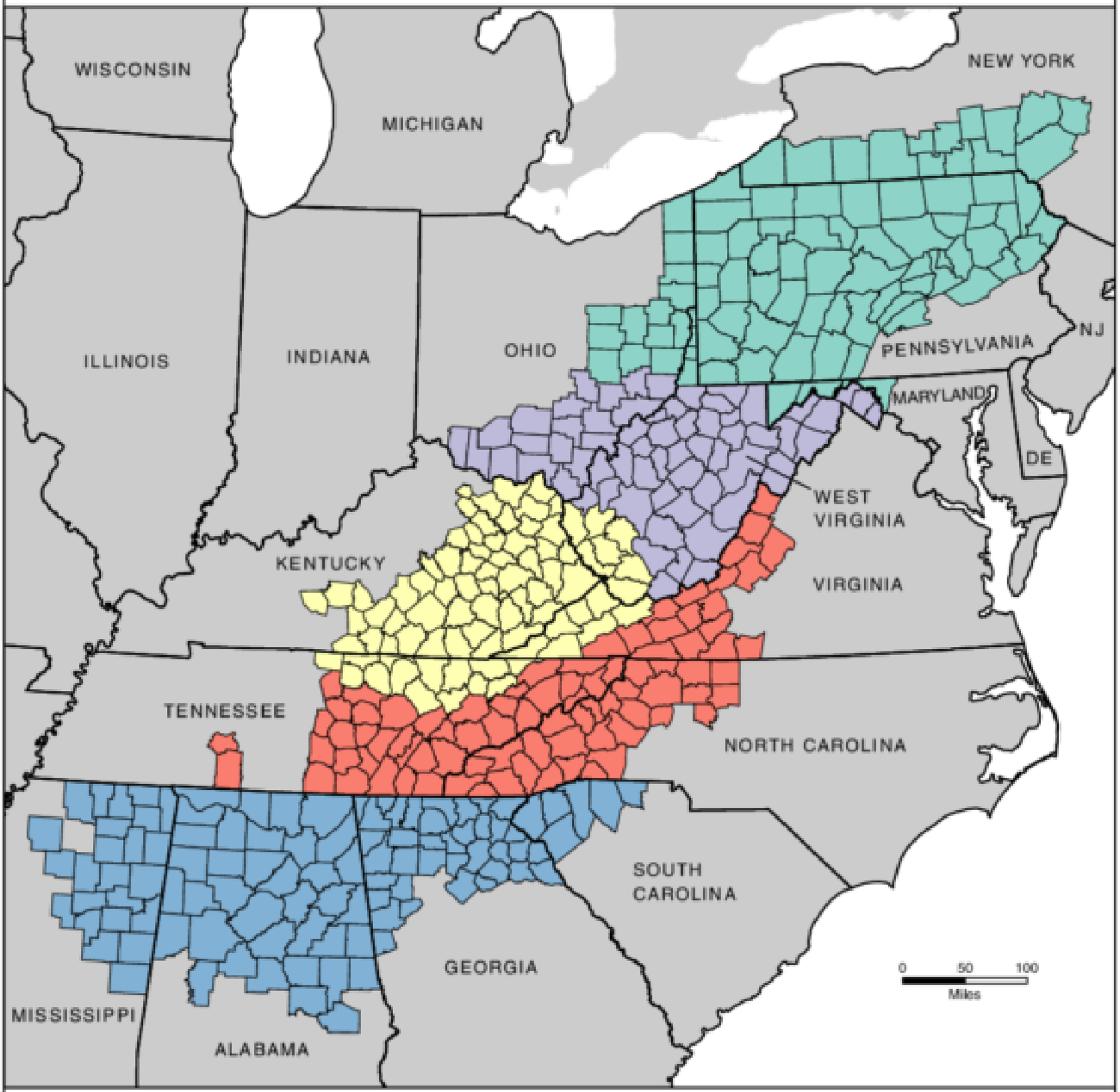Subregions in Appalachia