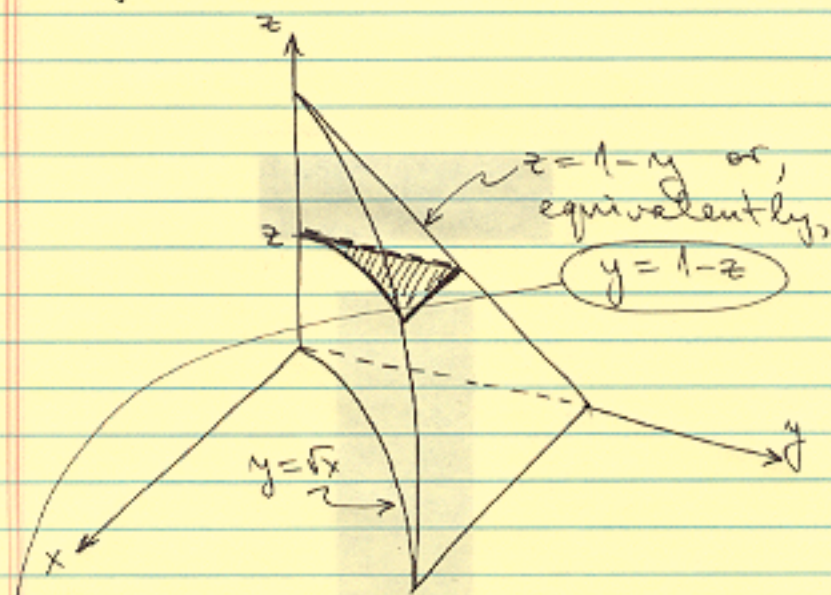
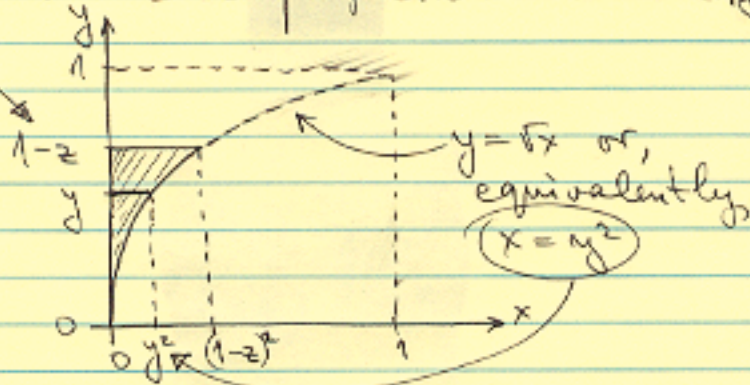


the following 3-d picture:



and the 2-d projection onto the (xy) plane:



For a fixed $z \in [0, 1]$, y varies from 0 to $1-z$, and for fixed z and y x varies from 0 to y^2 , so we get