Triple integral done as an x-simple region

In class we spent quite a bit of time discussing the following example.

**Example.** Evaluate

$$\iiint_Q z \; dV$$

where Q is the region bounded by the cylinder  $x^2 + z^2 = 9$ , the plane y + z = 3, and the plane y = 0.

When we treated the region as y-simple, we obtained the integral

$$\int_{-3}^{3} \int_{-\sqrt{9-x^2}}^{\sqrt{9-x^2}} \int_{0}^{3-z} z \, dy \, dz \, dx = -\frac{81}{4}\pi.$$

Since the region is also x-simple, this integral can also be expressed as

$$\int_0^6 \int_{-3}^{3-y} \int_{-\sqrt{9-z^2}}^{\sqrt{9-z^2}} z \, dx \, dz \, dy.$$