1. $\iint_R y^2 + x^2 \, dA, \quad y^2 + x^2 \geq 0 \rightarrow \iint_R y^2 + x^2 \, dA \geq 0$

2. $\oint_0^{2\pi} -2\sin^2\theta + \cos^2\theta = -\pi$

$\iint_R 1 - 2 \, dA = -\pi$