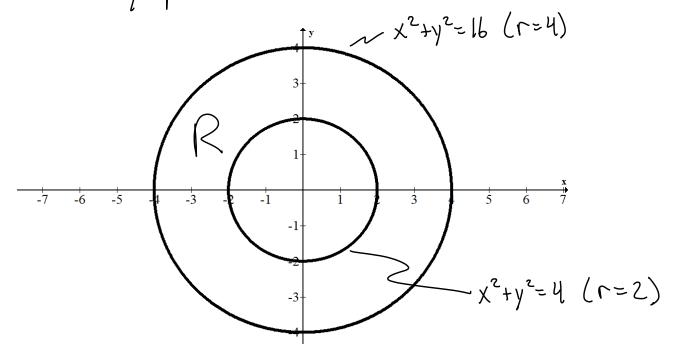
14.3 #10

We can use symmetry and double the volume that is above the xy-plane.



$$= 2 \int_{0.2}^{2\pi} \int_{0.2}^{4} \int_{0.2}^{2\pi} \int_{0.2}^{4\pi} \int_{0.2}^{2\pi} \int_{0.2}^{4\pi} \int_{0.2}^{2\pi} \int_{0.2}^{2\pi} \int_{0.2}^{4\pi} \int_{0.2}^{2\pi} \int_{0.2}^{2\pi}$$

$$u=16-r^2$$
 $du=-2rdr$
 $r=4\Rightarrow u=0, r=2\Rightarrow u=12$

$$=2\int_{0}^{2\pi}\left[-\frac{1}{2}\int_{12}^{2}\int u du\right]d0=\int_{0}^{2\pi}\int_{0}^{12}u^{\frac{1}{2}}dud0$$

$$= \int_{0}^{2\pi} \frac{2\pi}{3} u^{\frac{3}{2}} \Big|_{0}^{12} dO = \int_{0}^{2\pi} \frac{2\pi}{3} (12\pi) dO$$

$$= 2\pi \left(\frac{2}{3}\right)(12\sqrt{12}) = 32\pi\sqrt{3}$$