$$V = h \left[0.3\pi V^{2} - V_{arcsin}(h) - h (V^{2} - h^{2})^{\frac{1}{2}} \right]$$

$$J = \frac{1}{2} \left[4 + \frac{1}{3} \right] = \frac{10E}{4} \left[(0.5\pi (3)^{2} - (3)^{2} arcsin(h) - h (3^{2} - h^{2})^{\frac{1}{2}} \right]$$

$$J = \frac{1}{3} \left[4 + \frac{1}{3} +$$

