$$(3.29)$$
  $I = \frac{2}{5}MR^2$ 

$$I_o = \frac{2}{5}M_oR_o^2$$
  $I_f = \frac{2}{5}M_fR_f^2$   
 $L_o = I_o\omega_o$   $L_f = T_f\omega_f$ 

$$M = DV$$

$$M = D(\frac{4}{3})\pi R^3$$

$$M = DV$$

$$M = D(\frac{1}{3})\pi R^{3}$$

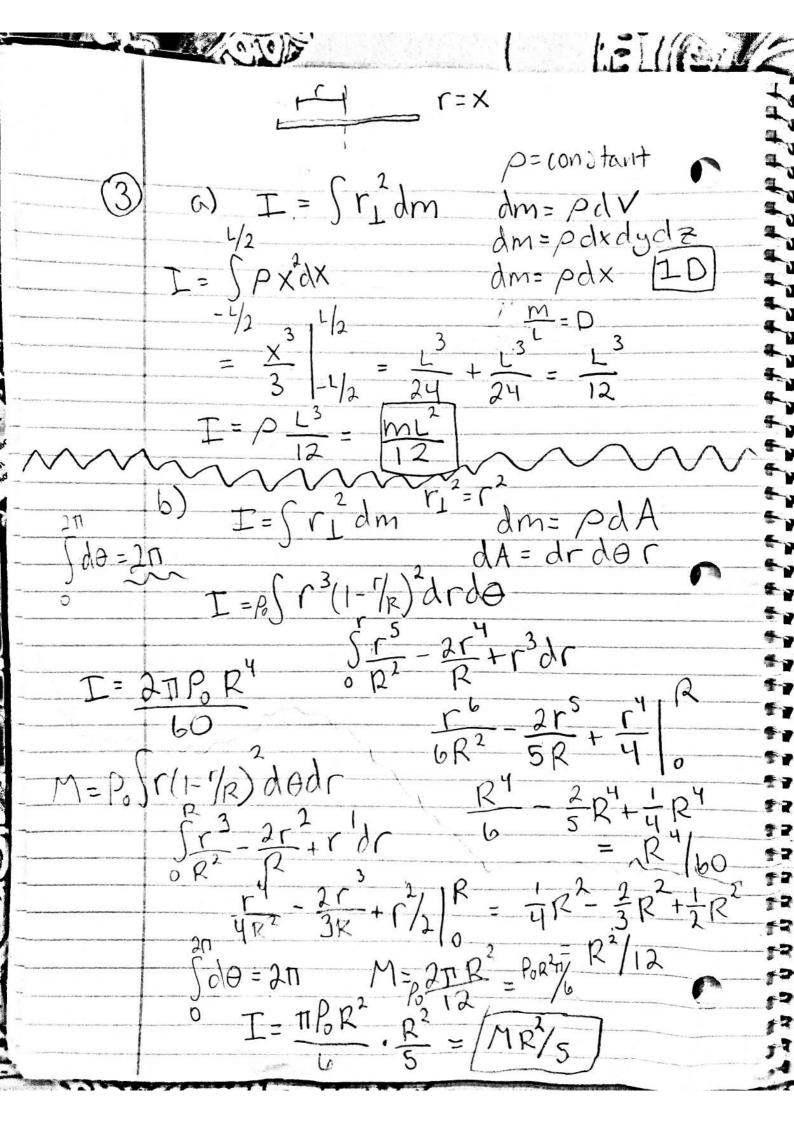
$$\omega_{f} = \frac{\omega_{o}M_{o}}{M_{f}} \left(\frac{R_{o}}{R_{f}}\right)^{2} \qquad \frac{\omega_{o} = \omega_{o} I_{o}/I_{f}}{\omega_{f}}$$

$$\omega_{f} = 8M_{o} = \frac{\omega_{o}M_{o}}{M_{o} \cdot 8} \left(\frac{1}{2}\right)^{2} = \frac{\omega_{o}}{32}$$

$$3.34 \qquad y(t) = V_{o}t - \frac{1}{2}9t^{2}$$

Angular momentum L= Iwo

no torque, gravity acts on CM Thus L is conserved



$$P_{o} = \frac{M}{A} = \frac{M}{\pi r^{2}}$$

$$T = \int r_{\perp}^{2} dm \qquad dm = P_{o} dA$$

$$T = \int r_{\perp}^{2} dm \qquad dA = r d\theta dr$$

$$T = P_{o} \int r_{\parallel}^{3} cos^{2}\theta d\theta dr$$

$$P_{o} \int r_{\parallel}^{3} r_{\parallel}^{3} cos^{2}\theta d\theta dr$$

$$= \frac{1}{4} \pi P_{o} R^{4} \qquad P_{o} = \frac{M}{\pi R^{2}}$$

$$= \frac{1}{4} \frac{\pi M}{\pi R^{2}} R^{4} = \frac{1}{4} M R^{2}$$