$$\frac{1}{3} \int_{\frac{1}{2}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}} + 1$$

$$= \frac{1}{2} \int_{\frac{u}{(\frac{u}{15})^2 + 1}}^{\frac{1}{2}} \frac{du}{\frac{u}{3} + \frac{1}{3}} = \int_{\frac{1}{3}(\frac{u}{15})^2 + 1}^{\frac{1}{2}} \frac{du}{\frac{u}{3} + \frac{1}{3}} = \int_{\frac{1}{3}(\frac{u}{15})^2 + \frac{1}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3} + \frac{1}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3} + \frac{1}{3}} = \int_{\frac{1}{3}(\frac{u}{15})^2 + \frac{1}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3} + \frac{1}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3} + \frac{1}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1}{2}} \frac{u}{\frac{u}{3}}^{\frac{1}{2}} \frac{u}{\frac{u}{3}}^{\frac{1}{2}} \frac{du}{\frac{u}{3}}^{\frac{1$$



















