

(35)

$$y = 1 - x^2 \quad y = x^2 - 1$$

$$x \in [-1, 1]$$

$$z = 2 - x - y$$

$$x + y + z = 2$$

$$y = 2 - x$$

$$x = 2$$

$$z = 2$$

$$z = 2x + 2y + 10$$

$$2x + 2y + z + 6 = 0$$

$$y = 5 - x$$

$$x = -5$$

$$D = \{ (x, y) \mid x \in [-1, 1] \wedge y \in [x^2 - 1, 1 - x^2] \}$$

$$\int_{-1}^1 \int_{x^2-1}^{1-x^2} 2x + 2y + 10 \, dy \, dx = \int_{-1}^1 \int_{x^2-1}^{1-x^2} 2 - x - y \, dy \, dx =$$

$$\int_{-1}^1 \int_{x^2-1}^{1-x^2} 8 + 3x + 3y \, dy \, dx = \int_{-1}^1 8(1-x^2) + 3x(1-x^2) + \frac{3}{2}(1-x^2)^2 - 8(x-1) - 3x(x^2-1) - \frac{3}{2}(x^2-1)^2 \, dx$$

$$= \int_{-1}^1 (16 - 16x^2 + 6x - 6x^3) \, dx = \left[ 16x - \frac{16}{3}x^3 + \frac{3}{2}x^2 - \frac{3}{2}x^4 \right]_{-1}^1 =$$

$$2 \left( 16 - \frac{16}{3} + 3 - \frac{3}{2} \right) = 2 \left( \frac{32}{3} \right) = \boxed{\frac{64}{3}}$$