Evaluate the integral

$$
\iint_{R}\left(x^{2}-2 y^{2}\right) d A
$$

where $R$ is the first quadrant region between the circles of radius 3 and radius 4 ．

$$
\iint_{R}\left(x^{2}-2 y^{2}\right) d A=\square
$$

Evaluate the integral

$$
\iint_{R}\left(x^{2}-2 y^{2}\right) d A
$$

where $R$ is the first quadrant region between the circles of radius 3 and radius 4 ．

$$
\iint_{R}\left(x^{2}-2 y^{2}\right) d A=-175 \pi / 16
$$

