Q.1: Evaluate the triple integral $\iiint_{E} \sqrt{x^2 + y^2} \, dV$, where $E$ is the region that lies inside the cylinder $x^2 + y^2 = 16$ and between the planes $z = -5$ and $z = 4$. 
Q.2: Evaluate the triple integral $\int \int \int_E x^2 dV,$

where $E$ is the solid that lies within the cylinder $x^2 + y^2 = 1$, above the plane $z = 0$ and below the cone $z^2 = 4x^2 + 4y^2$. 