

3. Calculate the surface integral $\iint_S \mathbf{F} \cdot d\mathbf{S}$ where $\mathbf{F}(x, y, z) = \langle -y, x, 0 \rangle$ and S is the surface with parameterization $\mathbf{r}(u, v) = \langle u, v^2 - u, u + v \rangle$, $0 \leq u \leq 3, 0 \leq v \leq 4$.