

Energy Conservation!

- Friction causes object to roll, but if it rolls w/o slipping friction does NO work!
 - $W = F d \cos \theta$ d is zero for point in contact
- No dissipated work, energy is conserved
- Need to include both translational and rotational kinetic energy.
 - $K = \frac{1}{2} m v^2 + \frac{1}{2} I \omega^2$