(a)
```java
public boolean isLevelTrailSegment (int start, int end) {
    int highest = markers[start];
    int lowest = markers[start];

    for (int i = start; i <= end; i++) {
        highest = Math.max (highest, markers[i]);
        lowest = Math.min (lowest, markers[i]);
    }

    return Math.abs (highest - lowest) < 10;

}
```

(b)
```java
public boolean isDifficult() {
    int numBigChanges = 0;

    for (int i = 1; i < markers.length; i++) {
        if ( Math.abs (markers[i-1] - markers[i]) >= 30) {
            numBigChanges ++;
        }
    }

    return numBigChanges >= 3;

}
```