





$$\sum_{i=-3}^{n} i^2 = \frac{n^3}{3} + \frac{n^2}{2} + \frac{n}{6} + 14$$

$$\frac{(n+1)^2}{3} + \frac{(n+1)^2}{2} + \frac{n+1}{4} + \frac{14}{2} + \frac{0}{4} + \frac{0}{4} = \frac{1}{4}$$