Problem 1: Find the average rate of change of $f(x) = 2x^2 + 4x - 5$ on [-1, 1].

Problem 2: Write the following functions as f(g(x)) for some functions f(x), g(x).

(a)
$$\ln(16 - x^2)$$

(b)
$$8\sqrt{4x+5}$$

(c)
$$\frac{1}{x^2 + x + 5}$$