1. $h^3 + 8h^2 + 16h$ has a factor $(h-(-4))$ compute all other factors:

$(h - 4)\ h\ (h + 4)$

$(h - 1)\ (h + 1)\ (h + 4)$

$h\ (h + 4)^2$

$(h - 2)\ (h + 1)\ (h + 4)$

Solution
Apply Long Division.
$h\ (h + 4)^2$