$$16 t^2 - \frac{4t}{3} + \frac{1}{9}$$
$$16 t^2 + \frac{8t}{3} + \frac{1}{9}$$

$$16 t^2 - \frac{8t}{3} + \frac{1}{9}$$

 $= 16 t^2 - \frac{8t}{3} + \frac{1}{9}$ 

 $(4 t - \frac{1}{3})^2 = (4 t)^2 - 2(4 t)(\frac{1}{3}) + (\frac{1}{3})^2)$