② $\displaystyle\sum_{k=3}^{15}(2k+1)$ $k=1$

$h=k-2$

$k=3 \quad h=1$

$k=15 \quad h=13$

$\displaystyle\sum_{h=1}^{13}(2\cdot(h+2)+1) = \sum_{h=1}^{13}(2h+4+1) =$

$= \displaystyle\sum_{h=1}^{13}(2h+5)$