① Area of the triangle:

- Form two edge-vectors from the base point $(0,0)$:

$$u = (-1, 4) - (0,0) = (-1, 4),$$
$$v = (7,-2) - (0,0) = (7,-2)$$

- The signed area is $\frac{1}{2} \det[u,v]$, where

$$\det\begin{pmatrix} -1, 7 \\ 4, -2 \end{pmatrix} = (-1)(-2) - (4)(7)$$
$$= 2 - 28 = -26$$

- Take absolute value and put in triangle:

$$\text{Area of } \Delta = \frac{1}{2}|-26| = \boxed{13}$$

② Volume of the parallelepiped:

- Given 3 vectors in $\mathbb{R}^3$:

$$a = \begin{pmatrix} -2 \\ 0 \\ -1 \end{pmatrix}, \quad b = \begin{pmatrix} 1 \\ 2 \\ 8 \end{pmatrix}, \quad c = \begin{pmatrix} -2 \\ 0 \\ -1 \end{pmatrix}$$

- The volume is $\left|\det[a\ b\ c]\right|$
  But here, $c = a$, so two columns of the 3×3 matrix are identical. Hence

$$\det[a\ b\ c] = 0$$

and therefore

$$\boxed{\begin{array}{l} \text{Volume of} \\ \text{Parallelepiped} \end{array} = 0}$$