Given the following two functions $f(x) = (x+4)^2 - 7$

$h(x) = \frac{1}{2}(x-6)^2 + 1$

How would the transformations from $f(x)$ to $h(x)$ affect the graph?

The function $h(x)$ is [ ] (a) vertically shrunk by 1/2 (b) vertically stretched by 1/2 , translated [ ]

right 6
left 6
right 10
left 10
right 2
left 2

units and translated [ ] units from the original function $f(x)$.

up 1
down 1
up 7
down 7
up 8
down 8