You're given the following equation. You have to solve for y.

$$9 - \frac{1}{3}(y + 11) = -8$$

1) Subtract 9 from both sides:

$$\frac{-1}{3}(y + 11) = -17 \qquad \text{This means the 9 goes from the left.}$$

On the right, we have -17.

2) Multiply both sides by -3 to clear the fraction from the left.

$$-3\left[\frac{-1}{3}(y + 11)\right] = (-17) \cdot (-3) \qquad \text{setup the multiplication}$$

$$y + 11 = 51 \qquad\qquad -3 \cdot \frac{-1}{3} = 1 \ \text{ and } (-17)(-3)=51$$

3) Subtract 11 from both sides.

$$y = 51-11$$

$$y = 40$$