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$$1 + 2 + 3 + 4 + \dots + 10 = \sum_{i=1}^{10} i \quad \text{or} \quad \sum_{j=3}^{12} (j-2)$$

there are only many answers I think is the most natural.

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$$\sqrt{3} + \sqrt{4} + \sqrt{5} + \sqrt{6} + \sqrt{7} = \sum_{k=3}^7 \sqrt{k}$$

(again there are many other correct answers I'm just trying to introduce you to the notation here, nothing terribly profound.)