$2 x+4 y+2 z=16$
$-2 x-3 y+z=-5$
$2 x+2 y-3 z=3$

Hints :

- Can I use elimination, substitution, or both?
- Look at the x "column", can you "cancel" any variable out by elimination?
- After you cancel out x's, can you use substitution and isolate one variable?

