$$y^{2} - 16 = (y - 4)(y + 4) \text{ and } y^{2} + 3y - 28 = (y - 4)(y + 7), \text{ so the LCM} = (y - 4)(y + 4)(y + 7).$$

$$\frac{y + 2}{y^{2} - 16} - \frac{8}{y^{2} + 3y - 28} = \frac{y + 2}{(y - 4)(y + 4)} - \frac{8}{(y - 4)(y + 7)}$$

$$= \frac{(y + 2)(y + 7)}{(y - 4)(y + 4)(y + 7)} - \frac{8(y + 4)}{(y - 4)(y + 7)(y + 4)} = \frac{y^{2} + 9y + 14}{(y - 4)(y + 4)(y + 7)} - \frac{8y + 32}{(y - 4)(y + 4)(y + 7)}$$

$$= \frac{y^{2} + y - 18}{(y - 4)(y + 4)(y + 7)}$$