Factorizing Quadratic Expressions part3

Factorize the Quadratic expressions

1) $10 + 7h + h^2$

2) $48 + 2h - h^2$

3) $90 - i - i^2$

4) $132 - 23i + i^2$

5) $13 + 14j + j^2$

6) $30 + j - j^2$

7) $28 + 3k - k^2$

8) $45 - 45k + k^2$