Example 1. 2 horizontal intercepts found
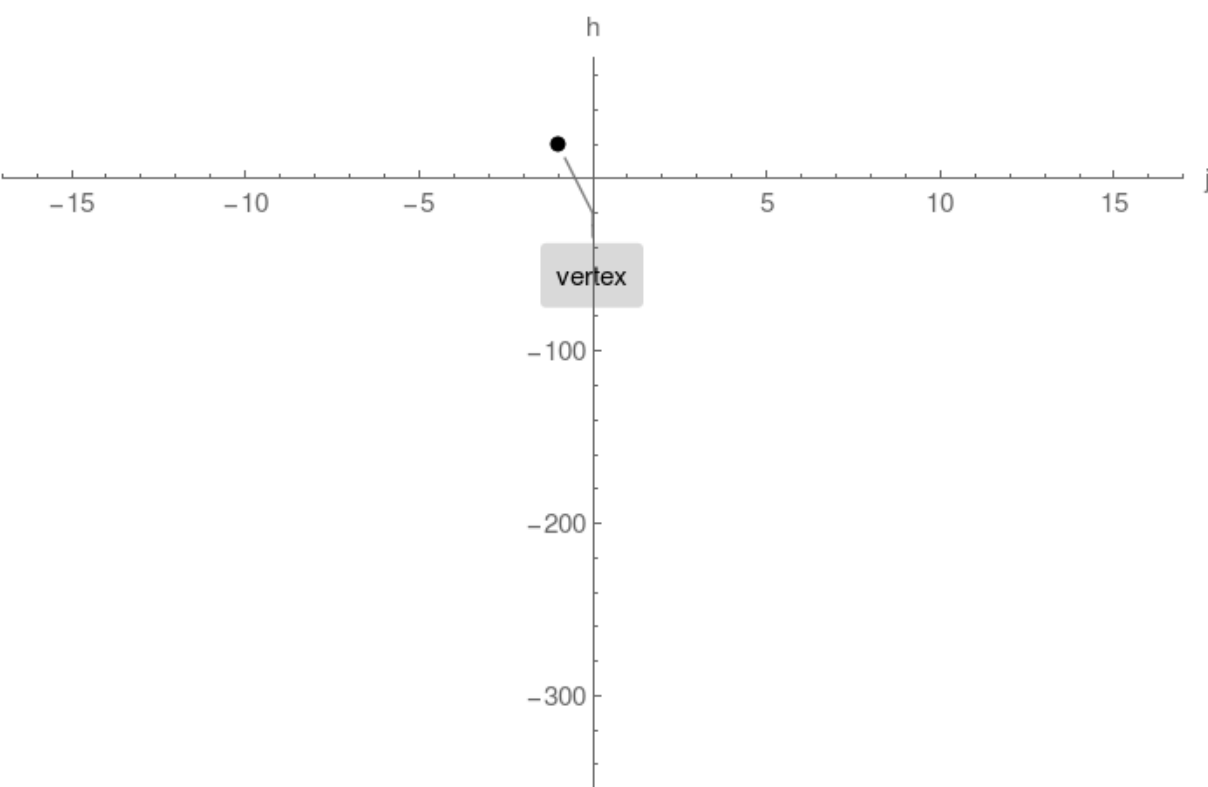
Plot $h(j) = -j^2 - 2j + 19$

Step 1.
Compute vertex and plot single point:
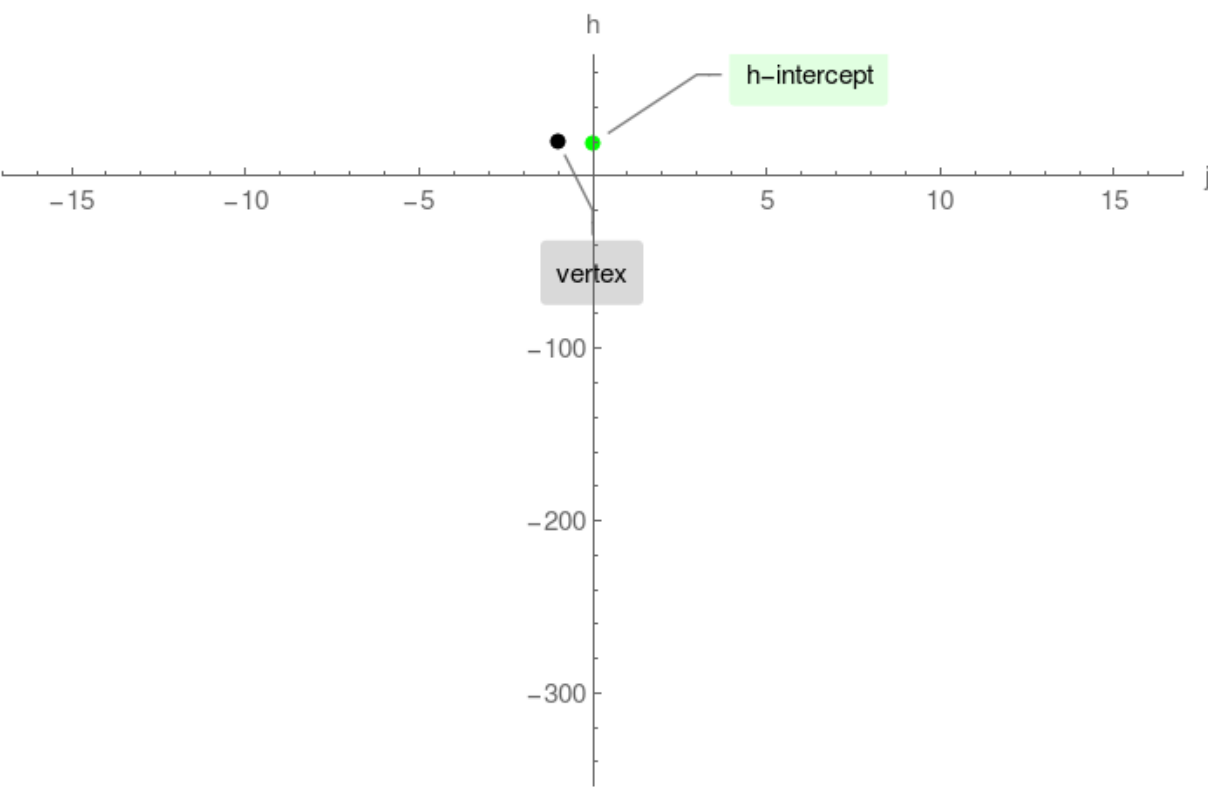vertex=$(-1, 20)$

Step 2.
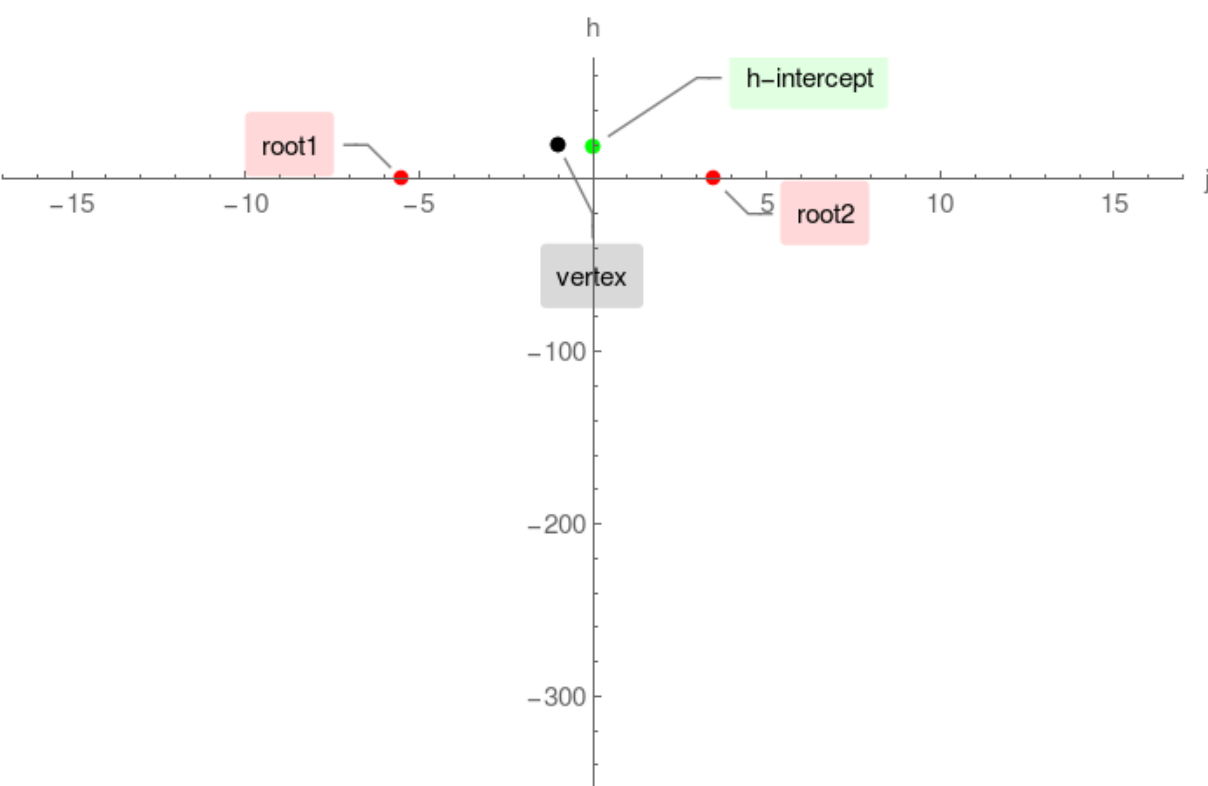Compute h-intercept and plot single point:
h-intercept=$(0, 19)$

Step 3.
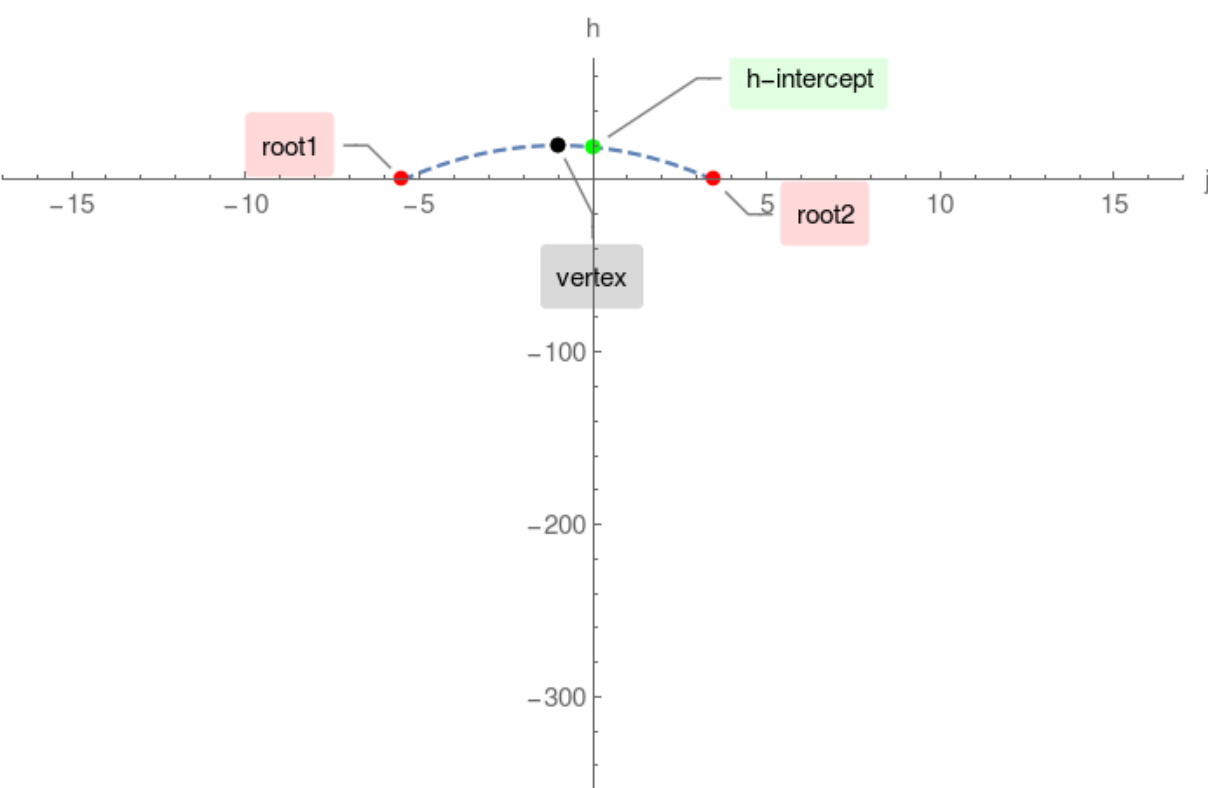Compute j-intercepts by solving $-j^2 - 2j + 19 = 0$:
$(-1 - 2\sqrt{5}, 0)$, $(-1 + 2\sqrt{5}, 0)$

Step 4.
connect the above computed points:

Step 5.
Extend the parabola beyond the range of intercepts