Solve each equation.

1) 
$$-10 = \frac{a}{6} - 14$$

2) 
$$8(7+m)=16$$

3) 
$$3y + 22 = -8y$$

4) 
$$\frac{h-1}{2} = -4$$

5) 
$$32 = 4(r - 5)$$

6) 
$$9t - 21 = 8t - 7$$

7) 
$$-3 = \frac{-13 + p}{4}$$

8) 
$$7(n-2) = 56$$