7. [12 points] For Valentine's Day, Jason decides to make a heart-shaped cookie for Sophie to try to win her over. Being mathematically-minded, the only kind of heart that Jason knows how to construct is composed of two half-circles of radius $r$ and an isosceles triangle of height $h$, as shown below.

Jason happens to know that Sophie's love for him will be determined by the dimensions of the cookie she receives; if given a cookie as described above, her love $L$ will be

$$
L=h r^{2}
$$

where $r$ and $h$ are measured in centimeters and $L$ is measured in pitter-patters, a standard unit of affection. If Jason wants to make a cookie whose area is exactly $300 \mathrm{~cm}^{2}$, what should the dimensions be to maximize Sophie's love?


