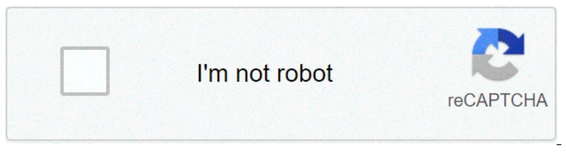

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Types of triangles according to sides and angles

Family HandymanI’ve carried a Speed Square in my tool belt for decades for figuring out and transferring angles. But it can’t always “figure out” the job at hand. The EZ-Angler Measuring & Template Tool picks up where other squares leave off. It can be adjusted to copy two angles at once, and can be configured in many different ways to copy and transfer weird shapes. It also has metric and standard measuring guides for determining lengths and centers of materials. I found it super handy for installing plank flooring and laying pavers. The EZ-Angler and similar template tools cost about $20 online and at some home centers. — Spike Carlsen Originally Published: March 30, 2018 This site is not available in your country Mix It UpDon't think the only place you can get a sink is at the kitchen or bath showroom; use your imagination for all kinds of inventive alternatives. Take a galvanized-steel tub and set it into a stainless-steel countertop; it's deep and inexpensive—perfect for a workroom or garden room. Or a concrete birdbath mounted in a satin-nickel tubular leg frame makes a very sculptural vanity. —Nance Vigneau, architect, Westport, Connecticut Team Players If you're going to hire professionals, get your team together from the beginning. Don't start with an architect before you've got a designer, and don't begin anything until you're happy with everyone. Do a lot of interviewing: The Franklin Report (franklinreport.com) is a design yellow pages for big cities, and it has tips and user reviews for finding great professionals. —Kara Mann, designer, Chicago Stone-cold Deals Stoneyards all have bins of leftover marble and granite from major jobs. If you're willing to root around, you can find terrific deals. First-quality material that originally costs $10 to $15 a yard can be found for just $1 a yard. It's a great resource for small bathrooms or countertops, especially if you don't need lots of square footage. Haifa (haifainc.com) is a good national stone retailer.—Eddy Doumas, designer, Vail & Palm Beach Allow for Finds Whether your style is contemporary or traditional, be open to finding and falling in love with one completely unexpected, bizarre object; it could become the linchpin of your whole renovation. I found a truly strange chrome eyeball light fixture at Blackman Cruz (in Los Angeles, 310/657-9228, blackmancruz.com) and had to have it for my new kitchen. I never would have looked for it, but now that it's there, it's perfect. —Douglas Levine, designer, Chicago Indispensible Resource People agonize over finding a reputable contractor or carpenter; everyone should know about the National Association of the Remodeling Industry (NARI). It's an organization designed to take the terror out of finding someone to renovate your home. Go to nari.org and you'll be on your way to finding a top-quality, dependable professional in your area. —Stephen Saint-Onge, designer, While You Were Out Super Glue I'm in love with a product called Aqua Resin (available from sculpt.com). It's a water-based resin that can be applied to just about anything and then dries to look exactly like marble or buffed concrete. You can add pigment to create different effects, and it's incredibly strong and doesn't crack, even outdoors. I've created planters with it, and it would work beautifully on stairs or bathtubs. —Jon Kully, architect, New York City What the Pros Use McMaster-Carr is the professional's Home Depot. They have a catalog that's as thick as the bible (and a website: mcmaster.com) with everything you could possibly need for construction, from good, solid workbenches to incredibly cool industrial light switches. It's not more expensive than the big home stores, but it's less generic—I love the subtleties of detail in their products. —Brian Messana, architect, New York City This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Side Angle Pose (Utthita Parsvakonasana) From warrior II, place your front (right) forearm on your right thigh. Press away from your thigh to create more space and elongate your neck. Extend your left arm up and over. If you are flexible enough that you feel you can go deeper, lower your right hand to the floor down to the outside of your right foot. Press your knee into your bicep and your bicep into your knee, creating a vice grip. Hold for five to ten breaths. Return to warrior 2 and repeat on your left side. Physical Benefits: Tones and strengthens your legs, stretches your hamstrings and groin. Healing Benefits: Brings blood flow to your joints, and burns calories. Emotional Aspects: Strengthens your determination and focus, aids you in moving forward. Modifications: If your knees are giving you a problem, do not bend them 90 degrees. Instead, straighten your front leg and shorten your stance to resemble triangle pose. Mandy Ingber is a celebrity fitness and wellness adviser, yoga expert, and New York Times best-selling author of Yogalosophy: 28-days to the Ultimate Mind-Body Makeover. Her 20 years of teaching experience have attracted clients like Jennifer Aniston, Kate Beckinsale, Brooke Shields, and Helen Hunt. She is a keynote speaker, spokesperson for Silk Soymilk, and wellness blogger, and she is on the advisory committee for the Cancer Prevention Clinic at Providence St John’s Health Center in Santa Monica, Calif. Follow Mandy on Twitter, Facebook, and Instagram. You can also download Mandy’s Yogalosophy app for Apple iOS products.Important: The views and opinions expressed in this article are those of the author and not Everyday Health. What Is a Platonic Solid? A platonic solid is a three-dimensional shape whose faces are polygons that have equal sides. There are five types of platonic solids: The tetrahedron (pyramid) has three faces. The hexahedron (cube) has four faces. The octahedron has five faces. The dodecahedron has 12 faces. The icosahedron has 20 faces. All platonic solids are regular, meaning they have equal sides and angles, and each one has an equal amount of sides meeting at every vertex. Each polygonal side is congruent, meaning the size and shape of every side is identical. Platonic solids were given their name because of the studies of philosopher Plato. He attributed the shapes to fire, earth, air, water and the heavens and based his theory about the universe on them. The cube, according to Plato, was assigned to the earth because of its four-square regularity, according to Britannica. Everyday Cubes You see cubes around you every day. You put sugar cubes in your hot drinks and ice cubes in drinks to make them colder. Some tissue boxes are cube-shaped as are some ornamental planters and ottomans. Babies and toddlers learn motor skills when they play with cube-shaped building blocks. A famous cube is the Rubik’s cube. Kids and adults alike love this cube-shaped puzzle. It was invented by a Hungarian professor of architecture named Ernõ Rubik in 1974. The Magic Cube, as Rubik first called it, is comprised of smaller cubes, and each side of the main cube displays nine colored squares. What started out as a movable prototype to help his architecture students soon became a bestselling toy, leading to world championships in solving the puzzle, spin-off products and speedcubing. Cubes in Architecture The regular, symmetrical shape of a cube makes it easy to build with. Architects consider the geometrical design to be a sign of perfection when it comes to structures. Many famous buildings have been designed in the shape of cubes. The Mirrorcube is actually a hotel built in the trees in Sweden. The mirrored walls camouflage the accommodation amid its surroundings. The Apple Cube is the iconic glass cube entrance to Apple’s flagship store on Fifth Avenue, New York City. Once you’ve entered the striking glass entrance, a spiral staircase leads you down into the store. In Lyon, France, the Orange Cube sits on the bank of the river, housing offices inside its intriguing design. With giant-sized voids in the sides of the building, it almost looks as though someone has taken a bite or two from it. Cubes in Art In the early 20th century, a revolutionary art movement called cubism was introduced by the artists George Braque and Pablo Picasso. The subject matter was comprised of cubes and various other geometrical shapes rather than being a true-to-life copy of what was seen. It led the way for abstract art and inspired creative art movements in the future, such as surrealism and futurism. For display purposes in galleries and museums, the "white cube" is recognized for being the best surrounding to showcase artworks. The white, square walls prevent your eyes from being distracted from the artwork hanging on them, helping to highlight the colors and details within them. Drawing cubes also helps with perspective in art and can make it easier to draw some items, such as figures. Artists also use cubes in artwork to draw the viewer’s eye to a particular detail, such as light, shadow, colors or materials used. Cubes in Nature It may seem strange to think of cubes naturally occurring in nature due to their geometrical shape and rigid lines. Yet cubes in nature do exist. A mineral called pyrite is made of cuboidal crystals that result from two sulfur atoms bonding with an iron atom. Halite crystals are cubic too, and you’ll know this mineral better as rock salt. Possibly the most unusual example of cubes in nature is wombat poop. Wombats have incredibly dry feces due to their habitat. It’s believed this helps keep the cube structure intact when excreted, having been molded into a cube shape at the end of the intestinal tract. 1 What Do You Call a Group of Butterflies? 2 What Is the Weight of Canadian Coins in Grams? 3 Which Is Better — A Small Family Or Big Family? 4 It's a Wonderful Life: a Behind-the-Scenes Look at the Touching Christmas Classic 5 How Many Baby Carrots Are in 3 Ounces and Other Facts Angles are an integral facet in the study of mathematics, particularly geometry. Angles are formed by two rays (or lines) that begin at the same point or share the same endpoint. The point at which the two rays meet (intersect) is called the vertex. The angle measures the amount of turn between the two arms or sides of an angle and is usually measured in degrees or radians. An angle is defined by its measure (for example, degrees) and is not dependent upon the lengths of the sides of the angle. The word "angle" is derived from the Latin word "angulus," meaning "corner" and is related to the Greek word "ankylos," meaning "crooked, curved," and the English word "ankle." Both Greek and English words come from the Proto-Indo-European root word "ank-" meaning "to bend" or "bow." Angles that measure exactly 90 degrees are called right angles. Angles that measure less than 90 degrees are called acute angles. An angle that is exactly 180 degrees is called a straight angle (this appears as a straight line). Angles that measure greater than 90 degrees but less than 180 degrees are called obtuse angles. Angles that are larger than a straight angle but less than one turn (between 180 degrees and 360 degrees) are called reflex angles. An angle that is 360 degrees, or equal to one full turn, is called a full angle or complete angle. For example, a typical rooftop is formed using an obtuse angle. The rays span out to accommodate the width of the house, with the apex located at the centerline of the house and the open end of the angle facing downward. The angle chosen must be sufficient to allow the water to flow off the roof easily but not so close to 180 degrees that the surface would be flat enough to allow water to pool. If the roof were constructed at a 90-degree angle (again, with the apex at the centerline and the angle opening outward and facing down) the house would likely have a much narrower footprint. As the measurement of the angle decreases, so too does the space between the rays. Angles are usually named using alphabet letters to identify the different parts of the angle: the vertex and each of the rays. For example, angle BAC, identifies an angle with "A" as the vertex. It is enclosed by the rays, "B" and "C." Sometimes, to simplify the naming of the angle, it is simply called "angle A." When two straight lines intersect at a point, four angles are formed, for example, "A," "B," "C," and "D" angles. A pair of angles opposite each other, formed by two intersecting straight lines that form an "X"-like shape, are called vertical angles or opposite angles. The opposite angles are mirror images of one another. The degree of angles will be the same. Those pairs are named first. Since those angles have the same measure of degrees, those angles are considered equal or congruent. For example, pretend that the letter "X" is an example of those four angles. The top part of the "X" forms a "V" shape, that would be named "angle A." The degree of that angle is exactly the same as the bottom part of the X, which forms a "^" shape, and that would be called "angle B." Likewise, the two sides of the "X" form ">" and "