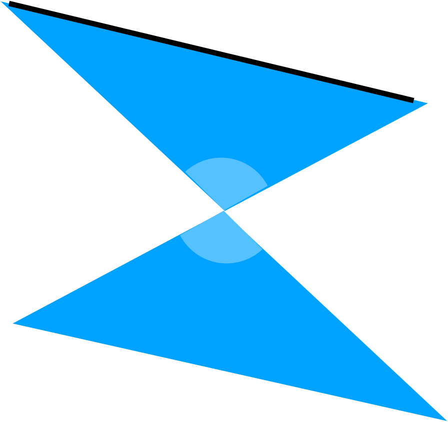
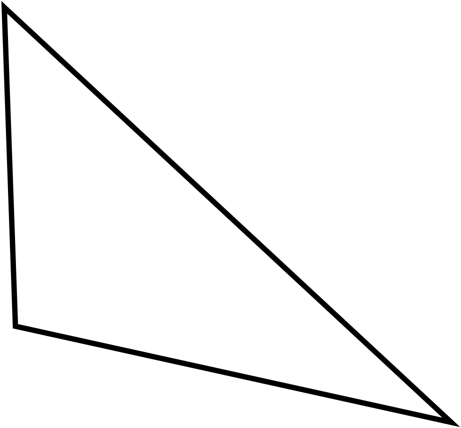


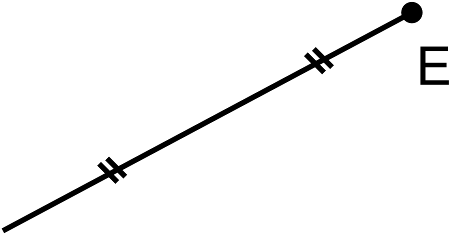


A

B

C

D

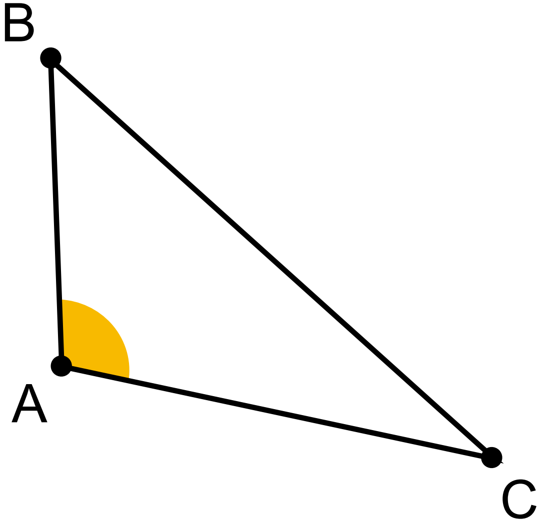

E

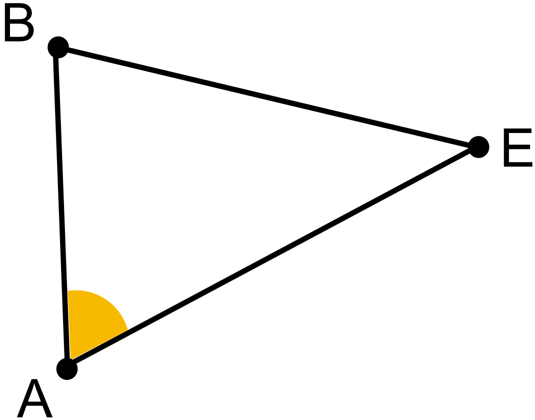
Proof. Let D be the midpoint of $\overline{BC}$. Let E be the point such that $A - D - E$ and $\overline{AD} \cong \overline{DE}$. Since $\angle ADC \cong \angle EDB$ as vertical angles, we conclude that $\triangle ADC \cong \triangle EDB$ by SAS. In particular, $\angle CAD \cong \angle BED$, $\angle EBD \cong \angle ACD$. Let $\triangle A_1B_1C_1 = \triangle ABE$. Also,

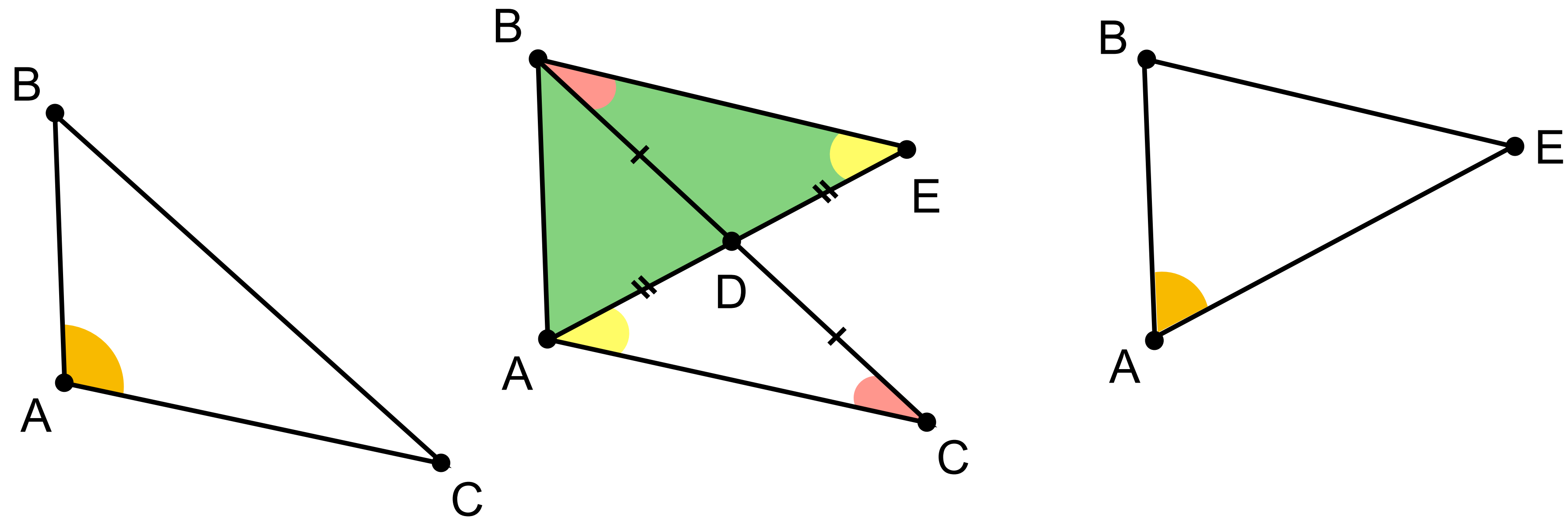
$$\begin{aligned}
m\angle A + m\angle B + m\angle C &= m\angle BAC + m\angle ABC + m\angle BCA \\
&= (m\angle CAD + m\angle BAD) + m\angle ABC + m\angle BCA \\
&= m\angle BED + m\angle BAD + m\angle ABC + m\angle EBD \\
&= m\angle BAD + (m\angle ABC + m\angle EBD) + m\angle BED \\
&= m\angle BAD + m\angle ABE + m\angle BED \\
&= m\angle A_1 + m\angle B_2 + m\angle C_2
\end{aligned}$$

Therefore, $\triangle ABC$ and $\triangle A_1B_1C_1$ have the same angle sum. Since $m\angle A = m\angle A_1 + m\angle C_1$, where are angle measures are nonnegative real numbers, we have that $m\angle A_1 \leq \frac{1}{2}(\angle A)$ or $m\angle C_1 \leq \frac{1}{2}(\angle A)$. Switching the labels A_1 and C_1 if necessary, this finishes the proof. □

our


B
A
C


B
E
A



Proof. Let D be the midpoint of $\overline{BC}$. Let E be the point such that $A - D - E$ and $\overline{AD} \cong \overline{DE}$. Since $\angle ADC \cong \angle EDB$ as vertical angles, we conclude that $\triangle ADC \cong \triangle EDB$ by SAS. In particular, $\angle CAD \cong \angle BED$, $\angle EBD \cong \angle ACD$. Let $\triangle A_1B_1C_1 = \triangle ABE$. Also,

$$\begin{aligned} m\angle A + m\angle B + m\angle C &= m\angle BAC + m\angle ABC + m\angle BCA \\ &= (m\angle CAD + m\angle BAD) + m\angle ABC + m\angle BCA \\ &= m\angle BED + m\angle BAD + m\angle ABC + m\angle EBD \\ &= m\angle BAD + (m\angle ABC + m\angle EBD) + m\angle BED \\ &= m\angle BAD + m\angle ABE + m\angle BED \\ &= m\angle A_1 + m\angle B_2 + m\angle C_2 \end{aligned}$$

Therefore, $\triangle ABC$ and $\triangle A_1B_1C_1$ have the same angle sum. Since $m\angle A = m\angle A_1 + m\angle C_1$, where our angle measures are nonnegative real numbers, we have that $m\angle A_1 \leq \frac{1}{2}(\angle A)$ or $m\angle C_1 \leq \frac{1}{2}(\angle A)$. Switching the labels A_1 and C_1 if necessary, this finishes the proof. $\square$