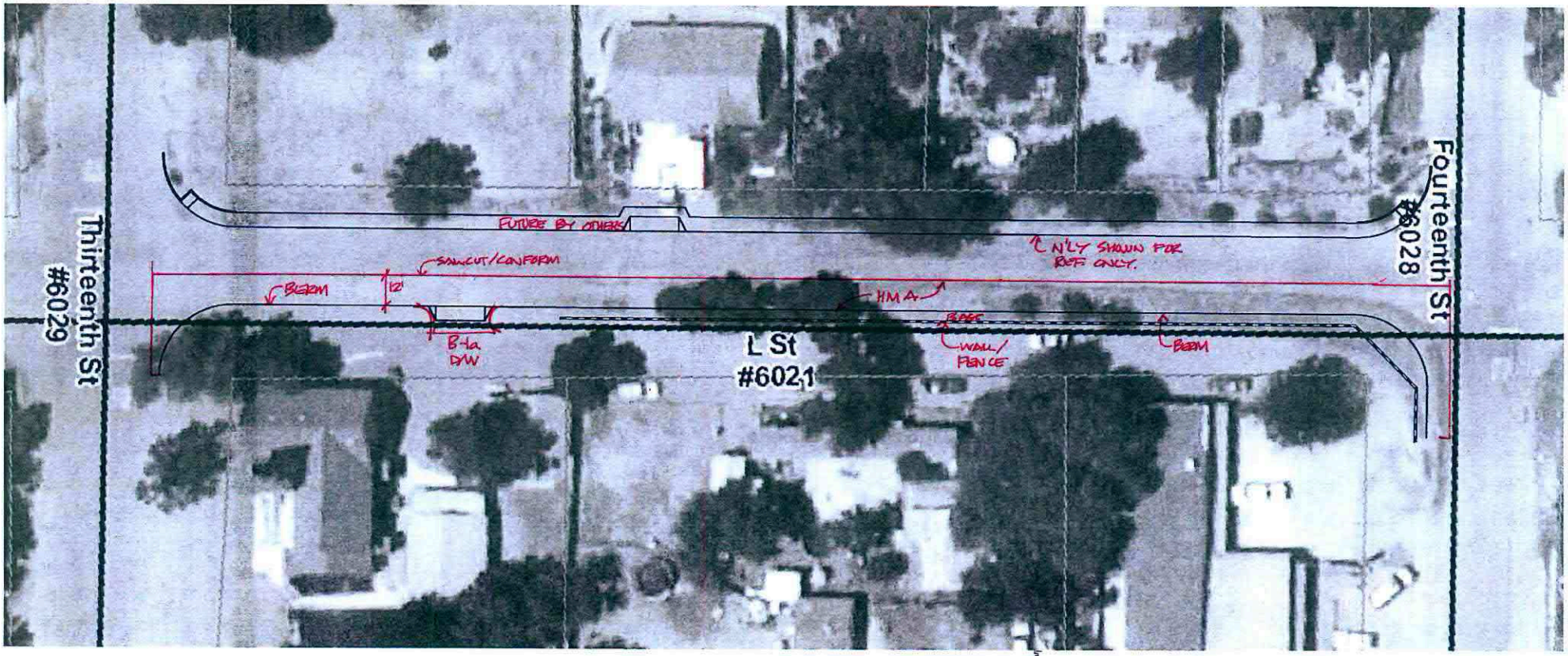
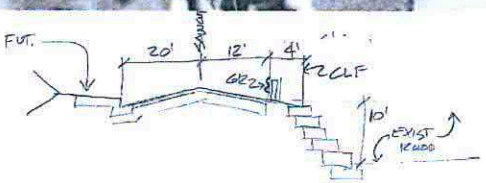


AC =

$\frac{1}{2}bh = (\frac{1}{2})(5)(10) \times 420$