$$\cos(45° + \alpha) = \sin[90° - (45° + \alpha)] = \sin(45° - \alpha),$$
$$\cos(30° + \alpha) = \sin[90° - (30° + \alpha)] = \sin(60° - \alpha),$$

tehát

$$\sin(45° - \alpha) - \cos(30° + \alpha) + \sin^2 30° - \cos(45° + \alpha)+$$

$$+ \sin(60° - \alpha) + \sin^2 60° = \sin^2 30° + \sin^2 60° = \sin^2 30° + \cos^2 30° = 1.$$

(Pálos Tibor, Budapest.)