What is the solution set of the inequality?

$$6 - |x + 7| \leq -2$$

A $\{x | -15 \leq x \leq 1\}$

B $\{x | x \leq -1 \text{ or } x \geq 3\}$

C $\{x | -1 \leq x \leq 3\}$

D $\{x | x \leq -15 \text{ or } x \geq 1\}$

GEOMETRY The measures of two angles of a triangle are x and $4x$. Which of these expressions represents the measure of the third angle?

F $180 + x + 4x$

G $180 - x - 4x$

H $180 - x + 4x$

J $180 + x - 4x$