There is no general formula, using rational functions and radicals, for the roots of polynomials of degree 5 or more. We show how to compute the number of real, non-zero roots of trinomials (of arbitrary degree) using a simple logarithmic inequality. Using the log-uniform distribution for the coefficients, we then prove that the number of real roots is $3/2$ on average. Finally, we show how an "Archimedean" Newton Polygon gives an algorithm to efficiently approximate the roots of $f$. (Received July 31, 2010)