Illustration of the Terms in A087811 on the Square Spiral

Terms in A087811 are the numbers m such that connecting the external lattice points of a square spiral with m lattice points (1 through m) forms a rectangle.

Terms in the sequence (marked with *) are on the four arms of the square spiral. SE: n^2 and NE: $n(n+1)$ for odd n >= 1; NW: n^2 and SW: $n(n+1)$ for even n >= 2.

```
37---36*--35---34---33---32---31
 |                           |
38   17---16*--15---14---13   30*
 |    |                |    |
39   18    5---- 4*--- 3   12*  29
 |    |    |         |    |    |
40   19    6*   1*--- 2*  11   28
 |    |    |              |    |
41   20*   7---- 8---- 9*--10   27
 |    |                      |
42*  21---22---23---24---25*--26
 |
43---44---45---46---47---48---49*
```