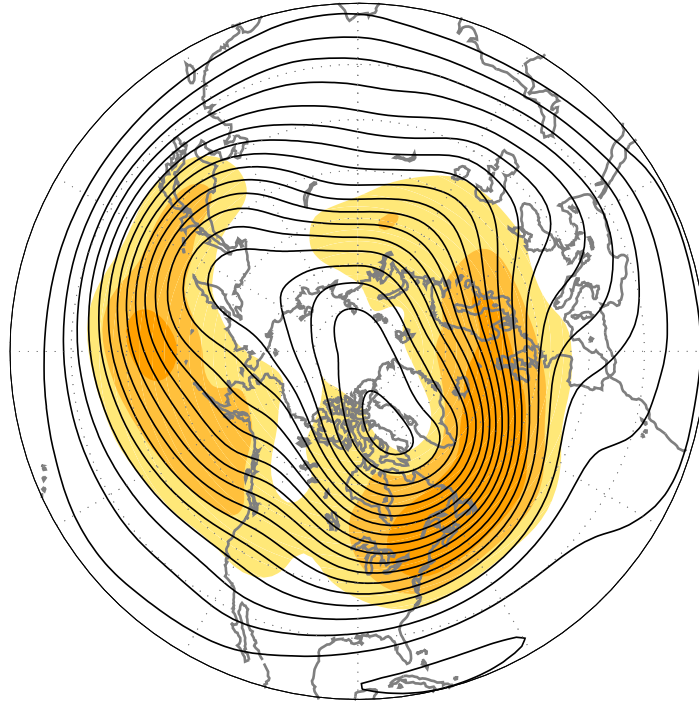
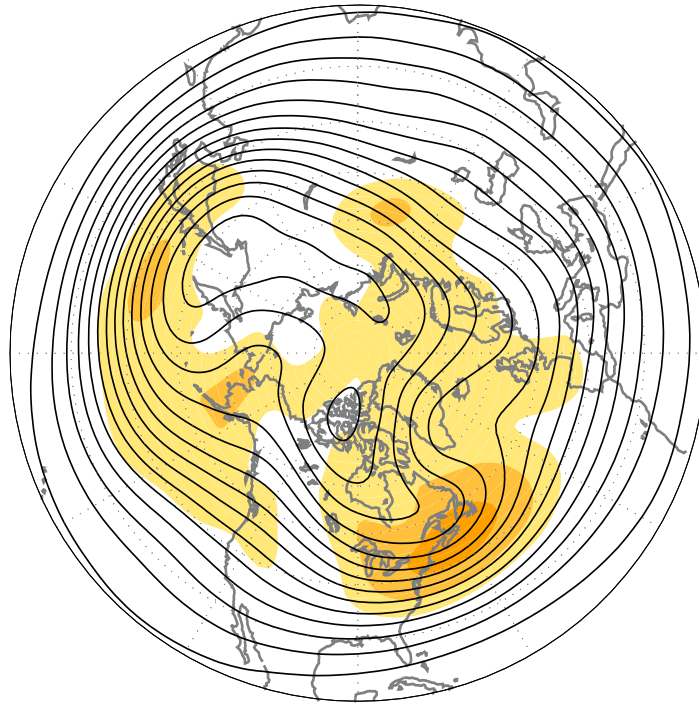


High NAM days



Low NAM days



Composite maps of 500-hPa height (contours) and the std. of band-pass filtered 500-hPa height field (shading). Contour intervals are 50 m for 500-hPa height. Shading is drawn for rms values of 50, 60, and 70 m.

*Thompson and Wallace, Science 2001*