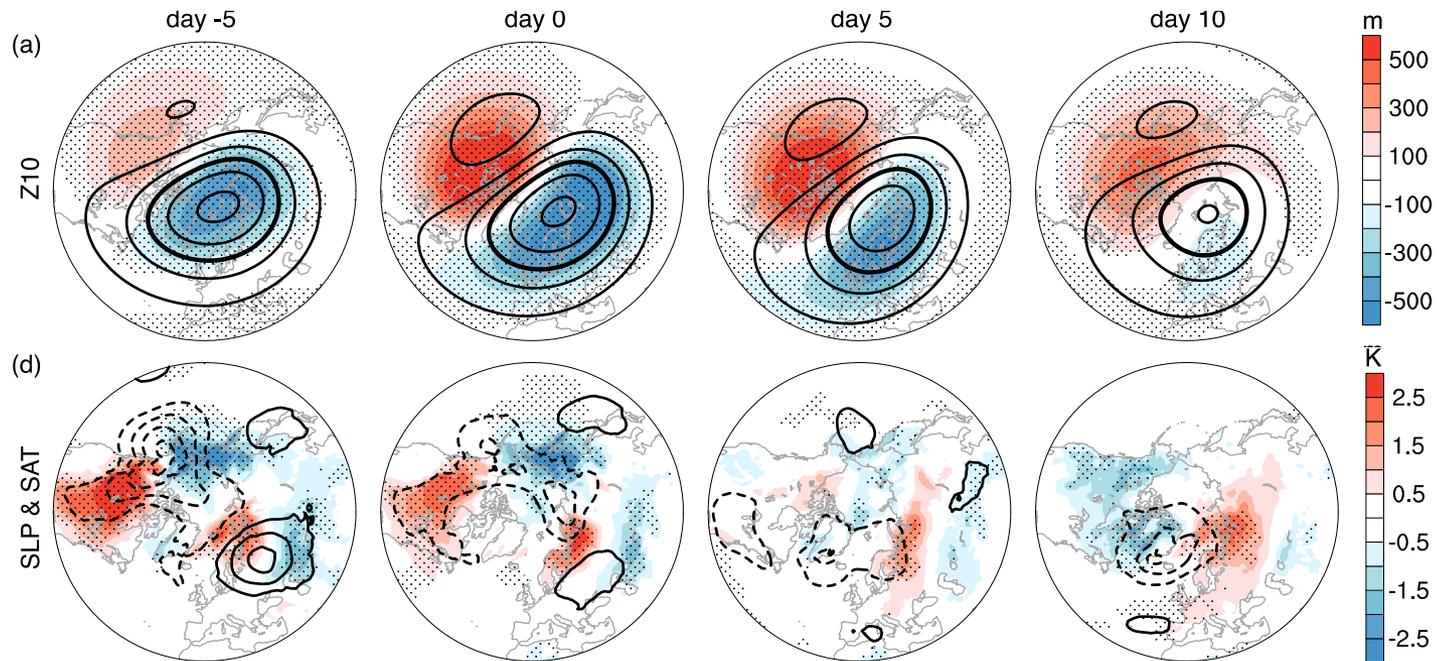


Extreme Stratospheric Wave Activity as Harbingers of Cold Events over North America

- In contrast to the well-known surface influences of sudden stratospheric warmings (SSWs) that increase the intraseasonal persistence of weather regimes, extreme stratospheric wave events are accompanied by intraseasonal fluctuations between warm and cold spells over North America.



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