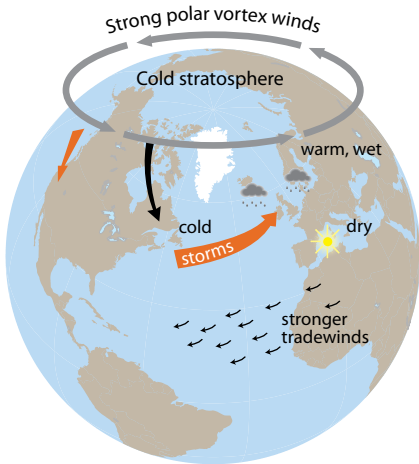


**Arctic  
Oscillation  
Positive Phase**

Higher-pressure air mass over North America, Europe and Asia confines extremely cold air to Arctic.



**Arctic  
Oscillation  
Negative Phase**

Air pressure systems weaken allowing colder air to move south and warmer air to move north.

