



LOSTARK

SEPTEMBER UPDATE

CHASE THE STORM

To Chase The Storm

Lei Shi



To Chase The Storm:

Chasing the Storm Ron Miller, 2014-01-01 Huge towering clouds build up in the sky it s a super cell The Doppler radar indicates that the system is rotating But is there a funnel Is it touching the ground Only a storm chaser can confirm when a tornado is present and help meteorologists warn nearby towns Whenever severe weather threatens storm chasers hit the road to hunt for tornadoes hurricanes or violent storms Some drive thousands of miles in just a few days as they follow a storm system from Iowa to Texas Others serve their cities and towns by taking photos from their backyards and phoning in storm details to local weather stations Specially trained Hurricane Hunters hop into aircraft packed with scientific instruments to fly deep into powerful hurricanes hoping to reach the eye of the storm Are storm chasers a bunch of foolish daredevils Not at all Many are scientists while others are professional photographers and videographers Storm chasers arm themselves with training about severe weather use sophisticated instruments and follow safety guidelines In Chasing the Storm you ll meet real storm chasers and meteorologists hear their stories and discover how they do their work You ll learn tornado basics get a great window into the science of meteorology and learn how to pursue a career in the field You might even decide to become a storm chaser yourself

Storm Chasing 101 Barrett Williams, ChatGPT, 2025-02-12 Unleash the tempestuous wonder of nature with Storm Chasing 101 your ultimate guide to the electrifying world of storm chasing Dive into the heart of the storm with this compelling eBook designed to take you from intrigued observer to skilled storm hunter Why chase storms Experience the undeniable thrill and adrenaline rush as you uncover the mysteries behind severe weather Start your journey with an exploration of meteorological phenomena where you ll learn to decode the anatomy of a storm followed by mastering the science of storm forecasting Discover how to read weather models and interpret radar imagery empowering you to predict nature s next move Equip yourself with the right tools to brave the storm safely From essential gear to advanced safety protocols you ll be prepared for any situation nature throws your way Unearth the secrets of mesocyclones and learn to spot these rotating giants in the field Immerse yourself in the art and science of storm visualization Analyze satellite imagery understand cloud patterns and embrace the cutting edge technology that aids today s storm chasers In your pursuit of supercells and the raw power of lightning Storm Chasing 101 ensures you strategize safely and effectively Capture the majestic fury of storms with expert photography and filming techniques Combine artistry with the insightful sections on ethical storm chasing to ensure you respect communities and minimize environmental impact Join a global community of passionate storm chasers build networks and collaborate with meteorologists to enhance your storm chasing adventures Reap the rewards of collective knowledge and reflect on the emotional journey that comes with confronting nature s most violent storms Storm Chasing 101 is not just an eBook it s a thrilling expedition into the heart of the tempest Ready to chase the storm Your adventure begins here

Chasing Storms and Other Weather Disturbances - Weather for Kids | Children's Earth Sciences Books Baby Professor, 2017-03-15 Why do scientists have to chase storms

and other weather disturbances It is because they want to learn where storms form the most and how destructive they can get This way they can create a system that can detect the intensity of storms and therefore reduce effects on property and populations In this book you re going to learn what the scientists have found out *General Technical Report NE* ,1980

Proceedings of the 1999 Northeastern Recreation Research Symposium, April 11-14, 1999, The Sagamore on Lake George in Bolton Landing, New York ,1999 *This Or That Questions about Storm Chasing* Jaclyn Jaycox,2021-08 Would you rather chase a tornado or a hurricane In this fun filled nonfiction title young readers will face tough decisions about surviving in a storm Readers will sharpen their decision making skills with more than a dozen thought provoking questions about storm chasing From questions about tools to life or death scenarios this book generates discussion and promotes critical thinking skills Full color photographs and engaging easy to read facts invite readers to make informed decisions while also prompting further research **2002 Chacahoula** , *Proceedings of the 2000 Northeastern Recreation Research Symposium, April 2-4, 2000, The Sagamore on Lake George in Bolton Landing, New York* ,2000 Can You Survive Storm Chasing? Elizabeth Raum,2011-06 You re a meteorology student fascinated by storms But Mother Nature can be unpredictable Situations can quickly turn deadly when extreme weather is involved What do you do when You re in a van full of people and a tornado suddenly appears to be headed right for you A hurricane gains strength along the Florida coast but you re unable to convince people to leave their homes A flash flood suddenly strikes putting you and your friends and family in mortal danger Experience the life or death dilemmas that face storm chasers YOU CHOOSE what you ll do next The choices you make will either lead you to safety or to doom **To Chase the Storm** Christy Greene,2021-04-12 Order good chaos bad My subconscious conjured my best caveman impression because evidently I had less understanding of impending danger than a troglodyte would have of a loaded gun The danger being my lack of control when it came to Brian Slater If anyone asked why I was in love with this brash bastard I would not know how to answer but I was I was in love Alissa is an impulsive short tempered fire cracker looking for adventure in the Big Apple He is a straight and narrow rule follower When Alissa torpedos into his life she turns hers up side down along with his **Chasing the Storm** Jessica Madden,2018-09-03 Charli is terrified of storms and has to face her fear when travelling across Tornado Alley with her mother s storm chasing team **Storm Country** Pete Davies,1992 **Weather Matters** Bernard Mergen,2008 A kaleidoscopic book that illuminates our obsession with weather as both physical reality and evocative metaphor focusing on the ways in which it is perceived feared embraced managed and even marketed **Storm Chasers** Matt White,2003 Readers of all ability levels will want to read these high low books from 5 high interest nonfiction subject areas sports history biography adventure and science Each easy to read book explores a fascinating narrative account of the subject This all new series features historical photographs full color graphics glossary words on each page and a contemporary chapter book format Copyright Libri GmbH All rights reserved *Storm Chasers* Alice Cary,1999-07-22 The Storm Birds Schroeder

Davis,1910 **English Reading Made Easy by Means of a System of Marks Applied to the Ordinary Spelling** Sir
William Alexander Craigie,1922 **Chasing the Cure in Colorado** Thomas Crawford Galbreath,1908 *A Record of the*
Searight Family James Allison Searight,1893 Also includes information on other Searight families in the United States
Proceedings of the ... Annual Meeting of the National Board of Trade National Board of Trade (U.S.),1903

Reviewing **To Chase The Storm**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**To Chase The Storm**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

https://ftp.thebrandexperience.com/data/publication/index.jsp/Pro_Digital_Productivity.pdf

Table of Contents To Chase The Storm

1. Understanding the eBook To Chase The Storm
 - The Rise of Digital Reading To Chase The Storm
 - Advantages of eBooks Over Traditional Books
2. Identifying To Chase The Storm
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an To Chase The Storm
 - User-Friendly Interface
4. Exploring eBook Recommendations from To Chase The Storm
 - Personalized Recommendations
 - To Chase The Storm User Reviews and Ratings
 - To Chase The Storm and Bestseller Lists

5. Accessing To Chase The Storm Free and Paid eBooks
 - To Chase The Storm Public Domain eBooks
 - To Chase The Storm eBook Subscription Services
 - To Chase The Storm Budget-Friendly Options
6. Navigating To Chase The Storm eBook Formats
 - ePub, PDF, MOBI, and More
 - To Chase The Storm Compatibility with Devices
 - To Chase The Storm Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of To Chase The Storm
 - Highlighting and Note-Taking To Chase The Storm
 - Interactive Elements To Chase The Storm
8. Staying Engaged with To Chase The Storm
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers To Chase The Storm
9. Balancing eBooks and Physical Books To Chase The Storm
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection To Chase The Storm
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine To Chase The Storm
 - Setting Reading Goals To Chase The Storm
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of To Chase The Storm
 - Fact-Checking eBook Content of To Chase The Storm
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

To Chase The Storm Introduction

To Chase The Storm Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. To Chase The Storm Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. To Chase The Storm : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for To Chase The Storm : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks To Chase The Storm Offers a diverse range of free eBooks across various genres. To Chase The Storm Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. To Chase The Storm Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific To Chase The Storm, especially related to To Chase The Storm, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to To Chase The Storm, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some To Chase The Storm books or magazines might include. Look for these in online stores or libraries. Remember that while To Chase The Storm, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow To Chase The Storm eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the To Chase The Storm full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of To Chase The Storm eBooks, including some popular titles.

FAQs About To Chase The Storm Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. To Chase The Storm is one of the best book in our library for free trial. We provide copy of To Chase The Storm in digital format, so the resources that you find are reliable. There are also many Ebooks of related with To Chase The Storm. Where to download To Chase The Storm online for free? Are you looking for To Chase The Storm PDF? This is definitely going to save you time and cash in something you should think about.

Find To Chase The Storm :

~~pro digital productivity~~

~~ideas coworking spaces~~

~~pro future of work~~

~~guide hybrid work~~

~~best work from home setup~~

manual coworking spaces

~~coworking spaces ebook~~

planner hybrid work

~~ebook work from home setup~~

latest freelance platforms

~~digital productivity trending~~

~~async communication framework~~

~~remote jobs planner~~

best future of work

~~virtual reality office for beginners~~

To Chase The Storm :

words words words youtube - Aug 21 2023

web sep 14 2010 6 8m views 2 years ago my new cd words words words is here itunes apple com us album words words words deluxe edition id396588798debut uk tour june 2011 tickets here

words words words youtube - Jun 19 2023

web jan 27 2022 shop the boburnham store provided to youtube by the orchard enterprises words words words bo burnham words words words 2010 comedy central records released on 2010 10 19 music publisher

words words words song and lyrics by bo burnham spotify - Jan 14 2023

web listen to words words words on spotify bo burnham song 2010 bo burnham song 2010 listen to words words words on spotify bo burnham song 2010 home search your library create your first playlist it s easy we ll help you create playlist let s find some podcasts to follow we ll

bo burnham words words words lyrics azlyrics com - May 18 2023

web bo burnham lyrics words words words i m a feminine eminem a slim shady lady but nice cause i texted haiti 90 lady cops on the road and i m arrested for doing 80 like hamlet all about words words words divide a whole into thirds thirds thirds i m a gay sea otter i blow other dudes out of the water

words words words wikipedia - Apr 17 2023

web words words words is a one act play written by david ives for his collection of six one act plays all in the timing

words words words wikipedia - Sep 22 2023

web album words words words was released by comedy central records as a music download on both amazon com and the itunes store on october 18 2010 and on a single compact disc on october 19 2010 10 all live tracks for the cd were recorded at carolines on broadway on june 30 2010 15 track listing reception

words words words studio youtube - Feb 15 2023

web jan 27 2022 explicit lyrics provided to youtube by the orchard enterprises words words words studio bo burnham words words words 2010 comedy central records released on 2010 10 19 music publisher

bo burnham words words words lyrics and tracklist genius - Jul 20 2023

web oct 19 2010 words words words is bo s second comedy album by bo burnham recorded live at carolines on broadway in new york with two songs words words words studio and oh bo recorded in

bo burnham words words words lyrics lyrics com - Mar 16 2023

web i m a feminine eminem a slim shady lady but nice cause i texted haiti 90 lady cops on the road and i m arrested for doing 80 like hamlet all about words words words divide a whole into thirds thirds thirds i m a gay sea otter i blow other dudes out of the water i m the man muffin divin muffin cold and fly like an arctic puffin

bo burnham words words words lyrics genius lyrics - Oct 23 2023

web oct 19 2010 words words words lyrics intro let s rock 1 2 1 2 3 4 verse 1 i m a feminine eminem a slim shady lady but nice cause i texted haiti 90 lady cops in the road and i m arrested for doing

fireworks principles and practice 4th edition brysson - Feb 01 2022

web ordnance fireworks and rock blasting these civilian applications include spacecraft aircraft underwater vehicle systems metal forming cladding riveting and some other production methods also pairs well with fireworks principles and practice 4th edition isbn 0820604070 military and civilian pyrotechnics isbn

fireworks principles practice 4th abebooks - May 16 2023

web fireworks principles and practice 4th edition by lancaster ronald and a great selection of related books art and collectibles available now at abebooks com

fireworks principles and practice 4th edition hardcover amazon de - Feb 13 2023

web ronald lancaster 5 0 out of 5 stars 149 95 other new and used 149 95 do you want to recycle your electrical and electronic equipment for free purchase options and add ons

9780820604077 fireworks principles and practice abebooks - Jan 12 2023

web synopsis this fourth edition of the classic bible of fireworks has been thoroughly revised and updated it includes new chapters and it is illustrated with clear diagrams and photographs this invaluable reference belongs in the library of every professional in the pyrotechnics and fireworks industry

fireworks principles and practice 4th edition pasta dura - Aug 07 2022

web fireworks principles and practice 4th edition pasta dura 15 diciembre 2005 this fourth edition of the classic bible of fireworks has been thoroughly revised and updated it includes new chapters and it is illustrated with clear diagrams and photographs

fireworks principles and practice 4th edition edition 4 - Jun 17 2023

web dec 15 2005 1 the history of fireworks 2 fireworks displays early evolution to the modern approach a personal view 3 gunpowder 4 firework materials 5 general pyrotechnic principles 6 chemistry of firework compositions 7 the legislative framework of firework control

fireworks principles and practice 3rd edition alibris - Apr 03 2022

web buy fireworks principles and practice 3rd edition by ronald lancaster takeo shimizu contributions by online at alibris we have new and used copies available in 1 editions starting at 45 00 shop now

fireworks principles and practice by ron lancaster waterstones - Sep 08 2022

web jun 30 2006 buy fireworks principles and practice by ron lancaster from waterstones today click and collect from your local waterstones or get free uk delivery on orders over 25 buy fireworks principles and practice by ron lancaster from waterstones today click and collect from your local waterstones or get free uk

fireworks principles and practice 4th edition hardcover - Mar 14 2023

web fireworks principles and practice 4th edition hardcover lancaster ronald 5 avg rating 1 ratings by goodreads hardcover isbn 10 0820604070 isbn 13 9780820604077 publisher chemical publishing company 2005 view all copies of this isbn edition synopsis about this edition

fireworks principles and practice google books - Aug 19 2023

web dec 15 2005 this fourth edition of the classic bible of fireworks has been thoroughly revised and updated it includes new chapters and it is illustrated with clear diagrams and photographs this

fireworks principles and practice 4th edition alibris - Dec 11 2022

web buy fireworks principles and practice 4th edition by ronald lancaster online at alibris we have new and used copies available in 1 editions starting at 124 26 shop now

fireworks principles and practice 3rd edition hardcover - May 04 2022

web buy fireworks principles and practice 3rd edition enlarged by lancaster ronald shimizu takeo isbn 9780820603544 from amazon s book store everyday low prices and free delivery on eligible orders

fireworks principles and practice 2nd edition 2nd edition - Mar 02 2022

web apr 1 1992 contents 1 the history of fireworks 2 firework material 3 general pyrotechnic principles 4 mixing and charging 5 containers 6 stars 7 colored fires bengals lances portfires torches 8 roman candles comets mines 9 noisemakers 10 rockets 11 drivers saxons tourbillions 12 shells 13 gerbs foundations rains

fireworks principles and practice fourth edition ideal supply - Oct 09 2022

web this fourth edition of the classic bible of fireworks has been thoroughly revised and updated it includes new chapters and it is illustrated with clear diagrams and photographs this invaluable reference belongs in the library of every professional i

fireworks principles and practice 4th edition - Jul 18 2023

web the thoroughly revised and updated 4th edition of the one essential reference source regarded as the bible of fireworks contents preface to the third and fourth editions vll sixty years love of fireworks diamonds in the sky by ron lancaster xi i the history of fireworks 1 2 fireworks displays early evolution to the

fireworks principles and practice 4th edition amazon com - Sep 20 2023

web dec 15 2005 fireworks principles and practice 4th edition enlarged edition this fourth edition of the classic bible of fireworks has been thoroughly revised and updated it includes new chapters and it is illustrated with clear diagrams and photographs

buy fireworks principles and practice 4th edition books online - Nov 10 2022

web searching for fireworks principles and practice 4th edition books online by ronald lancaster visit bookswagon for all kinds of related books save upto 50 off free shipping cash on delivery

fireworks principles and - Apr 15 2023

web the fourth edition of fireworks principles and practice is the current and perhaps final stage in the evolution of a book that was first published in 1972 when the first edition made its appearance there was relatively little in the way of published material in respect of fireworks manufacture certainly in the uk

fireworks pyrotechnic books fireworks principles and practice 4th - Jun 05 2022

web fireworks principles and practice 4th edition get latest price features the thoroughly revised and updated 4th edition of the one essential reference source regarded as the bible of fireworks contents preface to the third and fourth editions viii sixty years love of fireworks diamonds in the sky by ron lancaster xi i

fireworks principles and practice 3rd edition amazon com - Jul 06 2022

web jul 31 1998 fireworks principles and practice 3rd edition by ronald lancaster author roy e a butler author j mark lancaster author 4 5 4 ratings see all formats and editions hardcover 98 02 3 used from 98 02 6 new from 129 99 thoroughly revised updated and enlarged edition of the essential reference source regarded as

chapter 34 think and explain answers copy uniport edu - Feb 24 2022

web oct 13 2020 click here to get an answer to your question pitts india act 1784 topic explanation tell yourself

chapter 34 think and explain answers pdf 2023 black ortax - Aug 01 2022

web ch 35 think amp explain answers batesville k12 in us october 2nd 2018 chapter 35 think amp explain answers the separation between wires at different voltages needs

book of job chapter 34 summary analysis litcharts - Dec 25 2021

chapter 34 think and explain answers online kptm edu my - Apr 28 2022

web chapter 34 think and explain answers pdf introduction chapter 34 think and explain answers pdf copy

chapter 34 think and explain answers copy - Mar 08 2023

web chapter 34 think and explain answers 2 15 downloaded from uniport edu ng on july 3 2023 by guest chapters in

sorrentino s mosby s essentials for nursing assistants 6th

chapter 34 end of chapter think and explain exercise 43 - Jun 11 2023

web chapter 34 think and explain answers answer intelligence dec 09 2022 in a business world and society focused upon questions there has been an underappreciation of

chapter 34 think and explain answers pdf copy tax clone ortax - Jan 26 2022

chapter 34 think and explain page 654 655 46 gradesaver - Nov 04 2022

web chapter 34 think and explain answers pdf introduction chapter 34 think and explain answers pdf 2023

anne of green gables chapter 34 shmoop - Mar 28 2022

web he accuses job of wickedness specifically by classing job with scoffers who speak falsely about god because god is perfectly just elihu asserts it s impossible for job s claims of

chapter 34 think and explain answers copy - Feb 07 2023

web conceptual physics 12th edition answers to chapter 34 think and explain page 654 655 46 including work step by step written by community members like you textbook

chapter 34 concepts of mental health vn100 - May 10 2023

web question and answer format lee will lead you on a voyage of discovery and discernment as he takes on tough questions such as can you explain the difference between a divine

chapter 34 think and explain answers pdf pdf 2023 - Jan 06 2023

web chapter 34 think and explain gradesaver com chapter 5 test roman republic empire munu template explain difference between 10 commandments in ex 20 and ex

chapter 34 think and explain answers pdf uniport edu - Dec 05 2022

web chapter 34 think and explain answers 3 downloaded from pivotid uvu edu on 2022 11 03 by guest european central bank is god real answers in genesis what matthew

physics assignment answers march 8 2001 - Jul 12 2023

web learn and understand the educator verified answer and explanation for chapter 34 problem 60 in hewitt s conceptual physics 12th edition

chapter 34 think and explain answers full pdf pivotid uvu - Sep 02 2022

web jun 27 2023 chapter 34 think and explain answers pdf pdf right here we have countless ebook chapter 34 think and explain answers pdf pdf and collections to

chapter 34 think and explain page 654 655 56 gradesaver - Oct 15 2023

web conceptual physics 12th edition answers to chapter 34 think and explain page 654 655 56 including work step by step written by community members like you textbook

[chapter 34 think and explain answers pdf pdf vodic](#) - May 30 2022

web look numerous times for their chosen novels like this chapter 34 think and explain answers but end up in harmful downloads rather than reading a good book with a cup

[chapter 34 think and explain answers online kptm edu my](#) - Oct 03 2022

web apr 6 2023 this chapter 34 think and explain answers as one of the most functioning sellers here will definitely be accompanied by the best options to review study guide

[think chapter 34 game solver](#) - Aug 13 2023

web view an educator verified detailed solution for chapter 34 problem 43 in hewitt s conceptual physics 12th edition

conceptual physics 3rd edition solutions and answers quizlet - Sep 14 2023

web textbook solutions verified chapter 1 about science page 8 think and explain page 8 review questions exercise 1 exercise 2 exercise 3a exercise 3b exercise 3c chapter

[chapter 34 think and explain answers pdf uniport edu](#) - Jun 30 2022

web find out what happens in our chapter 34 summary for anne of green gables by l m montgomery this free study guide is stuffed with the juicy details and important facts

pitts india act 1784 topic explanation tell yourself brainly in - Nov 23 2021

chapter 34 end of chapter think and explain exercise 60 - Apr 09 2023

web begin getting this info get the chapter 34 think and explain answers pdf pdf associate that we give here and check out the link you could buy guide chapter 34 think and