First something...

Stop the loop if item found

```python
someList = [1,7,2,4,14,11,9,3]
for item in someList:
    if item > 10:
        print(item)
        break
```

```python
someList = [1,7,2,4,14,11,9,3]
for item in someList:
    if item <= 10:
        continue
    else:
        print(item)
```