Provide a clear and organized presentation. Show all of your work and completely simplify your answer.

The demand $q$, in thousands, of a particular car windshield and its price $p$, measured in dollars, are related by:

$$
p=400-5 q^{2}
$$

The supply $q$, in thousands, of this windshield and its price $p$, measured in dollars, are related by:

$$
p=30 q^{2}+3 q
$$

Determine the equilibrium quantity and price.

