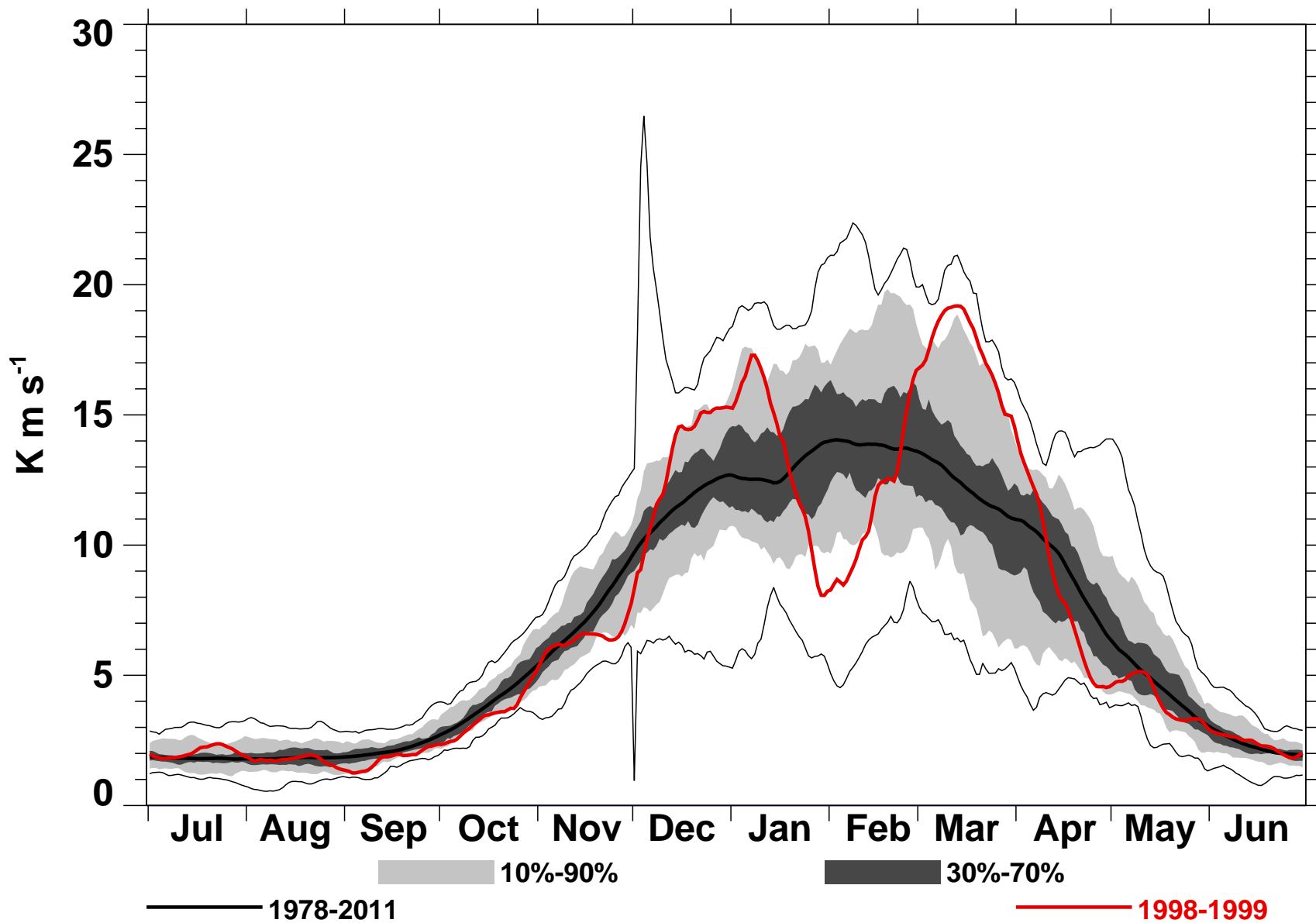


# 45-Day Mean 45-75°N Heat Flux (Waves 1-3) 150 hPa



P. Newman (NASA), E. Nash (SSAI), C. Long (NOAA)