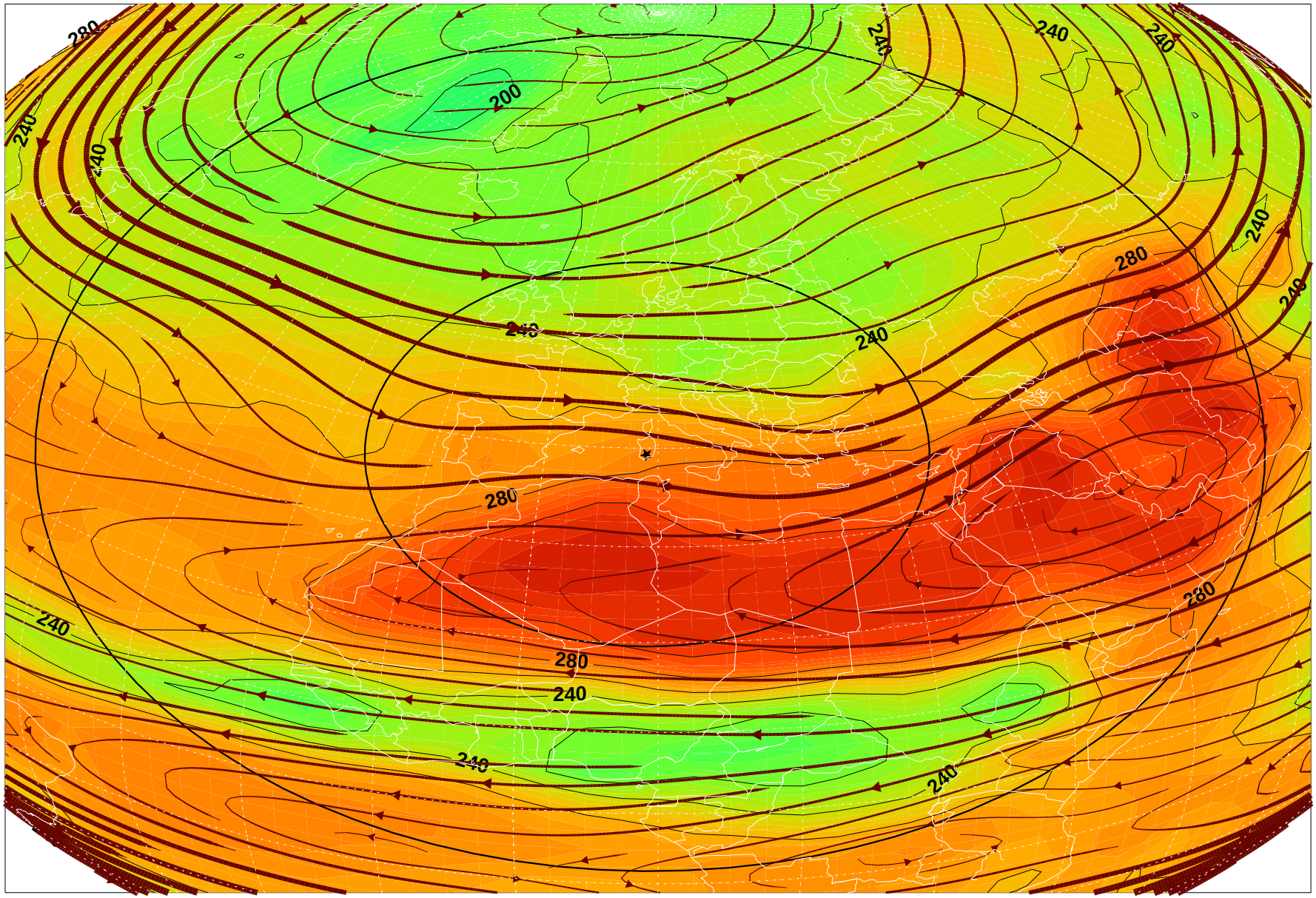OLR (W/m2) July 1979-2009 300 hPa