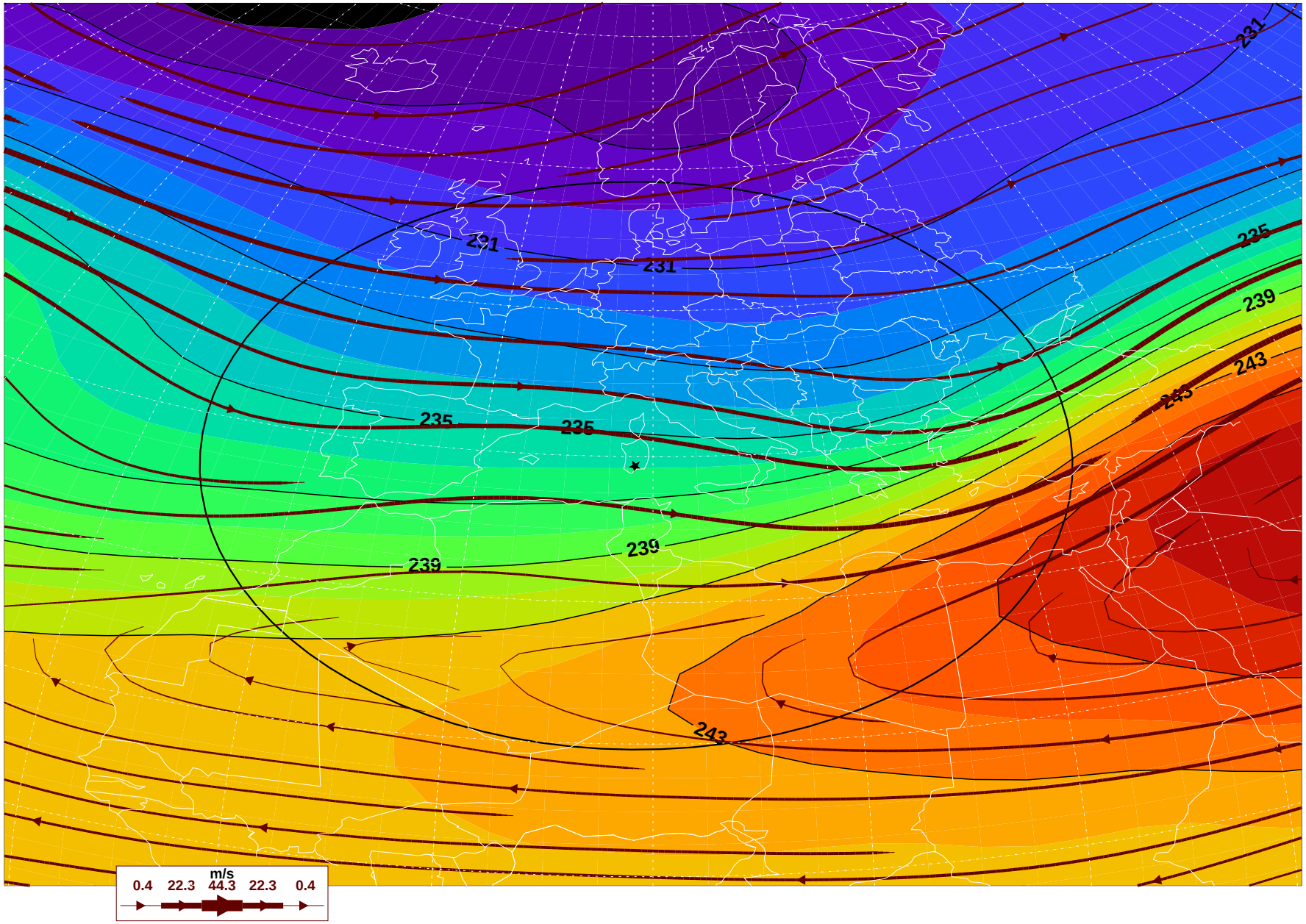Temperature (K) July 1979-2009 300 hPa