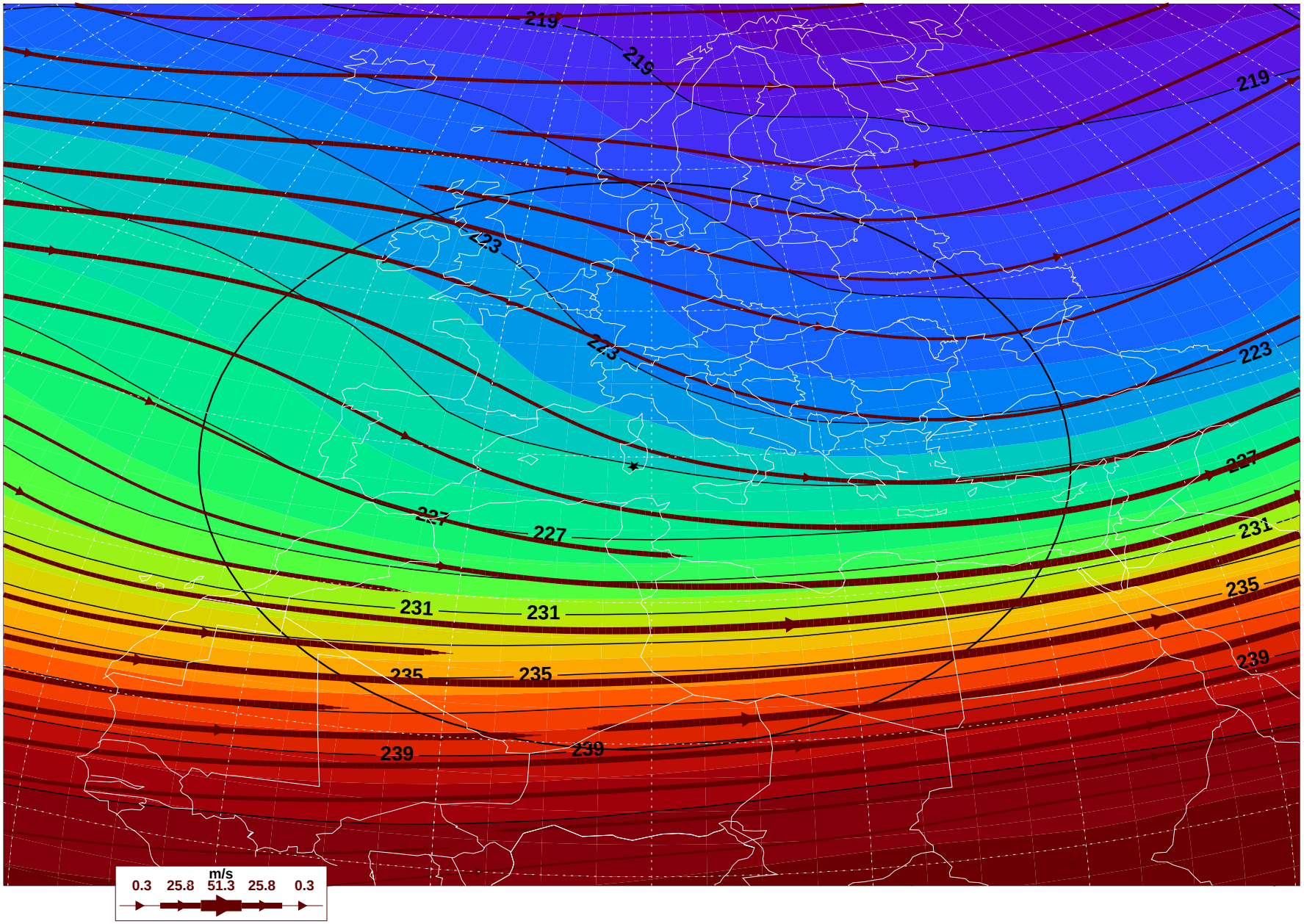Temperature (K) March 1979-2009 300 hPa