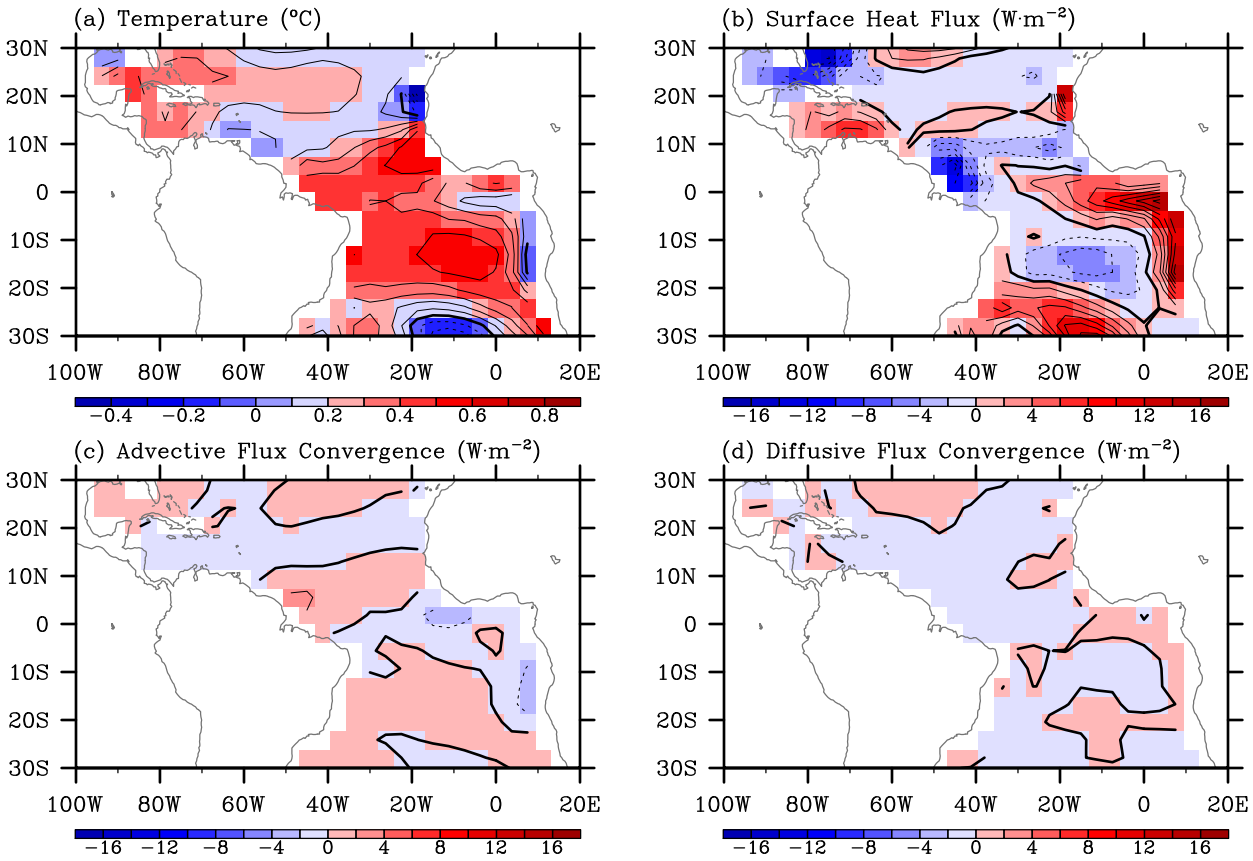CCSM3_POP (EXP_CTR_015): Heat Budget in Upper 8m (1979:2008 – 1871:1900)