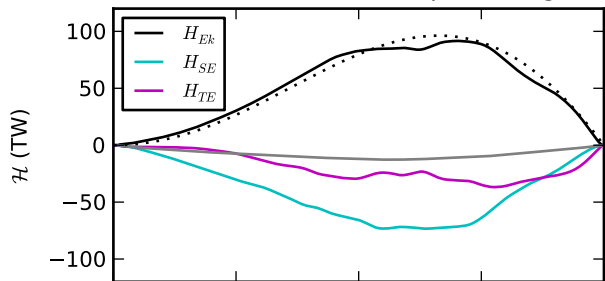
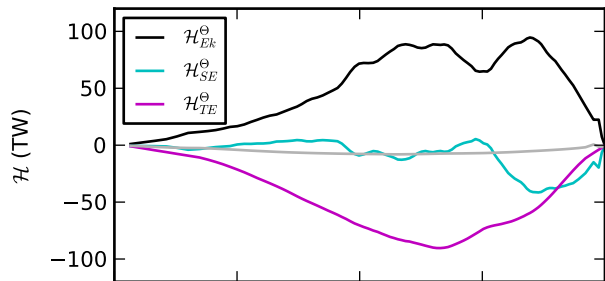


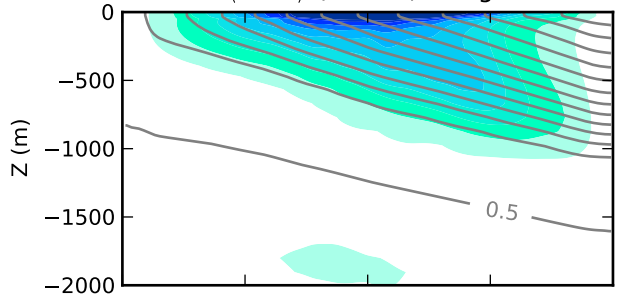
Meridional Heat Transport : ridge



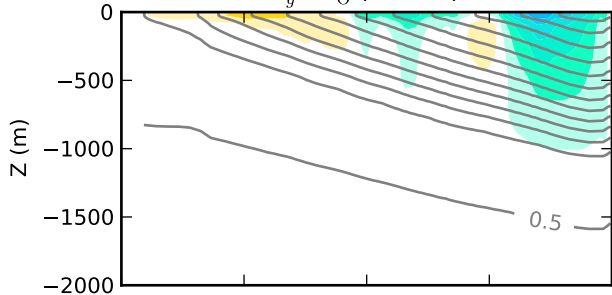
Heat Transport Across  $\Theta$  Contours : ridge



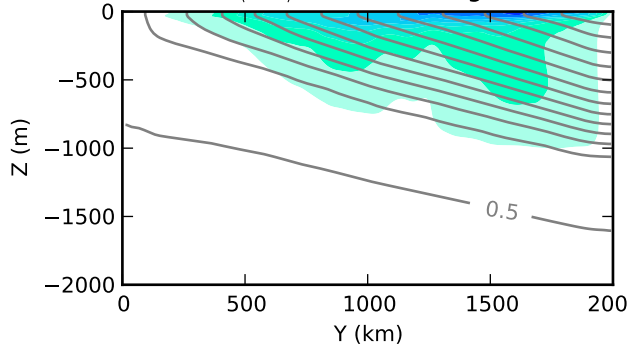
$\langle v^{\dagger} \theta^{\dagger} \rangle$  (Kms $^{-1}$ ) : ridge



$\bar{\mathbf{u}}_g \bar{\theta} \cdot \hat{\mathbf{n}}_{\Theta}$  (Kms $^{-1}$ )



$\langle v^{\dagger} \theta' \rangle$  (Kms $^{-1}$ ) : ridge



$\bar{\mathbf{u}}' \theta' \cdot \hat{\mathbf{n}}_{\Theta}$  (Kms $^{-1}$ )

