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1. Describe and compare the vertical pathways of carbon and heat in Antarctic bottom water. Touch on the significance of vertical mixing for the ecosystem of the Antarctic region. When it comes to the vertical mixing of carbon and heat; they both involve two main steps. The first would be the flow through the oceans surface and the second would be the transferring from the surface layer to deeper depths of the ocean which isolate these tracers (heat & carbon) from the atmosphere. This can happen through the process of mixing or even the formation of dense bottom waters. This exchange is occurring in the mixed layer which channels this process. This is a dynamical process and is highly correlated with the surface's buoyancy fluxes and winds within the mixing layer. This process could also be reversed as if a large polynya occurs, heat stored in the ocean could potentially be released by deep convections and will bring the warm water back up to the atmosphere. This vertical mixing process is vital and effects the climate as the oceans water store both excess heat and carbon which plays a role in climate change. Without this process there would be major changes in the climate which would affect the ecosystem tremendously.
2. Describe the ocean layers XLD and MLD and their similarities/ Differences. The mixed layer depth or MLD has vertical uniform temperature and density values. These values help calculate how the mixing occurs and provides vertical mixing at certain

profiles. There are also horizontal buoyancy gradients which is a key factor in controlling the dynamics of ventilation. The mixing layer depth or XLD is focused more on the surface of the water where as the MLD would be located underneath. They both are involved in the processes of ventilation and movement of tracers as they accumulate. One major difference between these two would be the timescales of when the mixing occurs. The XLD is achieved by mixing by the turbulence of the wind or waves and happens over a shorter period. Even as this mixing period is fast and is affected by turbulence it doesn't instantly affect the MLD unless a change even like a large storm comes into factor. The MLD is more of a longer process that involves the accumulation of these tracers as it is mixed and provides a pathway for ventilation.

3. Define polynya and discuss the ecological implications. What marine organisms might benefit from more polynyas? Which ones might suffer?

A polynya is an area where a hole opens in sea ice. So, it there would be a body of water surrounded by this sea ice. It has high ecological implications as it creates ways for local mixing and currents which allow ventilation for deep sea waters. It also creates an increase in marine life as it is a main source for many organisms to find food/prey.

4. Pick a figure from the article and explain what it is showing. Critique the figure. I picked figure 5 on page 13 that deals with both the Southern Ocean and the Antarctic Bottom Water. These graphs depict temperature anomalies which show how the

heat is either retained or redistributed. Figure 5a shows the SAMW and how at the surface waters the uptake of heat directly correlates with the ocean temperature and salinity changes. Where as figure 5b shows the AABW and how deep overturning circulation affects the timescale of ocean warming. One improvement to make on these graphs could be to add some color or only go as far label the x-axis for better understanding.