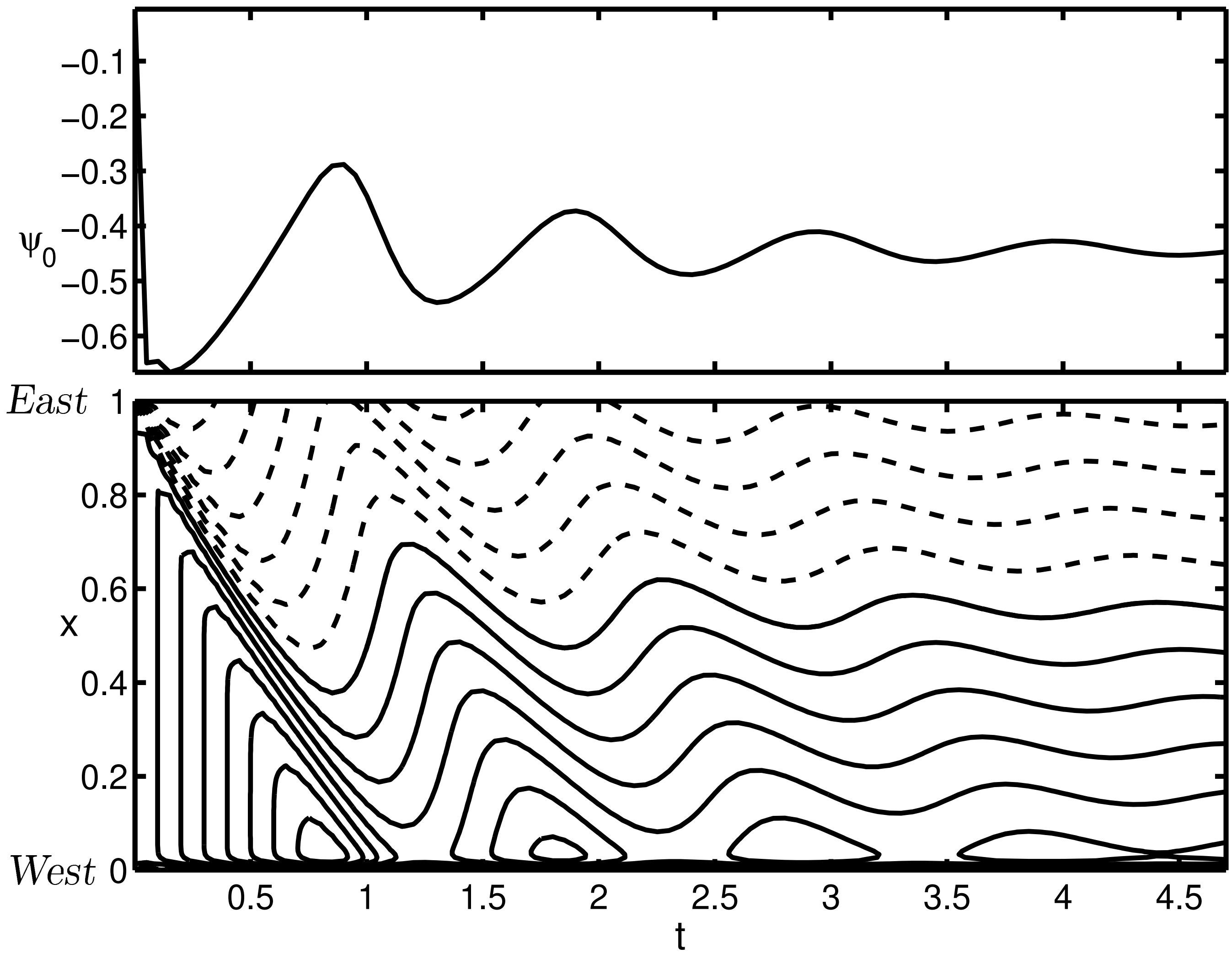
## *Adjustment to steady forcing*

◇ The boundary pressure, $\psi_0$, oscillates for several RW passes.




◇ The interior $\psi$ has a wave-front separating the 'Sverdrup flow' from the local response.

(1) As the front progresses westward, fast gravity modes redistribute mass: $\psi_0(t)$.

(2) The gravity modes on the eastern boundary, $\psi_0(t)$, continuosly generate RW.