

Poughkeepsie, NY - Dec 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:33	2.8	1:47	3.7	8:04	0.1	8:58	-0.1	7:03	4:26	
2	Wed	2:26	2.8	2:41	3.6	8:51	0.1	9:45	-0.1	7:04	4:26	
3	Thu	3:27	2.8	3:43	3.5	9:41	0.2	10:37	0.0	7:05	4:25	
4	Fri	4:32	2.9	4:46	3.4	10:43	0.3	11:36	0.0	7:06	4:25	
5	Sat	5:32	3.0	5:47	3.2	11:56	0.4			7:07	4:25	
6	Sun	6:29	3.1	6:45	3.1	12:37	0.0	1:10	0.4	7:08	4:25	
7	Mon	7:27	3.3	7:46	3.0	1:36	-0.1	2:17	0.2	7:09	4:25	
8	Tue	8:28	3.4	8:50	3.0	2:32	-0.1	3:17	0.1	7:09	4:25	
9	Wed	9:26	3.5	9:51	3.0	3:25	-0.2	4:13	-0.1	7:10	4:25	
10	Thu	10:19	3.7	10:45	3.0	4:15	-0.2	5:05	-0.2	7:11	4:25	
11	Fri	11:07	3.7	11:34	3.0	5:05	-0.2	5:56	-0.3	7:12	4:25	
12	Sat	11:52	3.7			5:53	-0.2	6:45	-0.3	7:13	4:25	
13	Sun	12:22	3.0	12:35	3.7	6:41	-0.1	7:32	-0.3	7:14	4:25	
14	Mon	1:09	2.9	1:18	3.5	7:27	0.0	8:16	-0.2	7:14	4:25	
15	Tue	1:57	2.9	2:03	3.4	8:10	0.1	8:58	-0.1	7:15	4:26	
16	Wed	2:46	2.8	2:49	3.2	8:50	0.2	9:39	0.0	7:16	4:26	
17	Thu	3:37	2.7	3:37	3.0	9:31	0.4	10:20	0.2	7:17	4:26	
18	Fri	4:27	2.6	4:25	2.9	10:13	0.6	11:04	0.3	7:17	4:27	
19	Sat	5:15	2.6	5:11	2.7	11:03	0.7	11:51	0.4	7:18	4:27	
20	Sun	5:59	2.6	5:54	2.6			12:05	0.8	7:18	4:27	
21	Mon	6:43	2.7	6:38	2.4	12:41	0.5	1:11	0.8	7:19	4:28	
22	Tue	7:27	2.7	7:29	2.4	1:31	0.5	2:12	0.7	7:19	4:28	
23	Wed	8:16	2.8	8:29	2.3	2:19	0.4	3:06	0.5	7:20	4:29	
24	Thu	9:07	3.0	9:29	2.4	3:06	0.4	3:57	0.4	7:20	4:29	
25	Fri	9:55	3.2	10:21	2.5	3:52	0.3	4:45	0.1	7:21	4:30	
26	Sat	10:39	3.4	11:07	2.6	4:38	0.2	5:34	-0.1	7:21	4:31	
27	Sun	11:22	3.5	11:51	2.7	5:26	0.0	6:23	-0.2	7:21	4:31	
28	Mon			12:05	3.7	6:16	-0.1	7:10	-0.4	7:22	4:32	
29	Tue	12:36	2.8	12:51	3.7	7:06	-0.2	7:57	-0.5	7:22	4:33	
30	Wed	1:24	2.9	1:41	3.7	7:55	-0.3	8:42	-0.5	7:22	4:33	
31	Thu	2:17	2.9	2:35	3.6	8:45	-0.3	9:27	-0.5	7:22	4:34	