

Poughkeepsie, NY - Dec 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:49	4.0	11:13	3.3	4:52	-0.4	5:33	-0.4	7:02	4:26	
2	Tue	11:38	4.1			5:43	-0.4	6:25	-0.5	7:03	4:26	
3	Wed	12:04	3.3	12:26	4.0	6:34	-0.4	7:16	-0.5	7:04	4:25	
4	Thu	12:54	3.3	1:14	3.9	7:24	-0.3	8:04	-0.5	7:05	4:25	
5	Fri	1:45	3.2	2:03	3.7	8:11	-0.2	8:49	-0.4	7:06	4:25	
6	Sat	2:38	3.1	2:54	3.5	8:57	0.0	9:34	-0.2	7:07	4:25	
7	Sun	3:33	3.0	3:46	3.3	9:43	0.2	10:20	0.0	7:08	4:25	
8	Mon	4:26	2.9	4:38	3.1	10:32	0.5	11:08	0.2	7:09	4:25	
9	Tue	5:17	2.8	5:28	2.9	11:28	0.6			7:10	4:25	
10	Wed	6:05	2.8	6:16	2.8	12:00	0.3	12:30	0.7	7:11	4:25	
11	Thu	6:52	2.8	7:05	2.6	12:53	0.4	1:32	0.7	7:12	4:25	
12	Fri	7:41	2.8	7:59	2.5	1:44	0.4	2:28	0.7	7:13	4:25	
13	Sat	8:33	2.9	8:55	2.5	2:33	0.4	3:19	0.5	7:13	4:25	
14	Sun	9:23	3.0	9:49	2.6	3:18	0.3	4:07	0.4	7:14	4:25	
15	Mon	10:09	3.2	10:35	2.7	4:02	0.2	4:52	0.2	7:15	4:26	
16	Tue	10:48	3.3	11:17	2.8	4:45	0.2	5:37	0.0	7:16	4:26	
17	Wed	11:24	3.4	11:57	2.8	5:28	0.1	6:22	-0.1	7:16	4:26	
18	Thu	11:59	3.5			6:13	0.0	7:05	-0.2	7:17	4:26	
19	Fri	12:35	2.9	12:35	3.6	6:57	-0.1	7:48	-0.3	7:18	4:27	
20	Sat	1:16	2.9	1:15	3.6	7:41	-0.1	8:29	-0.4	7:18	4:27	
21	Sun	2:01	2.9	2:00	3.5	8:25	-0.2	9:11	-0.4	7:19	4:28	
22	Mon	2:51	3.0	2:51	3.4	9:10	-0.1	9:55	-0.3	7:19	4:28	
23	Tue	3:46	3.0	3:49	3.3	10:00	0.0	10:44	-0.2	7:20	4:29	
24	Wed	4:43	3.1	4:49	3.2	11:01	0.1	11:41	-0.2	7:20	4:29	
25	Thu	5:39	3.2	5:48	3.0			12:12	0.2	7:21	4:30	
26	Fri	6:36	3.3	6:49	2.9	12:43	-0.1	1:23	0.1	7:21	4:30	
27	Sat	7:35	3.3	7:55	2.8	1:45	-0.2	2:29	0.0	7:21	4:31	
28	Sun	8:39	3.4	9:04	2.8	2:45	-0.2	3:29	-0.1	7:22	4:32	
29	Mon	9:40	3.5	10:07	2.9	3:41	-0.3	4:25	-0.3	7:22	4:33	
30	Tue	10:35	3.6	11:02	3.0	4:35	-0.3	5:18	-0.4	7:22	4:33	
31	Wed	11:25	3.7	11:52	3.1	5:27	-0.4	6:09	-0.5	7:22	4:34	