

Poughkeepsie, NY - Dec 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:29	3.3	12:49	4.0	7:09	-0.3	7:53	-0.5	7:03	4:26	
2	Sat	1:19	3.3	1:40	4.0	7:58	-0.3	8:41	-0.5	7:04	4:26	
3	Sun	2:14	3.2	2:36	3.9	8:48	-0.3	9:31	-0.5	7:05	4:25	
4	Mon	3:17	3.2	3:38	3.7	9:40	-0.2	10:24	-0.4	7:06	4:25	
5	Tue	4:21	3.2	4:41	3.5	10:40	0.0	11:23	-0.2	7:07	4:25	
6	Wed	5:23	3.2	5:42	3.4	11:48	0.2			7:08	4:25	
7	Thu	6:22	3.2	6:40	3.2	12:26	-0.2	12:59	0.2	7:09	4:25	
8	Fri	7:20	3.3	7:40	3.1	1:27	-0.1	2:04	0.2	7:09	4:25	
9	Sat	8:20	3.3	8:42	3.0	2:25	-0.2	3:04	0.1	7:10	4:25	
10	Sun	9:18	3.4	9:41	3.0	3:18	-0.2	3:58	0.0	7:11	4:25	
11	Mon	10:11	3.5	10:33	3.1	4:07	-0.2	4:49	-0.1	7:12	4:25	
12	Tue	10:57	3.6	11:20	3.1	4:54	-0.2	5:37	-0.2	7:13	4:25	
13	Wed	11:38	3.6			5:39	-0.2	6:24	-0.2	7:14	4:25	
14	Thu	12:03	3.1	12:18	3.6	6:23	-0.1	7:08	-0.3	7:14	4:25	
15	Fri	12:46	3.0	12:56	3.5	7:06	-0.1	7:49	-0.2	7:15	4:26	
16	Sat	1:29	2.9	1:35	3.4	7:46	0.0	8:29	-0.2	7:16	4:26	
17	Sun	2:13	2.9	2:14	3.2	8:24	0.1	9:07	-0.1	7:17	4:26	
18	Mon	2:59	2.8	2:54	3.1	9:00	0.2	9:44	0.1	7:17	4:27	
19	Tue	3:46	2.7	3:35	2.9	9:36	0.4	10:22	0.2	7:18	4:27	
20	Wed	4:33	2.6	4:17	2.8	10:14	0.5	11:03	0.3	7:18	4:27	
21	Thu	5:17	2.6	4:59	2.7	11:01	0.6	11:51	0.4	7:19	4:28	
22	Fri	5:59	2.6	5:44	2.6			12:08	0.7	7:19	4:28	
23	Sat	6:41	2.7	6:32	2.6	12:47	0.4	1:19	0.6	7:20	4:29	
24	Sun	7:28	2.8	7:29	2.6	1:42	0.3	2:22	0.5	7:20	4:29	
25	Mon	8:22	3.0	8:36	2.6	2:36	0.2	3:18	0.3	7:21	4:30	
26	Tue	9:18	3.2	9:40	2.8	3:26	0.1	4:11	0.0	7:21	4:31	
27	Wed	10:11	3.5	10:35	2.9	4:17	-0.1	5:03	-0.2	7:21	4:31	
28	Thu	11:00	3.7	11:25	3.1	5:07	-0.3	5:54	-0.5	7:22	4:32	
29	Fri	11:48	3.9			6:00	-0.5	6:46	-0.7	7:22	4:33	
30	Sat	12:15	3.2	12:37	4.0	6:52	-0.6	7:36	-0.8	7:22	4:34	
31	Sun	1:07	3.3	1:29	4.0	7:45	-0.6	8:25	-0.9	7:22	4:34	