

Poughkeepsie, NY - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:25	3.8	10:49	3.4	4:26	-0.4	5:07	-0.3	7:02	4:26	
2	Sun	11:13	3.9	11:38	3.4	5:15	-0.4	5:58	-0.4	7:03	4:26	
3	Mon	11:59	3.9			6:04	-0.4	6:48	-0.5	7:04	4:25	
4	Tue	12:26	3.4	12:43	3.9	6:52	-0.4	7:36	-0.5	7:05	4:25	
5	Wed	1:14	3.3	1:28	3.7	7:38	-0.2	8:21	-0.4	7:06	4:25	
6	Thu	2:04	3.1	2:14	3.6	8:22	-0.1	9:05	-0.2	7:07	4:25	
7	Fri	2:55	3.0	3:02	3.3	9:04	0.1	9:49	0.0	7:08	4:25	
8	Sat	3:48	2.9	3:53	3.1	9:46	0.3	10:35	0.1	7:09	4:25	
9	Sun	4:40	2.8	4:43	3.0	10:33	0.5	11:24	0.3	7:10	4:25	
10	Mon	5:30	2.7	5:32	2.8	11:28	0.7			7:11	4:25	
11	Tue	6:17	2.7	6:19	2.7	12:18	0.4	12:31	0.8	7:12	4:25	
12	Wed	7:05	2.7	7:08	2.6	1:11	0.5	1:33	0.8	7:13	4:25	
13	Thu	7:55	2.8	8:01	2.6	2:02	0.4	2:30	0.6	7:13	4:25	
14	Fri	8:46	2.9	8:58	2.6	2:49	0.4	3:21	0.5	7:14	4:25	
15	Sat	9:35	3.1	9:50	2.7	3:34	0.3	4:09	0.3	7:15	4:26	
16	Sun	10:18	3.2	10:35	2.8	4:16	0.1	4:55	0.1	7:16	4:26	
17	Mon	10:56	3.4	11:16	2.9	4:59	0.0	5:41	-0.1	7:16	4:26	
18	Tue	11:34	3.6	11:56	2.9	5:43	-0.1	6:27	-0.3	7:17	4:26	
19	Wed			12:12	3.7	6:28	-0.2	7:13	-0.4	7:18	4:27	
20	Thu	12:37	3.0	12:53	3.8	7:14	-0.2	7:58	-0.5	7:18	4:27	
21	Fri	1:22	3.0	1:38	3.7	7:59	-0.3	8:42	-0.5	7:19	4:28	
22	Sat	2:13	3.0	2:30	3.6	8:46	-0.3	9:28	-0.5	7:19	4:28	
23	Sun	3:10	3.0	3:29	3.5	9:36	-0.2	10:18	-0.4	7:20	4:29	
24	Mon	4:12	3.1	4:30	3.4	10:33	0.0	11:14	-0.3	7:20	4:29	
25	Tue	5:12	3.1	5:30	3.2	11:41	0.1			7:21	4:30	
26	Wed	6:10	3.2	6:29	3.1	12:15	-0.2	12:52	0.1	7:21	4:30	
27	Thu	7:09	3.2	7:30	3.0	1:17	-0.2	2:00	0.1	7:21	4:31	
28	Fri	8:10	3.3	8:35	2.9	2:17	-0.3	3:01	0.0	7:22	4:32	
29	Sat	9:12	3.4	9:38	3.0	3:13	-0.3	3:58	-0.2	7:22	4:33	
30	Sun	10:08	3.5	10:34	3.0	4:05	-0.3	4:51	-0.3	7:22	4:33	
31	Mon	10:58	3.6	11:24	3.1	4:56	-0.4	5:42	-0.4	7:22	4:34	