

Poughkeepsie, NY - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:10	2.7	7:15	2.3	1:10	0.5	1:57	0.7	7:22	4:36	
2	Mon	7:59	2.8	8:14	2.2	2:01	0.5	2:53	0.5	7:22	4:36	
3	Tue	8:52	2.9	9:17	2.3	2:51	0.4	3:45	0.4	7:22	4:37	
4	Wed	9:44	3.0	10:12	2.4	3:39	0.3	4:34	0.2	7:22	4:38	
5	Thu	10:30	3.2	10:59	2.5	4:26	0.2	5:22	0.0	7:22	4:39	
6	Fri	11:13	3.4	11:41	2.7	5:14	0.0	6:09	-0.2	7:22	4:40	
7	Sat	11:55	3.6			6:03	-0.1	6:56	-0.4	7:22	4:41	
8	Sun	12:24	2.8	12:39	3.7	6:53	-0.3	7:41	-0.5	7:22	4:42	
9	Mon	1:09	2.9	1:26	3.7	7:41	-0.4	8:25	-0.6	7:22	4:43	
10	Tue	1:58	3.0	2:15	3.6	8:29	-0.4	9:08	-0.6	7:22	4:44	
11	Wed	2:51	3.1	3:09	3.5	9:18	-0.3	9:52	-0.6	7:21	4:45	
12	Thu	3:47	3.1	4:05	3.3	10:11	-0.2	10:40	-0.5	7:21	4:46	
13	Fri	4:44	3.2	5:02	3.1	11:13	0.0	11:35	-0.3	7:21	4:48	
14	Sat	5:39	3.2	5:59	2.9			12:22	0.1	7:20	4:49	
15	Sun	6:35	3.2	6:59	2.7	12:36	-0.2	1:33	0.1	7:20	4:50	
16	Mon	7:35	3.2	8:04	2.6	1:39	-0.1	2:39	0.1	7:19	4:51	
17	Tue	8:40	3.1	9:14	2.5	2:40	0.0	3:39	0.0	7:19	4:52	
18	Wed	9:44	3.2	10:16	2.6	3:38	0.0	4:34	-0.1	7:18	4:53	
19	Thu	10:40	3.3	11:09	2.7	4:32	-0.1	5:26	-0.2	7:18	4:55	
20	Fri	11:28	3.3	11:56	2.8	5:23	-0.1	6:14	-0.3	7:17	4:56	
21	Sat			12:11	3.3	6:12	-0.1	7:00	-0.4	7:16	4:57	
22	Sun	12:40	2.8	12:52	3.3	6:58	-0.1	7:41	-0.4	7:16	4:58	
23	Mon	1:23	2.9	1:32	3.2	7:41	-0.1	8:19	-0.3	7:15	4:59	
24	Tue	2:05	2.9	2:12	3.1	8:20	-0.1	8:54	-0.2	7:14	5:01	
25	Wed	2:48	2.8	2:51	2.9	8:58	0.0	9:27	-0.1	7:13	5:02	
26	Thu	3:30	2.8	3:30	2.8	9:34	0.2	9:58	0.0	7:13	5:03	
27	Fri	4:11	2.7	4:09	2.6	10:11	0.3	10:28	0.2	7:12	5:04	
28	Sat	4:51	2.7	4:48	2.4	10:54	0.5	10:59	0.3	7:11	5:06	
29	Sun	5:29	2.7	5:30	2.3	11:52	0.6	11:41	0.4	7:10	5:07	
30	Mon	6:08	2.7	6:17	2.2			1:04	0.6	7:09	5:08	
31	Tue	6:54	2.7	7:15	2.1	12:47	0.5	2:11	0.6	7:08	5:09	