



# Cline Chiropractic Center

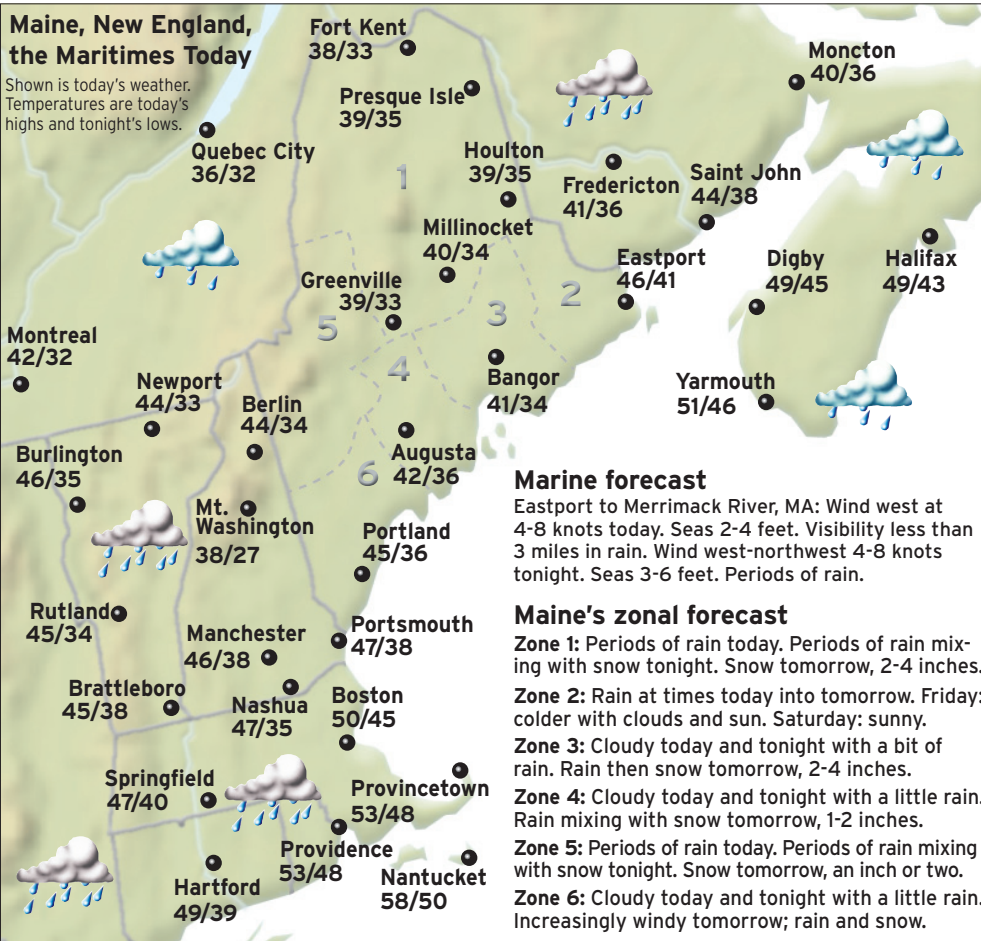
444 Stillwater Avenue, Suite 104 • Bangor • (207) 992-4012

Detecting and correcting  
small problems before they  
become big ones!

## WEATHER

### Bangor's five-day forecast

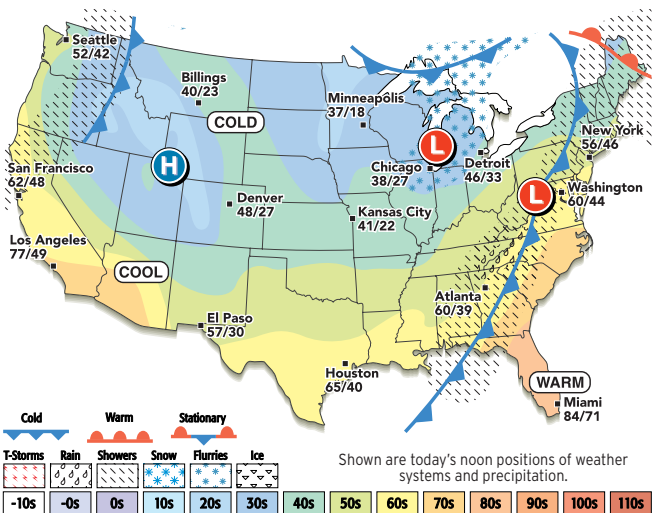
TODAY	TONIGHT	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cloudy with a bit of rain	Periods of rain	Rain, then snow in the afternoon	Mainly cloudy	Mostly sunny	Mostly sunny
High 41	Low 34	High 42 Low 25	High 35 Low 20	High 39 Low 21	High 42 Low 23



Almanac data		Air quality Yesterday	
Bangor through 3 pm Tuesday		74	
<b>Temperature</b>		<b>0-50</b>	<b>51-100</b>
High/low	38/14	Good	Moderate
Mean	26.0		
Normal average	31		
Record high	59 (2006)		
Record low	2 (1941)		
<b>Heating degree days</b>		<b>Today's forecast:</b> Moderate	
Yesterday	39	Source: EPA	
Month to date	39		
Season to date	1539		
Normal season to date	1714		
Index of energy consumption indicating how many degrees the average temperature was below 65 degrees for the day with negative values counting as zero.			
<b>Sun and moon</b>		<b>Moon Phases</b>	
Sunrise	6:53 a.m.	Last New First Full	
Sunset	3:55 p.m.	Dec 3 Dec 11 Dec 18 Dec 25	
Day length	9:02		
Decrease since 6/21	6:34		
Moonrise	11:02 p.m.		
Moonset	11:41 a.m.		

### Tides data

Bangor	Today	Tomorrow
High	2:58a 3:19p	3:49a 4:12p
Low	9:42a 10:12p	10:38a 11:05p
<b>Bar Harbor</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:19a 3:36p	4:14a 4:33p
Low	9:28a 9:58p	10:26a 10:52p
<b>Bath</b>	<b>Today</b>	<b>Tomorrow</b>
High	4:23a 4:37p	5:17a 5:32p
Low	10:38a 11:11p	11:37a none
<b>Belfast</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:28a 3:45p	4:23a 4:42p
Low	9:32a 10:02p	10:30a 10:56p
<b>Bucksport</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:15a 3:32p	4:10a 4:29p
Low	9:39a 10:09p	10:37a 11:03p
<b>Calais</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:25a 3:46p	4:19a 4:41p
Low	9:45a 10:13p	10:39a 11:06p
<b>Camden</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:30a 3:42p	4:25a 4:40p
Low	9:34a 10:07p	10:33a 11:02p
<b>Castine</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:34a 3:51p	4:29a 4:48p
Low	9:34a 10:09p	10:37a 11:03p
<b>Eastport</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:14a 3:35p	4:08a 4:30p
Low	9:32a 10:00p	10:26a 10:53p
<b>Jonesport</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:19a 3:31p	4:14a 4:29p
Low	9:26a 9:59p	10:25a 10:54p
<b>Portland</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:42a 3:54p	4:37a 4:52p
Low	9:43a 10:16p	10:42a 11:11p
<b>Rockland</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:42a 3:52p	4:36a 4:49p
Low	9:36a 10:08p	10:33a 11:01p
<b>Stonington</b>	<b>Today</b>	<b>Tomorrow</b>
High	3:27a 3:44p	4:22a 4:41p
Low	9:34a 10:04p	10:32a 10:58p



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National Cities		Forecast high and low temperatures and conditions; U.S. cities listed in bold are serviced by Bangor Int. Airport			
National	Today	Tomorrow	Today	Tomorrow	
Albuquerque	48/24/s	53/28/s	Miami	84/71/sh	
Anchorage	26/23/sn	26/21/c	<b>Minneapolis</b>	37/18/c	
<b>Atlanta</b>	60/39/r	55/37/pc	Nashville	56/32/s	
Atlantic City	60/48/r	52/40/pc	<b>Newark</b>	57/45/r	
Baltimore	58/41/r	52/34/pc	New Orleans	65/48/c	
<b>Boston</b>	50/45/r	49/37/r	<b>New York</b>	56/46/r	
Buffalo	45/33/c	45/34/sf	Orlando	86/66/c	
Charleston, SC	77/51/sh	63/41/c	<b>Philadelphia</b>	59/46/r	
Charlotte	67/40/r	56/31/pc	Phoenix	71/43/s	
Chicago	38/27/sf	41/27/pc	Pittsburgh	50/35/sh	
Cincinnati	50/30/pc	43/28/s	Portland, OR	47/41/c	
Dallas	58/36/s	59/36/s	St. Louis	44/33/pc	
Denver	48/27/s	49/25/s	San Antonio	67/38/pc	
<b>Detroit</b>	46/33/c	45/31/pc	San Francisco	62/48/pc	
Honolulu	83/74/pc	84/73/pc	San Juan, PR	87/77/sh	
Houston	65/40/pc	61/37/s	Seattle	52/42/c	
Las Vegas	59/39/s	61/41/pc	Syracuse	47/35/r	
Los Angeles	77/49/s	75/49/pc	Tampa	83/68/pc	
Memphis	54/33/s	53/32/s	Washington	60/44/r	

### Our Chiropractors

Patricia Cline, DC

James Waldren, DC

Call Today to  
Schedule an  
Appointment

444 Stillwater Avenue, Suite 104 • Bangor  
(207) 992-4012 • [www.clinechirocenter.com](http://www.clinechirocenter.com)

# Thank you!

From our family  
to yours...

A sincere **THANK YOU** for  
a *Record Setting* November

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