



Tribal Council Approves New COVID Policies and Guidance



Editor's Note: This issue contains new and updated information concerning COVID-19 and the latest guidance from Health Center leadership on staying healthy. You'll find this information on Pages 3, 4, & 5.

On Monday, January 10, PGS Tribal Council received an update about COVID-19, which resulted in the approval of new related guidance and updated policies.

In recent weeks, there has been a surge of COVID-19 across the country—including within the PGST community—resulting in an unprecedented number of positive cases. State and national trends point to the likelihood that this latest wave is the result of Omicron, a strain of the virus that's far more transmissible, but less severe than previous variants.

Most people becoming ill in this latest wave are reporting what are classified as “mild” symptoms, which could be as severe as a very bad upper respiratory infection or flu. While this newest strain appears to be milder, there are still risks, especially in the unvaccinated, who are more likely to experience more severe symptoms that require medical attention or hospitalization.

To continue to protect community and staff, while ensuring that government operations continue with minimal, if any, disruption, Executive Director Kelly Sullivan and Health Director Jolene Sullivan presented a plan to Council that included updated policies and procedures. These include:

- Continuation of the COVID \$200 vaccine incentive with expansion to include a \$100 incentive for any boosters.
- A more defined Emergency Quarantine Assistance Policy. Under the updated policy, any PGST or eligible community member who must quarantine because they live with someone who is positive with COVID may receive a debit card for \$500 to help cover expenses. A second card will be issued if isolation is extended to 14 days or longer with a maximum of \$1000 possible per COVID isolation case.
- Any PGST community member, staff, or enrolled tribal member living in Kitsap who is also showing symptoms can test M-F from 9 am to 3 pm via the drive thru clinic outside the Health Center. Others are recommended to take an at-home test or go to another testing site in Kitsap County.

In addition, the Health Center has eliminated its contact tracing services. In its place, anyone who tests positive will receive a detailed letter with isolation instructions and information on how to identify and contact any close contacts. *Are you a close contact? Should you isolate? Go to page 5 for an easy flow chart!*

In recent weeks, the Health Center has issued updated Isolation and Quarantine Guidelines. *Details can be found on page 4 of this issue.*

Masking mandates throughout the Tribal campus remain in effect and, to ensure the continuation of government operations and the safety of all staff, Tribal Center offices are open by appointment only. While employees are back in the office, services for community members are provided using low/remote contact, as possible.

Additional protocols and programs surrounding community events, vaccines, and masking are now in place or will roll out in the coming weeks. This is based on guidance from Health Center leaders. *Please turn to Page 3 for more details.*



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PGST Vision Statement

Our vision is to achieve the full potential of the Port Gamble S'Klallam Tribal sovereign nation to be self-sufficient, proud, strong, healthy, educated and respected.

PGST Mission Statement

The mission of the Port Gamble S'Klallam Tribe is to exercise sovereignty and ensure self-determination and self-sufficiency through visionary leadership. We will ensure the health, welfare and economic success of a vibrant community through education, economic development, preservation and protection of the rich culture, traditions, language, homelands, and natural resources of our Tribe.

Port Gamble S'Klallam Tribe

31912 Little Boston Road NE
Kingston, WA 98346

Telephone: 360-297-2646
Fax: 360-297-7097

Website: www.pgst.nsn.us
Email: info@pgst.nsn.us

Tribal Council

Jeromy Sullivan, Chairman

Chris Tom, Vice Chairman

Renee Veregge, Councilman

Matt Ives, Councilman

Amber Caldera, Councilman

Donovan Ashworth, Councilman

Entity Directors

- Kelly Sullivan, Executive Director
- Greg Trueb, CFO
- Tamara Gage, Administrative Director of Tribal Government
- Destiny Oliver, Administrative Director of Tribal Services
- Troy Clay, Chief Executive Officer, Noo-Kayet
- Sam Cocharo, General Manager, The Point Casino
- Nic'cola Armstrong, Executive Director, Tribal Gaming Agency
- Joan Garrow, PGS Foundation Executive Director
- Kara Horton-Wright, Port Gamble S'Klallam Housing Authority Executive Director

This newsletter is a product of the Port Gamble S'Klallam Tribe.

*For advertising inquiries or to submit items for publication,
please contact Ginger Vaughan at ginger@quinnbrein.com.*

Four Simple Rules for Staying Healthy from COVID-19

We've been living with COVID since March 2020. It's natural to have "COVID fatigue." The good news is vaccinated and boosted individuals do have strong protections against the virus.

According to Dr. Scott Lindquist, who has been advising the Washington State Department of Health on COVID since the start of the pandemic, we've reached a point where COVID isn't likely to disappear, and it's important to embrace strategies that help keep everyone safe. Here are four simple rules everyone is encouraged to follow!



1. Get your vaccine and boosters!

Available to anyone 5 and older. Vaccines have proven to be the best tool against severe illness and death.

- Vaccines and boosters can be scheduled anytime at Health Center. Call 360-297-2840.
- Find a vaccine at a pharmacy near you: www.vaccines.gov
- Coming soon: PGST neighborhood mobile vaccine clinics and extra incentives to get yours!



2. Mask up whenever in public

When inside, N95 or KN95 masks provide the best protection. Next best: surgical masks. They're cute, but it's time to retire the cloth masks, which don't protect well against newer variants. Always wear masks over your nose and mouth.

- KN95 and surgical masks will be offered to PGST employees
- Coming soon: distribution of KN95 and/or surgical masks to community households



3. Assess risk from social activities

Social distancing works, but we all also need social activities and connection. The key is to be thoughtful about exposure risk and mitigate risks with mask-wearing and testing.

- If testing is needed for travel or peace of mind before/after social activities, at-home tests or an appointment through a Kitsap County testing site is recommended. Because of demand, the Health Center can only accommodate symptomatic community members and staff.
- Facilities use on Tribal Campus is restricted. No event rentals. Funeral capacity includes 6-foot social distancing. Meetings and programs require 6-foot social distancing.



4. Maximize ventilation

Outdoor gatherings are best, but we live in Washington. When inside, open a window or door to encourage air flow. Replace HVAC air filters monthly with High Efficiency Particulate Air (HEPA) filters.

- During events, the doors to the Longhouse will remain open. Remember to dress accordingly!
- The upgrades at the Ball Field are almost complete, which means there will be a covered outdoor area available for gatherings and events!



Health Center Issues New Quarantine & Isolation Guidelines for COVID-19

Sometimes exposure to COVID happens even when following the provided guidance.

The PGST Health Center has in place isolation guidelines for those who test positive for or have been exposed to COVID-19. These rules are intended to keep transmission of the virus as contained as possible.

Isolation Guidelines

If positive for COVID, please stay home—except to seek medical attention as needed—until ALL of the following conditions are met:

- At least 5 days have passed since symptoms first appeared and they are resolving (without fever for at least 24 hours). If asymptomatic, at least 5 days have passed since testing positive.
- Have tested negative for COVID-19 on or after day 5 of onset of symptoms or testing positive.

After completing 5 days of isolation, wear a mask for 5 days whenever around others. This includes in the home or an office setting, even if around small groups or people you often socialize with.

Quarantine Guidelines

If identified as a close contact of someone who has tested positive for COVID-19, please quarantine at home until ALL of the following conditions are met:

- At least 5 days have passed since exposure.
- You have tested negative for COVID-19 on or after day 5 of exposure.
- You have no symptoms of COVID-19.

PGST Government and Enterprise staff that are close contacts may test daily for 5 days, with a negative result, prior to their shift to avoid quarantine. Health Services staff will provide additional information regarding testing after hours.

Any staff members that are a close contact residing in the same household of a positive case must quarantine for 5 days regardless of their vaccination status.

It's Time To Upgrade Your Mask

Experts—including our own Drs. Lindquist and McDaniel!—agree that it's time to up your mask game, especially with more transmissible variants like Omicron. Which should you choose?

N95



- Offers highest level of protection
- Must be fit-tested

KN95



- If worn properly, offers almost as much protection as N95
- Does not need fit testing

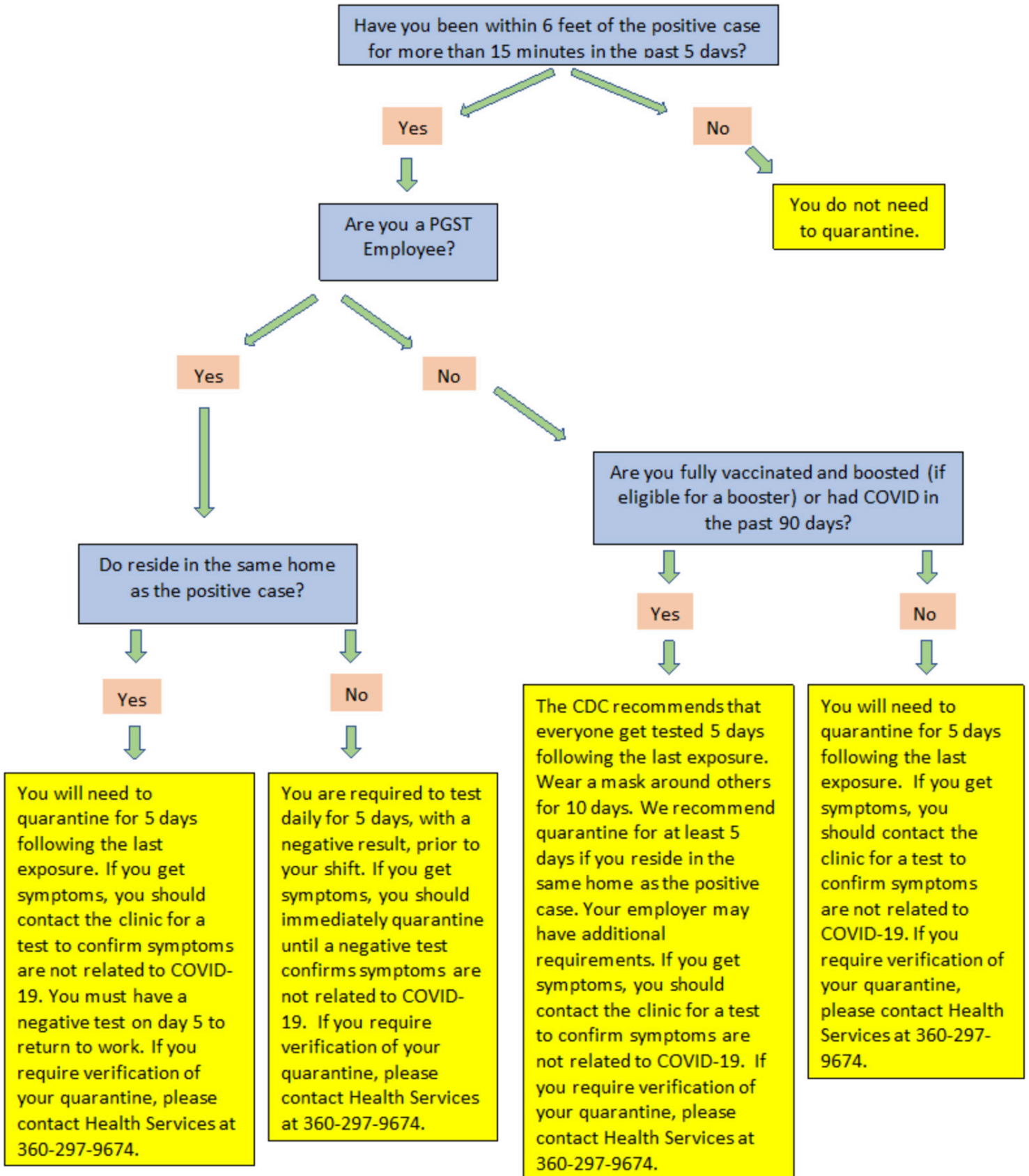
Surgical



- Better protection than cloth
- Can be worn with cloth mask for more protection

You've been identified as a possible close contact of someone who has tested positive for COVID.

WHAT DO YOU DO?





How healthy is the PGST shoreline?

January 2022

In two words: pretty good! Essential natural processes, including wave action and streamflow, are mostly able to nourish the beaches and animal habitats that sustain S'Klallam traditions. *However, our shoreline still faces several threats, including sea level rise, precipitation changes, and management choices like land clearance, tree topping, and shoreline armoring.*

What is Natural Resources doing to keep PGST's shoreline healthy?

NR's **research** has:

- shown that most of the shoreline is physically stable and healthy!
- designed for future sea level rise with the new Point Julia dock and hatchery.
- protected lives and property by evaluating bluff stability along the shoreline.

Research



Have you seen these? If you do, please leave them in place! NR uses them to track shoreline changes.

NR **outreach:**

- has provided shoreline residents with info on best management.
- will begin reaching out again to shoreline residents in 2022.



Outreach/Rules

NR **restoration:**

- has completed cleanup at Point Julia.
- is planning for further cleanup at Point Julia and The Bars.
- is studying potential for other shoreline restoration projects.



Restoration

Did you know?

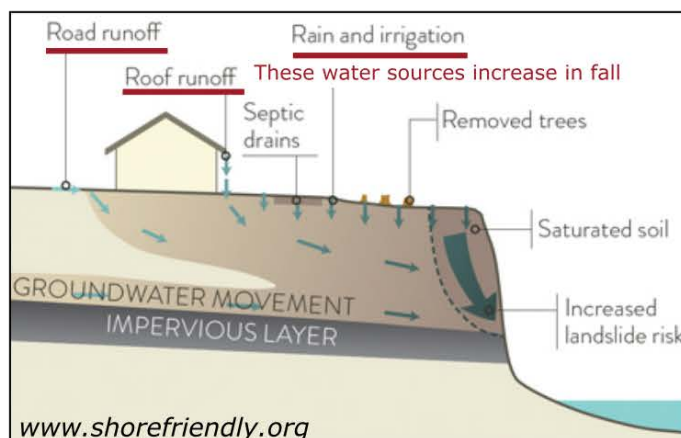
On average, about 3.7" of bluff in front of the tribal center washes away each year! *That's 2x as fast as your fingernails grow!*



Want to learn more?

[nr.pgst.nsn.us/
environmental-program/
shoreline_management](http://nr.pgst.nsn.us/environmental-program/shoreline_management)

Why do landslides and slumps happen more often in fall and winter?



- Water can fill the underground spaces between grains of sand and clay or rock.
- Unless roots or something else strengthens the ground, water pressure can push grains or cracks apart like a hydraulic jack.
- When pressure is too great, the slope fails: a landslide or slump.
- **Since the biggest increase in underground water comes with rain in fall and winter, that's when most landslides happen!**



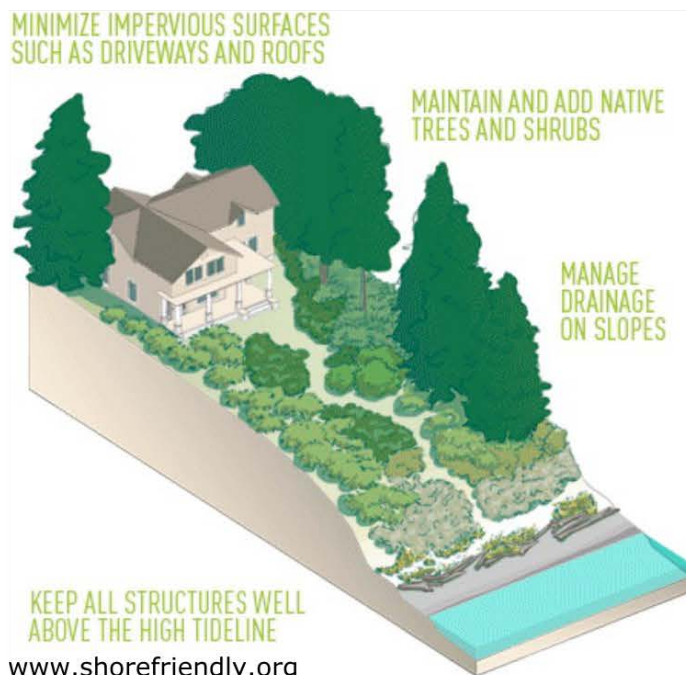
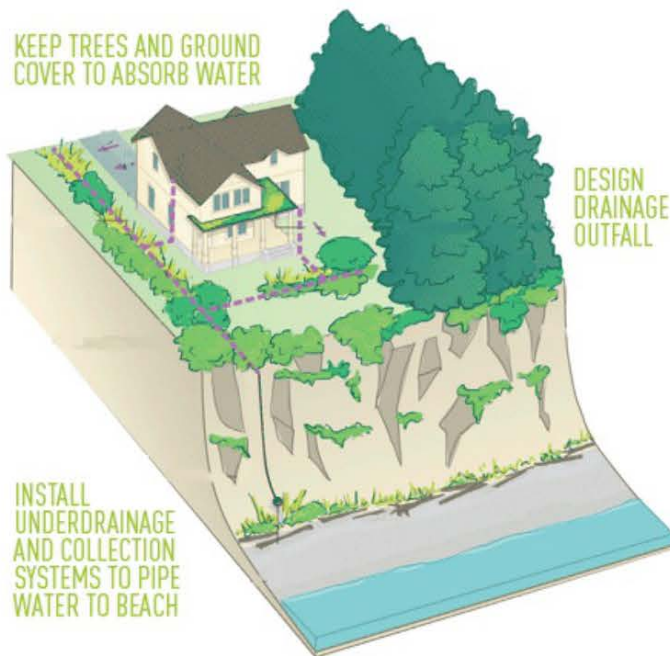
How healthy is the PGST shoreline?

January 2022

How can we help keep PGST's shoreline healthy and safe?

1. Keep the shorelines natural

The shoreline reflects a balance among processes that bring in material and wash it away. Building structures near the water or changing the way water drains to the bay can disrupt this balance. When construction must happen near the water, such as the new Point Julia dock and hatchery, careful planning and attention to vegetation and rainwater can minimize disruption.



www.shorefriendly.org

2. Manage vegetation

Preserve existing trees and shrubs. Topping will eventually kill evergreens, and even limbing up can weaken them. *Ivy and blackberries may look nice or taste good, but do not help stabilize the ground!*

Where plants have been removed, replant with species that help stabilize the shoreline, especially natives like:

- Hooker willow (sxʷúyətč)
- snowberry (snúʔnəkʷéʔitč)
- thimbleberry (təqʷəmítč)
- nootka rose (qəyəqíč)
- ironwood/oceanspray (qáʔctič)
- western red-cedar (xpaʔčítč)
- Douglas-fir (snjiyáʔatč)



This 1977 airplane photo of an area near Point Julia shows a recent slump (red circle) below a clearcutting. The uncut bluff to the left has no evidence of recent slumps. *One major way to preserve a bluff is to keep as much native vegetation intact as possible.*

3. Manage rainwater

Rainwater flowing across the land surface and/or over the bluff can carry away soil and cut into the ground. Rainwater seeping into the ground can cause the bluff to weaken and slump. We can control where water flows or soaks into the ground.



Around The Rez

Opportunities and announcements for the S'Klallam Community

COVID Testing Requirements

Because of high demand for testing, the Health Center is limiting testing eligibility to PGST community members, staff (& their immediate family members), and any enrolled tribal member living in Kitsap County. In addition, they are only testing those who have symptoms of COVID-19 unless directed to do so.

Positive cases will be confirmed via PCR test and will not be retested after finishing isolation.

These testing rules will continue at least through January.

If you need a test for travel or peace of mind before/after social activities, please use a COVID at-home test (available from most drug stores and places with a pharmacy) or visit one of Kitsap County testing sites, a full list of which can be found via the Kitsap Public Health District website at www.kitsappublichealth.org.

COVID Community Support Available

PGS Tribal Council has approved \$5,000 in financial assistance to enrolled Tribal members, aged 18 years and older.

In order to receive payment, you must complete an application, which can be found at www.pgst.nsn.us. Send completed applications to gwapps@pgst.nsn.us. The deadline for applications is March 31, 2022.

Calling All Artists!

The National Park Service is holding a contest to find a new logo for the San Juan Island National Historical Park. The winning logo will convey the Park's history and sense of place.

The artist who creates the winning design will receive \$500 and have their design featured on Park websites and on social media. Logo designs are due by January 25, 2022 and submitted as a high resolution JPG via email from the NPS website at www.nps.org. Use the subject line "Logo Contest." Please contact Cyrus Forman at 360-298-4698 with any questions.

Informational ZOOM Sessions

Calling all Tribal members! Curious about how your government operates. Learn more by joining Tribal Council in a series of Zoom sessions covering a variety of topics, including:

Tuesday, February 15 @ 5 pm

Topic: Natural Resources

Tuesday, March 15 @ 5 pm

Topic: Planning & Development

Tuesday, April 19 @ 5 pm

Topic: Finance

Tuesday, May 17 @ 5 pm

Topic: Tribal Enterprise

These are unofficial meetings. No door prizes or other incentives will be offered for attending. They do not replace General Council meetings.

Register for the sessions you're interested in by contacting Carilla Sims at 360-297-6217 or cchevathan@pgst.nsn.us.

Organic Veggie Gardening Classes

Want to start gardening, but don't know how to start? Sign up for the Organic Vegetable Gardening Program from Washington State University. These Zoom classes cost \$5-15/each and offer instruction tailored to our area, led by Master Gardeners. Suitable for newbies as well as those with a handier green thumb. Register at <https://extension.wsu.edu/kitsap/2021/11/organic-vegetable-gardening-classes-2022/>.

An Update on Signing Up for PGST text notifications

Recently we've received messages for staff and community members having difficulty signing up for the Tribe's text and email notification service. Unfortunately, we have discovered that there is an issue with our provider and some people may experience issues subscribing until this is resolved. They are working on it as fast as they can! In the meantime, sign up for the PGST notification service by going to

<https://portgamblesklallamtribe.alertmedia.com/public>

At this link you can create an account and choose how you would like to receive notifications (email and/or text).

Events @ Heronswood



Online Webinars

Gardening with Annuals with Dr. Ross Bayton

Annuals offer the opportunity to develop a beautiful full and flowery garden all within one year. As seed catalogs arrive, join Heronswood's Dr. Ross Bayton for his guide to the best garden annuals and how to grow them.

12 - 1:30 pm Zoom Lunchtime Lecture
Pricing for PGST community: \$15

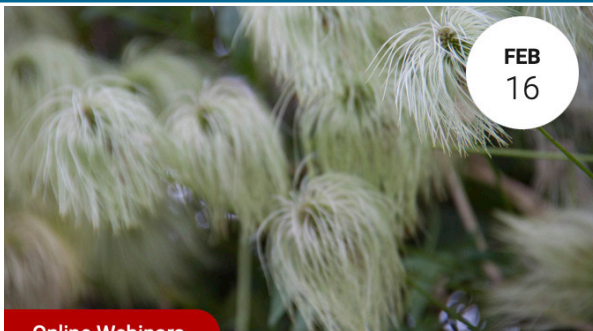


Online Webinars

Flora of Slovenia with Dan Hinkley

Heronswood is famed for selecting the best plants from around the world and the charming Eastern European state of Slovenia has much to offer. Join renowned plant hunter Dan Hinkley as he adventures through this former Yugoslav republic on the hunt for hellebores, lungworts, and much more.

12-1:30 pm Zoom Lunchtime Lecture
Pricing for PGST community: \$15



Online Webinars

Choosing and Using Vine with Dr. Ross Bayton

Vines are a large & varied group: beautiful flowers, foliage, and fruits. Their climbing habit also makes them useful additions to the garden as they can disguise unsightly structure and add color to gloomy spots. Learn all about vines, including how they climb and how they need to be pruned and cared for.

12 - 1:30 pm Zoom Lunchtime Lecture
Pricing for PGST community: \$15



In-person Classes

Witch Hazels (*Hamamelidaceae*) with Dr. Ross Bayton

Of all winter plants, witch hazels are perhaps the most elegant, with their spidery fragrant blooms. They also provide excellent fall color and a structural element year-round. Take a tour of the witch hazels at Heronswood and learn more about this versatile plant.

10 am - 1 pm in-person class
Pricing for PGST community: \$35
Limited to 20 attendees. Masks required. Dress for outdoors weather.

For the full 2022 Event Calendar: [Heronswood.odoo.com/event](https://heronswood.odoo.com/event)



A Happy Birthday to You!

Celebrating your special day in the month of JANUARY!

January 1

Tyler Bassett
Vera Carpenter
Jesse Ives
Cassandra Tom

January 2

Sarah Black
Darius Cole
Kainan Redbird
Shane Simmons

January 3

Kari DeCoteau
Carol Glenn
Jonathon Hirschman
Joseph Najera
Faith Tom

January 4

Koda Moran
Abby Purser
Tyton Purser

January 5

Michael Abrahamson-Dietrick
Sharon Black
Rick DeCoteau
Angela George
Elliot Mendenhall

January 6

Anthony Adams III
Dominic Aguayo
Tina Rameriz-Oya

January 8

Trevor Broten

January 9

Grace Bennett
Alex Charles
Robert Knox
Ryan Murray

January 10

Betty DeCoteau
Isaiah Jackson
Vanessa Ponce-Ramirez
Bone Redbird
Edward Scheibner
Frederick Stark

January 11

Sarah Fulton
Claire Ives
Michael Reynolds

January 12

Jeremiah Abrahamson-Dietrick
Jason Hayes
Shastin Morrison
Mariya Oliver
Tyler Sullivan
Shawnee Tassitsie

January 13

Karen Abrahamson-Dietrick
Daisy Castro
Kaiya Laroche-Wellman

January 14

Kyle Carpenter
Kimberly Freewolf
Melissa Jones
Mandi Moon
Angela Sanders
Donald Whisler

January 15

Carl Murphy
Keith Murphy
Daisy Nelson
Isabelle Tom

January 16

Calvert Anderson Sr
Conner Anderson
Payton Frank
Star Hagen
Catherine Acosta
Richman

January 17

Tayana DeCoteau
Ronald Rogers III
Jacob Sullivan

January 18

Mistaya Benefield
Devlin Combes
Kimberly Johnson
Roman Redbird

January 19

Forest McMillan
Matias Miguel

January 20

Darlaya Ellenwood
Keith Anderson
Dennis Fulton
Justice Hankin
Christopher Sullivan

January 21

Arron Abrahamson
John Folz
Tanner Ives
Tyler Ives
Shawna Morrison

January 22

Rowan Bunich
Rose Egnew
Alan Freeman Jr
Patrick Ives
Dennis Jackson
William Windsor

January 23

Luella Scheibner

January 24

Keri Bailey
Desiree Sullivan
Betty George
Louise Harvey
Gus Makris

January 25

Megan Beckwith
Rozanne Bowe chop
Becky Charles-Dovre
Henry Gresham
Gregory Leonard

Sharon Noah
Dakota Stewart

January 26

Jacoby Lavoie
Natashe Reynolds
Jason Sanders

January 27

Jason Bruce
Skyler Chalcraft-Fulton
Jennifer Garrett
Anthony Hadnot
Bentley Lee

January 28

Selena Fulton
Tannah Ives

January 29

Daniel Castro
Kristina Jones
Layla Purser

January 30

Elliott Edwards
Fred Jacobsen
Amy Zent

January 31

Dennis Bendixsen



CHECK IT OUT AT YOUR LITTLE BOSTON LIBRARY

COMMUNITY NEWS — Leigh Ann Winterowd is the new manager at your library.



She has lived in the Kingston community for nearly sixteen years and has served in the library on many levels. She was the first Youth Services Librarian at Little Boston, and soon after she became manager at the Sylvan Way location. She has been manager at the Kingston location for the last four years, and already knows all the library staff at Little Boston.

A big welcome to Leigh Ann! Make sure to drop in and say 'hi' the next time you're able!

The Little Boston Book Group for adults will meet online January 5, from 1-2 p.m. to discuss "Save Me the Plums" by Ruth Reichl. The link to the Zoom meeting is on our website under Classes and Events.

All branches of Kitsap Regional Library are closed on January 17 in honor of Martin Luther King, Jr. Day.

Our regular hours are 10 a.m. to 5 p.m. weekdays and 10 a.m. to 1 p.m. Saturdays.

If you would like Curbside Pickup, we will be happy to serve you. Please call us at 360-297-2670 to let us know. Masks are required inside our buildings.

We will see you soon at the library!





31912 Little Boston Rd. NE
Kingston, Wash. 98346

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TIDE TABLES FOR PORT GAMBLE, WASHINGTON

JANUARY/FEBRUARY 2022

DAY	SUNRISE	SUNSET	1 ST TIDE	2 ND TIDE	3 RD TIDE	4 TH TIDE
Sat, 1/15	7:50 am	4:47 pm	4:59 am, 10.5 ft, high tide	10:13 am, 7.9 ft, low tide	2:08 pm, 9.2 ft, high tide	9:25 pm, -0.8 ft, low tide
Sun, 1/16	7:49 am	4:48 pm	5:29 am, 10.8 ft, high tide	10:51 am, 7.8 ft, low tide	2:49 pm, 9.1 ft, high tide	10:01 pm, -1.1 ft, low tide
Mon, 1/17	7:49 am	4:49 pm	5:56 am, 10.8 ft, high tide	11:21 am, 7.6 ft, low tide	3:29 pm, 9.1 ft, high tide	10:36 pm, -1.3 ft, low tide
Tue, 1/18	7:48 am	4:51 pm	6:20 am, 10.9 ft, high tide	11:50 am, 7.4 ft, low tide	4:08 pm, 9.1 ft, high tide	11:13 pm, -1.3 ft, low tide
Wed, 1/19	7:47 am	4:52 pm	6:43 am, 10.9 ft, high tide	12:20 pm, 7.0 ft, low tide	4:49 pm, 9.0 ft, high tide	11:49 pm, -1.2 ft, low tide
Thu, 1/20	7:46 am	4:54 pm	7:09 am, 11.0 ft, high tide	12:54 pm, 6.5 ft, low tide	5:33 pm, 8.9 ft, high tide	n/a
Fri, 1/21	7:45 am	4:55 pm	12:26 am, -0.8 ft, low tide	7:36 am, 11.1 ft, high tide	1:32 pm, 5.8 ft, low tide	6:21 pm, 8.6 ft, high tide
Sat, 1/22	7:44 am	4:57 pm	1:04 am, 0.0 ft, low tide	8:05 am, 11.1 ft, high tide	2:15 pm, 5.0 ft, low tide	7:17 pm, 8.2 ft, high tide
Sun, 1/23	7:44 am	4:58 pm	1:42 am, 1.2 ft, low tide	8:35 am, 11.1 ft, high tide	3:03 pm, 4.0 ft, low tide	8:22 pm, 7.8 ft, high tide
Mon, 1/24	7:42 am	5:00 pm	2:23 am, 2.7 ft, low tide	9:07 am, 11.0 ft, high tide	3:54 pm, 2.9 ft, low tide	9:41 pm, 7.5 ft, high tide
Tue, 1/25	7:41 am	5:01 pm	3:09 am, 4.4 ft, low tide	9:41 am, 10.9 ft, high tide	4:49 pm, 1.8 ft, low tide	11:15 pm, 7.6 ft, high tide
Wed, 1/26	7:40 am	5:03 pm	4:07 am, 6.1 ft, low tide	10:21 am, 10.7 ft, high tide	5:47 pm, 0.6 ft, low tide	n/a
Thu, 1/27	7:39 am	5:04 pm	1:08 am, 8.3 ft, high tide	5:28 am, 7.5 ft, low tide	11:08 am, 10.5 ft, high tide	6:44 pm, -0.5 ft, low tide
Fri, 1/28	7:38 am	5:06 pm	2:44 am, 9.3 ft, high tide	7:04 am, 8.2 ft, low tide	12:02 am, 10.4 ft, high tide	7:40 pm, -1.5 ft, low tide
Sat, 1/29	7:37 am	5:07 pm	3:45 am, 10.2 ft, high tide	8:28 am, 8.3 ft, low tide	1:02 pm, 10.3 ft, high tide	8:34 pm, -2.3 ft, low tide
Sun, 1/30	7:36 am	5:09 pm	4:30 am, 10.9 ft, high tide	9:32 am, 8.0 ft, low tide	2:02 pm, 10.3 ft, high tide	9:25 pm, -2.7 ft, low tide
Mon, 1/31	7:34 am	5:10 pm	5:10 am, 11.2 ft, high tide	10:24 am, 7.4 ft, low tide	3:01 pm, 10.3 ft, high tide	10:13 pm, -2.8 ft, low tide
Tue, 2/1	7:33 am	5:12 pm	5:46 am, 11.4 ft, high tide	11:12 am, 6.7 ft, low tide	3:58 pm, 10.2 ft, high tide	11:00 pm, -2.5 ft, low tide
Wed, 2/2	7:32 am	5:13 pm	6:19 am, 11.5 ft, high tide	11:58 am, 5.9 ft, low tide	4:54 pm, 9.9 ft, high tide	11:45 pm, -1.8 ft, low tide
Thu, 2/3	7:30 am	5:15 pm	6:52 am, 11.5 ft, high tide	12:45 pm, 5.1 ft, low tide	5:50 pm, 9.4 ft, high tide	n/a
Fri, 2/4	7:29 am	5:17 pm	12:28 am, -0.7 ft, low tide	7:23 am, 11.4 ft, high tide	1:31 pm, 4.3 ft, low tide	6:48 pm, 8.9 ft, high tide
Sat, 2/5	7:28 am	5:18 pm	1:10 pm, 0.7 ft, low tide	7:55 am, 11.2 ft, high tide	2:19 pm, 3.5 ft, low tide	7:50 pm, 8.3 ft, high tide
Sun, 2/6	7:26 am	5:20 pm	1:52 am, 2.4 ft, low tide	8:26 am, 10.9 ft, high tide	3:08 pm, 2.9 ft, low tide	9:00 pm, 7.8 ft, high tide
Mon, 2/7	7:25 am	5:21 pm	2:36 am, 4.1 ft, low tide	9:00 am, 10.5 ft, high tide	3:59 pm, 2.3 ft, low tide	10:27 pm, 7.6 ft, high tide
Tue, 2/8	7:23 am	5:23 pm	3:28 am, 5.8 ft, low tide	9:36 am, 10.0 ft, high tide	4:52 pm, 1.8 ft, low tide	n/a
Wed, 2/9	7:22 am	5:24 pm	12:26 am, 7.9 ft, high tide	4:43 am, 7.2 ft, low tide	10:17 am, 9.5 ft, high tide	5:47 pm, 1.4 ft, low tide
Thu, 2/10	7:20 am	5:26 pm	2:12 am, 8.7 ft, high tide	6:42 am, 7.9 ft, low tide	11:07 am, 9.0 ft, high tide	6:42 pm, 1.0 ft, low tide
Fri, 2/11	7:19 am	5:28 pm	3:15 am, 9.4 ft, high tide	8:24 am, 7.9 ft, low tide	12:04 pm, 8.7 ft, high tide	7:33 pm, 0.6 ft, low tide
Sat, 2/12	7:17 am	5:29 pm	3:58 am, 10.0 ft, high tide	9:23 am, 7.7 ft, low tide	1:02 pm, 8.6 ft, high tide	8:19 pm, 0.2 ft, low tide
Sun, 2/13	7:15 am	5:31 pm	4:30 am, 10.3 ft, high tide	10:01 am, 7.3 ft, low tide	1:55 pm, 8.6 ft, high tide	9:01 pm, -0.2 ft, low tide
Mon, 2/14	7:14 am	5:32 pm	4:57 am, 10.4 ft, high tide	10:28 am, 7.0 ft, low tide	2:42 pm, 8.8 ft, high tide	9:40 pm, -0.6 ft, low tide