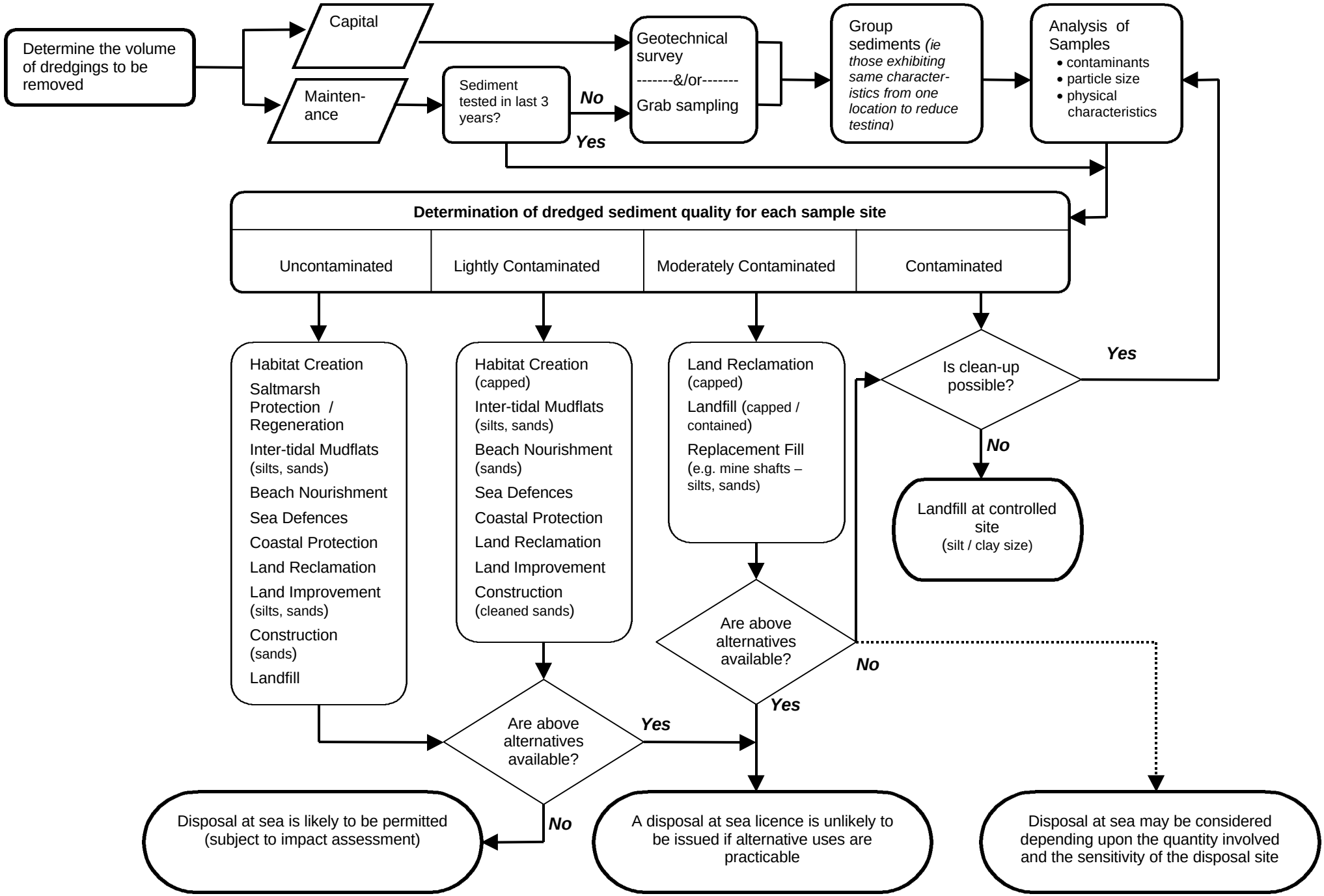A GUIDE TO MITIGATION AND BENEFICIAL USES FOR DREDGED MATERIALS