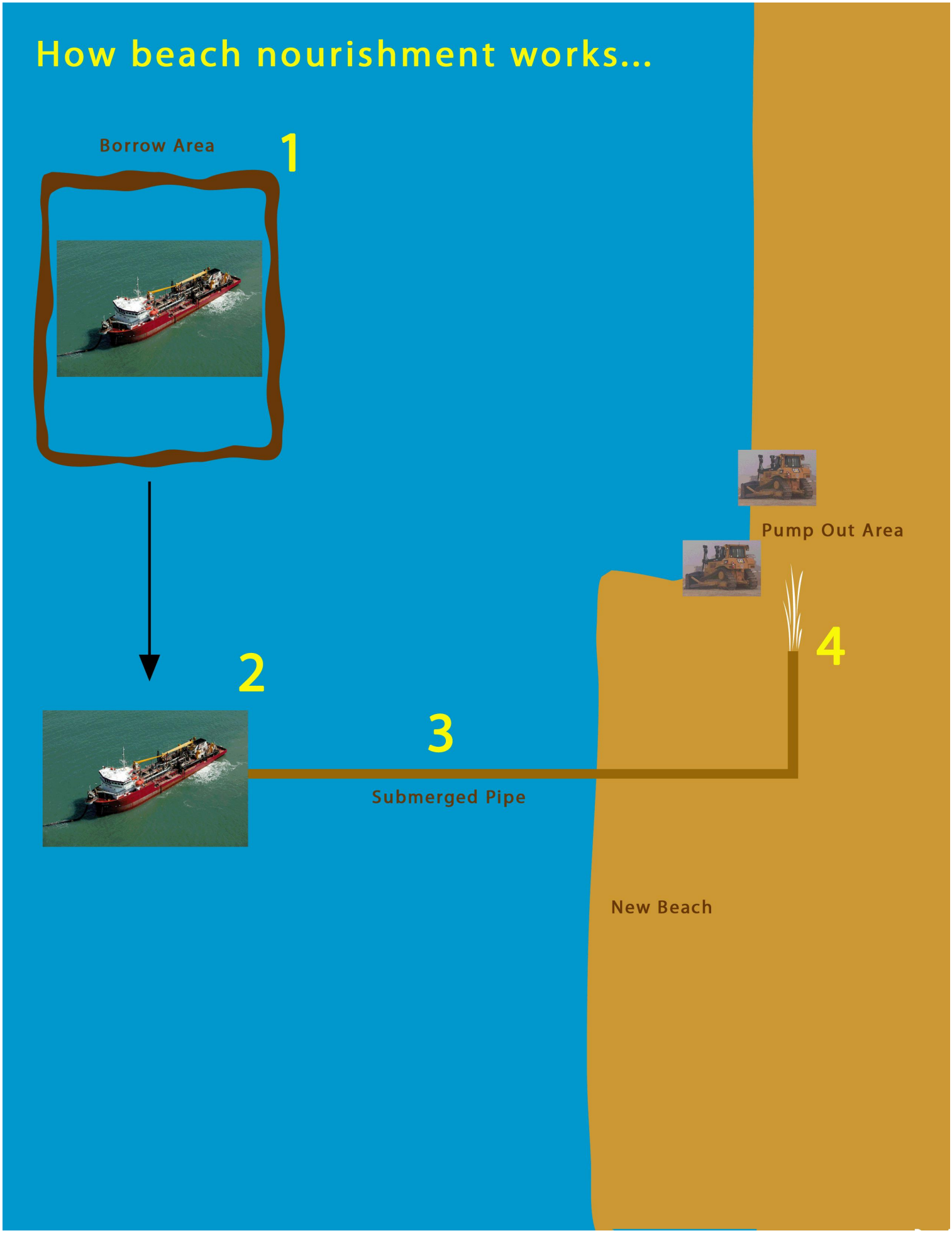How beach nourishment works...