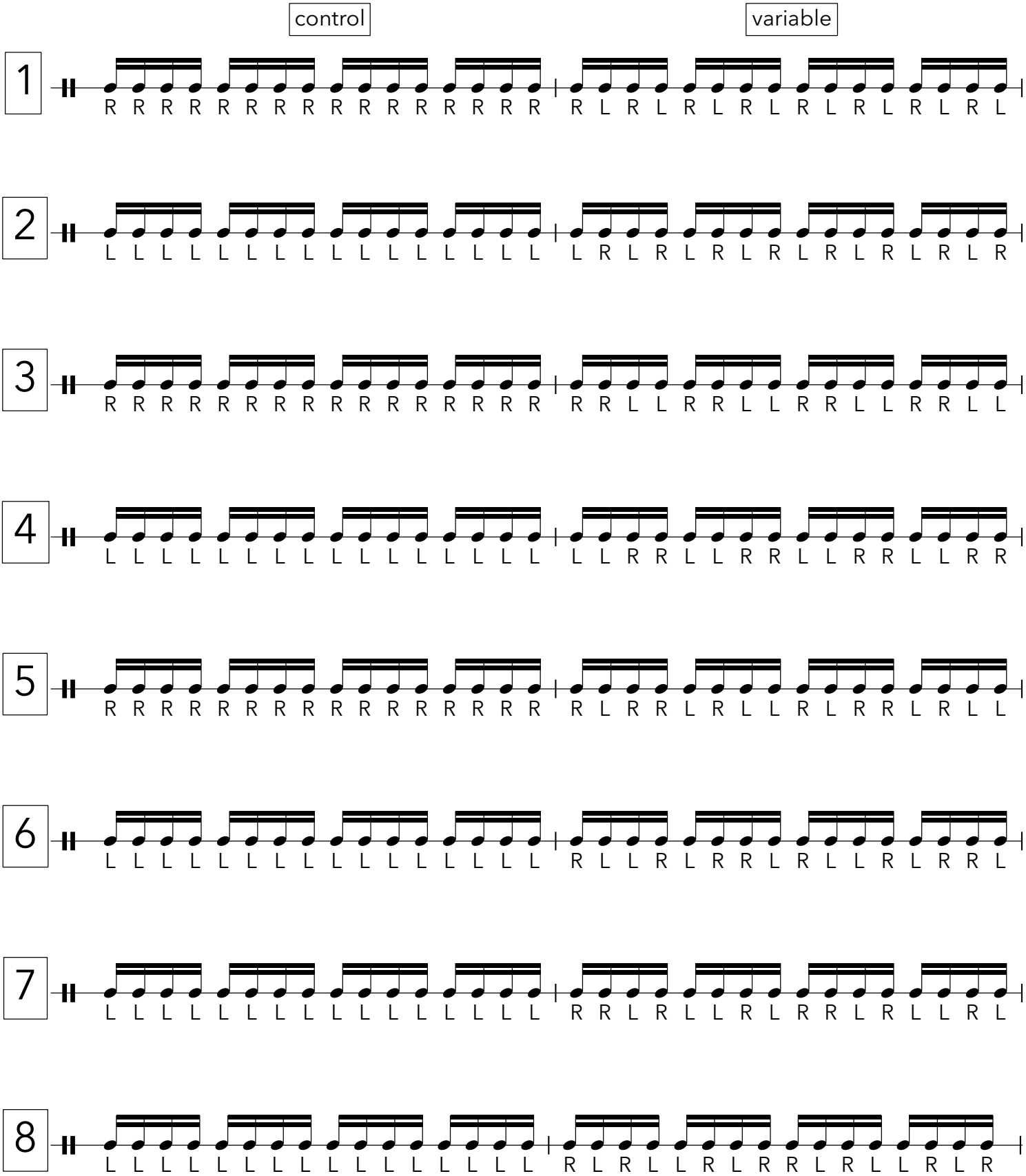Excerpt from *Stick Control* by George Lawrence Stone