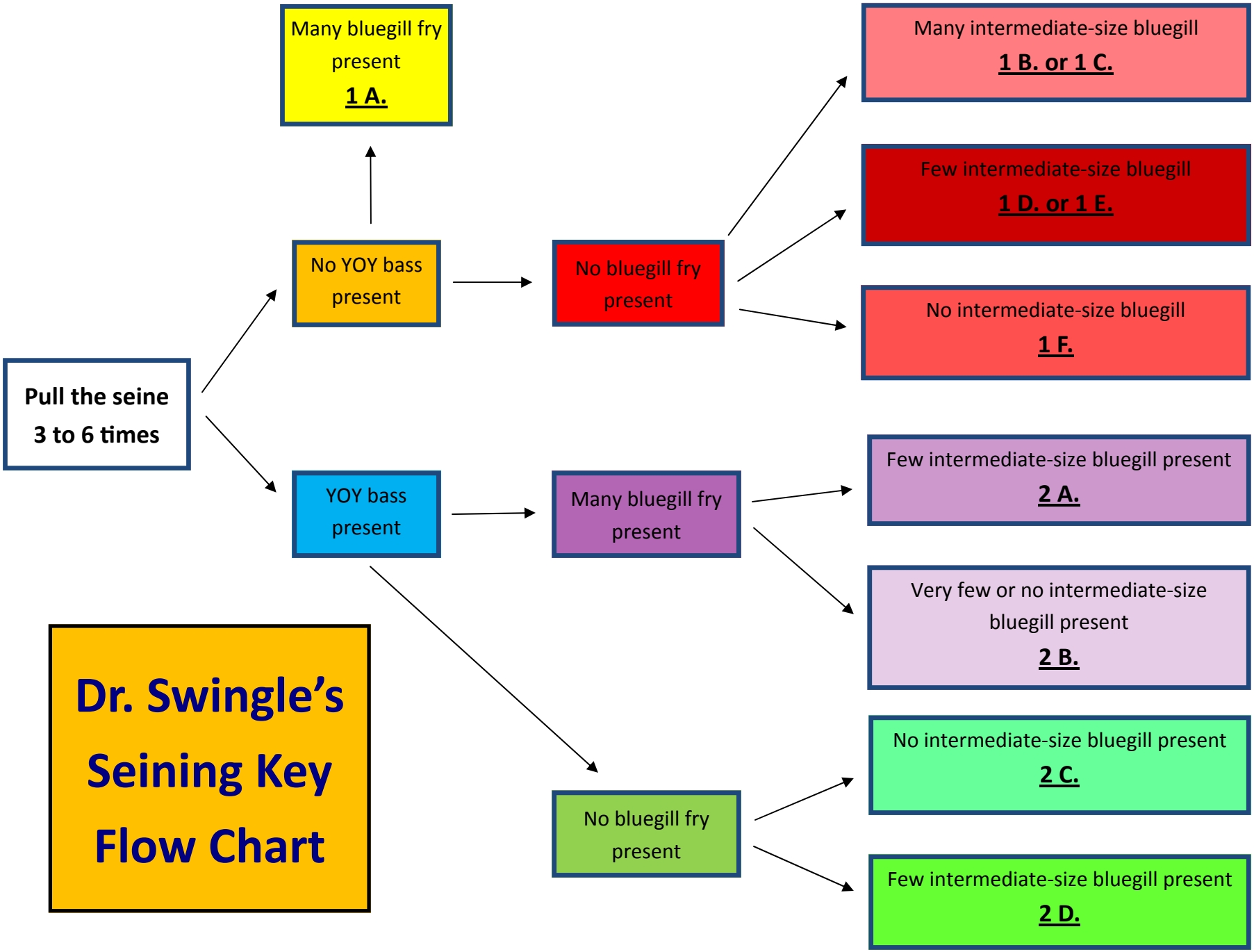Dr. Swingle's Seining Key Flow Chart