

SawStop Cuts New Ground, But Not Your Fingers

Editor's Note: Last month, Martin McGrane introduced readers to the SawStop table saw and its revolutionary safety features. This month, he tells more about the tool's development and how it's becoming one of the most popular cabinet saws in a very competitive market. The SawStop will be demonstrated at The Wood Working Shows March 2-4 at the RiverCentre in Saint Paul, Minn.

Steve Gass, the man who invented the SawStop's blade-stopping technology, is described in the company's Web site (www.sawstop.com) as a lifelong woodworker with a PhD in physics. It's his goal to adapt SawStop's safety-related components to other woodworking power tools and if he's successful, that could give rivals like Jet, Delta, Craftsman and Powermatic cause for concern. After all, even though the SawStop costs about \$1,000 more than their top-of-the-line saws, what value can you put on a finger or two?

South Dakota's only dealer (Stan Houston Equipment Co., in Sioux Falls) says more and more customers are opting for the SawStop once they're introduced to its safety features. Since mid-2006, the SH store in Sioux Falls (there's also one in Rapid City) has sold 25 SawStops; that's more than the combined total of Delta and Powermatic units sold during the same period.

The SawStop system starts with a very low electric charge in the saw's blade that's continuously monitored for voltage changes by a sealed electronic detection module.

Our bodies have a relatively large electrical capacitance and conductivity, which cause the blade's charge to drop when a finger makes accidental contact. (Wood, on the other hand, has lower capacitance and conductivity and doesn't cause the signal to drop.)

Upon contact, a fast-acting brake stops the saw's blade within 1/200th second by jamming a "brake pawl" (a small block of aluminum) into its teeth. At the same time, the system pulls the deactivated blade entirely below the cutting table. Activation, of course, makes mincemeat of the sensing circuit and blade, but a new sensor costs only about \$60 (and replacing it is a snap). Add to that the cost of a new blade (let's say \$90) and the entire process has set you back about \$150. Not pocket change, admittedly, but pretty cheap in comparison to the value of a healthy, whole hand.

If you're in the market for a professional-grade cabinet saw, please give the SawStop a look. Besides Stan Houston, there are five dealers in Minnesota. See www.SawStop.com for details.

Have a great March and keep those fingers where they belong!

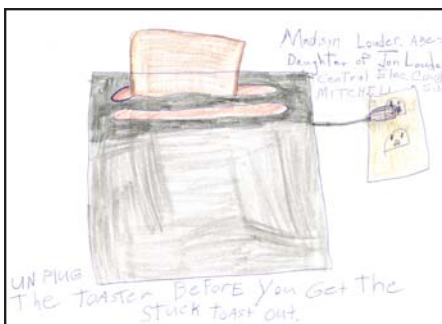
Electrical Safety Practices Around the House

Protect your family against accidental electrical contact/shock by observing the following safety practices. When using electricity around the house:

- Do not overload electrical outlets
- Install ground fault circuit interrupter (GFCI) outlets in the kitchen, bathroom, outdoor receptacles and other water access areas.
- Do not place electrical appliances near water holding and water storage areas.
- Place safety covers on all unused wall outlets.
- Use proper wattage when replacing burned-out bulbs for lamps and lighting fixtures to prevent overheating and risk of fire.
- Replace burned-out light bulbs immediately; never leave lamp sockets empty.
- Use an adapter with a ground tab for a three-pronged plug. Never attempt to remove the third prong.
- Avoid extension cords as a permanent means for wiring.
- Do not connect multiple extension cords.
- Never run extension cords underneath rugs, carpets or furniture.
- Replace faulty electrical products.
- Never leave small appliances such as hair dryers, curling irons, toasters, radios or TVs within the reach of small children and pets.
- Never use a fork or knife to remove food objects from a toaster.
- Keep heating pads and electric blankets at relatively low settings to avoid overheating. Never "tuck-in" the sides or ends of an electric blanket.

Kids' Corner Safety Poster

"Unplug the toaster before you get the stuck toast out."



Madisyn Louder, 6 years old
Madisyn is the daughter of Jon Louder, Mitchell, S.D. He is a member of Central Electric Cooperative, Mitchell, S.D.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents.

Seafood Sensations

Seafood Lasagna

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| 4 T. butter | 1 cup shredded mozzarella cheese, divided |
| 3 T. flour | 1/8 tsp. ground nutmeg |
| 3 cups half and half | 9 lasagna noodles, cooked and drained |
| 1/2 cup grated parmesan cheese | 1/2 lb. frozen cooked shrimp, thawed and drained |
| 1 (10 oz.) pkg. frozen chopped spinach, thawed and drained | 1/2 lb. frozen crab, thawed and drained |
| 1 cup cottage or ricotta cheese | |

Melt butter over medium heat. Add flour; stir until well blended. Add half and half gradually; cooking and stirring until thickened. Add parmesan cheese; stir until well blended. Set aside. Combine spinach, cottage or ricotta cheese, 2/3 cup mozzarella cheese and nutmeg. Assemble as you would lasagna, starting with 1/4 of the sauce on the bottom of the pan. Top with remaining mozzarella cheese. Cover with foil. Bake at 350°F. for 25 minutes. Uncover and bake an additional 20 minutes.

Linda Sinclair, Midland Cooperative Connections

Salmon Cheese Pie

- 1 9-inch pie shell, baked
- 1 cup shredded sharp Cheddar cheese, divided
- 1 (16 oz.) can salmon
- 1 T. flour
- 2 T. butter
- 1/3 cup chopped onion
- 1 can mushroom soup
- 1/4 cup sour cream
- 1/2 tsp. pepper
- 2 eggs, beaten

Sprinkle 1/2 cup cheese in bottom of baked pie shell. Break salmon into chunks, mix with flour and place in pie shell. Saute butter and onions until soft. Add soup, sour cream and pepper. Stir until boiling; remove from heat. Mix in eggs; pour over salmon. Top with remaining cheese. Bake at 325°F. for 30 minutes or until set. Let stand 10 minutes before cutting.

Maxine Meyers, Gregory Cooperative Connections

Toasted Almond-Crab Spread

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| 1 (8 oz.) pkg. cream cheese, softened | 1/8 tsp. ground nutmeg |
| 1-1/2 cups shredded Swiss cheese | 1 (6 oz.) can crab, drained and flaked |
| 1/3 cup sour cream | 3 T. chopped green onion |
| 1/8 tsp. pepper | 1/3 cup sliced almonds, toasted |
| | Assorted crackers |

In a mixing bowl, combine first 5 ingredients. Stir in crab and onions. Spread into an ungreased 9-inch pie plate. Bake at 350°F. for 15 minutes. Sprinkle with almonds. Serve with crackers. Note: may substitute 1 can of drained shrimp in place of the crab.

Penny Glanzer, Huron Cooperative Connections

Seafood Chowder

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| 2 T. butter | Salt and pepper to taste |
| 1 cup chopped onion | 2 cups half and half |
| 1 cup sliced carrots | 3/4 cup flour |
| 1 cup sliced celery | 2 can clams, drained, reserving juice |
| 1 cup diced red bell pepper | 1 lb. Bay scallops |
| 5 to 6 medium red potatoes, cut into 1-inch cubes | 1 lb. cooked deveined shrimp, remove shell from tails |
| 2 (14 oz.) cans chicken broth | |

Melt butter in a soup kettle. Add onions, cooking until clear. Add remaining vegetables, chicken broth and clam juice. Salt and pepper to taste. Bring to a boil then reduce temperature to simmer until potatoes are soft. In a separate container, mix together half and half and flour. Add clams, scallops and shrimp to soup mixture. Stir in half and half/flour mixture. Bring just to a boil, then reduce heat until ready to serve.

Crystal Grann, Carpenter Cooperative Connections

Tuna Macaroni Salad

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| 1 (7 oz.) box ring pasta, cooked and drained | 1/2 cup sliced green olives |
| 1 cup frozen peas, cooked and drained | 2 (6 oz.) cans tuna, drained |
| 2 T. chopped onion | 2 T. salad dressing mixed with 1 T. oil |

Cool pasta and peas. Combine all ingredients, mixing well. Refrigerate.

Darlene Price, Prairie City Cooperative Connections

Good Salmon Loaf

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| 1 can salmon, drained, reserving 1/4 cup liquid | 2 eggs, beaten |
| 1 can cream of celery soup | 1/2 cup chopped onion |
| 1 cup dry bread crumbs | 1 T. lemon juice |

Mix all ingredients thoroughly and place in greased loaf pan. Bake at 350°F. for 45 to 50 minutes or until light brown.

Joy Hagen, Webster Cooperative Connections

Please send your favorite casserole recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2007. All entries must include your name, mailing address, telephone number and cooperative name.