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**ANSWER** — J. Rouse wanted a recipe for maple syrup pork chops. Thanks to Wendy Furie, Frederick, Md., for sending one with Canadian origin.

### Maple Country Pork Chops

- 6-8 pork chops ¾-inch thick
- 1 cup maple syrup
- ½ cup applesauce
- ¼ cup ketchup
- 3 tablespoons lemon juice
- ¼ teaspoon each of salt, pepper, garlic powder, and cinnamon

Saute chops in oil until lightly browned on both sides. Mix maple syrup, applesauce, ketchup, lemon juice, and spices. Arrange chops in a single layer in an ungreased baking dish, and pour half the syrup mixture over them. Bake uncovered at 350 degrees for one hour or until tender; use the remaining syrup mixture to baste the chops periodically as they bake.

**ANSWER** — Thanks to June Hackenberger, Millintown, for sending her "delicious" recipe for bread.

### Delicious Whole Wheat Dough

Blend in a glass measuring cup in order given and allow to stand 5 to 10 minutes until it bubbles up:

- ¼ cup very warm, but not hot, water
  - 1 tablespoon active dry yeast
  - 1 tablespoon honey
  - ½ teaspoon vitamin C powder (optional to assist rising)
- Blend in mixing bowl:
- 2 cups hot, but not boiling, water
  - 2 teaspoons salt
  - ½ cup honey
  - ½ cup vegetable oil
  - ½ teaspoon vitamin C powder (optional, for rising)

Mix in order given:

- 3 cups whole wheat flour
- Yeast mixture

Stir in remaining flour while easy to stir, then turn dough out on a floured surface to knead in the remaining flour, about 3 cups whole wheat flour OR unbleached white flour

Knead 10 minutes, adding flour as needed to prevent sticking, using as little flour over the basic six cups as needed.

Place dough in lightly oiled bowl, oil top of dough lightly, cover with a cloth, and let rise in a warm place until double, about 1 to 1½ hours.

Punch down dough. Shape into 2 loaves and bake at 350 degrees for 35-40 minutes.

## Think Through Tree-Trimming Decisions

UNIVERSITY PARK (Centre Co.) — Heavy weather—thunderstorms, tornadoes and hurricanes—can exact a brutal toll on trees around homes, but an urban forestry expert in Penn State's College of Agricultural Sciences urges homeowners not to make rash decisions about cutting and pruning trees in the wake of a storm.

"Any big storm brings down trees that break power lines or damage buildings and cars as they fall," says Vincent Cotrone, Penn State Cooperative Extension urban forester based in Luzerne County. "But you don't want to inflict damage on the remaining trees by severely trimming them in a misguided attempt to prevent them from toppling in a future storm."

Following storms, there usually is a dramatic increase in tree-topping.

Homeowners believe topping a tree will prevent it from hitting the house in a future storm. In reality, topping and improper pruning will lead to internal decay and a weaker tree.

Cutting the central trunk and tops of main branches severely

weakens a tree by removing leaves and stored carbohydrates. Topping reduces a tree's ability to generate food and energy by photosynthesis and promotes decay because branches are not removed at their point of attachment, the branch collar.

Cotrone lists several conditions caused by topping trees.

- **Unsafe Structure.** Topping trees leaves large wounds that are open to decay and insects, ultimately weakening the tree's structure. "The tree also will develop 'water sprouts,' which are weakly attached branches," Cotrone says.

- **Decline in Health.** In addition to losing the leaves' ability to produce food, topping causes the tree to use valuable food stored in the trunk to regrow limbs. Limb removal causes sunscald of the remaining limbs as well.

Cotrone offers tips on how to clean up toppled or damaged trees in the aftermath of a storm.

- **Safety first.** Stay clear of any downed power line. Never try to clear tree damage from

any power line. "If you have a tree or branch threatening a power line, call the utility company," Cotrone says. "Also, always check trees for broken limbs that may be ready to fall."

- For big jobs, call an arborist. "If the tree is large, and pruning cuts have to be made off the ground, call a qualified arborist," he says. "Do not climb into a damaged tree with a chainsaw or other pruning gear."

- Don't rush into a decision. Cotrone recommends checking the credentials of any arborist. He suggests asking for references, certificates of insurance and whether they are members of professional associations such as the International Society of Arboriculture (which offers arborist certification) or the National Arborist Association.

"After a storm, many people will claim to be a tree specialist," Cotrone warns. "Be patient. If the tree is not an immediate hazard, take your time to find a professional who can explain how to repair damage to your tree or how to remove the tree safely."

Cotrone says homeowners can get information on tree pruning, repairing storm-damaged trees and how to hire a qualified arborist at any Penn State Cooperative Extension office or any Department of Conservation and Natural Resources Bureau of Forestry office.

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