Cherry Pound Cake is a beautiful addition to your holiday celebration—or made into mini loaves for gifts.

2. Combine flour, baking powder and salt. Add dry ingredients alternately with \( \frac{1}{4} \) cup sweetened condensed milk to creamed mixture, mixing lightly after each addition.

3. Fold in cherries. Turn batter into greased and floured 10-inch bundt or tube pan.

4. Bake at 350° F for 35 minutes. Cover loosely with foil, shiny side out; continue baking for 15 to 20 minutes or until toothpick inserted near center comes out clean.

5. Let cool in pan 5 minutes; invert cake onto rack and let cool completely.

6. Dust with powdered sugar just before serving, or, spoon Chocolate Frosting over cooled cake. Store leftovers covered.

Cherry Pound Cakes

Same recipe as above only use entire can of sweetened condensed milk in batter. Bake at 250° F for 45 minutes or until light brown. Makes 6

For more recipes and information, visit www.nationalcherries.com.

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**Erb’s Palsy—What You Should Know**

(NAPSA)—Up to 1 in 1,000 children born in the United States sustain nerve damage in the neck as a result of traumatic deliveries. Erb’s palsy, obstetrical palsy and brachial plexus birth palsy are all terms used to describe the condition that paralyzes the muscles used to rotate the shoulder, making it difficult for the child to reach above his head, comb his hair, throw a ball or perform other tasks most people take for granted.

In Grant’s case, the nerve damage affected his right arm. Determined to give their son a healthy start in life, his parents quickly sought the first step to right the wrong; the Lucile Packard Children’s Hospital at Stanford University in Palo Alto, Calif., where Grant was evaluated and referred to California Children’s Services for physical therapy.

During the physical therapy sessions, Kathleen, Grant’s mother, met many other parents dealing with birth palsy and noticed a familiar name in many of the conversations: Dr. Michelle James, assistant chief of orthopedics at Shriners Hospitals for Children—Northern California; a noted orthopedic surgeon specializing in children’s hands and upper extremities. With Grant’s brachial plexus are routinely referred to Dr. James from hospitals throughout Northern California, and more than 100 have had shoulder surgery at the Northern California site during the past 10 years.

After examining Grant in the clinic, surgery was scheduled. When Grant’s brace came off in March 2004, Shriners Hospitals for Children—Northern California occupational therapist Tiffany Terrell led the youngster through two weeks of intensive workouts.

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**Student Drivers: Do Your Homework Before Buying A Car**

(NAPSA)—Families looking for a safe, reliable and reasonably priced car for a college driver get better grades when they do their homework.

Automotive sites such as AutoTrader.com contain useful tools and information to help you figure out exactly what type of car is right for you. Even before considering make and model, the first step is often deciding whether a new, used or Certified Pre-Owned (CPO) car is best for your budget.

“Certified Pre-Owned cars seem like a plus for the student driver—offering the experience of buying a new car for a used car price,” said car expert Chip Perry, President and CEO, AutoTrader.com. CPO cars are used, but are often showroom new, and come with a warranty. They go through rigorous inspection to become certified—to gain the “seal of approval”—by the original manufacturer, which often provides a warranty, too.

To some, CPO cars mean being able to buy a luxury brand for less, while others look at it as peace of mind. You can request the list used during inspection and know what to look for during repairs or maintenance work was done. Even better, many CPO programs include a free service and free maintenance.

After you’ve compiled all your research, it’s time to sit in the car you want, you can save time and energy by shopping for your car by make and model on a classified Web site such as AutoTrader.com. If you’re on a tight budget, as many college students are, you can easily search for and compare similar cars in your price range.

Just like in school, do your homework, compile the research and then make an educated decision. Applying that to buying a car will put you a step ahead of the class, and closer to finding your perfect car.

The road to going off to college in a reliable, reasonably priced car often begins with research.

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**Did You Know?**

(NAPSA)—A new survey found that 80 percent of young people asked said they had received a phone call that changed their life in a positive way. The survey was conducted by MRSI on behalf of Boost Mobile—a wireless phone company that launched a “Pivotal Moments” campaign showcasing the ways their Walkie-Talkie phone gets burned.

I don’t have to attend every argument I’m invited to. —Author Unknown

**HEALTH AWARENESS**

**New lens technology helps keep eyeglasses cleaner.**

FeatherWates® Complete lenses are loaded with features—anti-reflective coating, scratch resistance and 100 percent UV protection, all in a thin, lightweight polycarbonate lens. The lenses are available exclusively at LensCrafters, for just $30 more than FeatherWates® Invisible lenses.

To locate a nearby LensCrafters store, visit www.lenscrafters.com or call 1-800-522-LENS (5837).

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**EYE-Q**

Lens Protection (NAPSA)—One of the most popular and effective names in surface protection can now be found in a product where you might least expect it—the lenses of your eyeglasses.

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**CHERRY POUND CAKE**

Makes one (10-inch) cake

1 1/2 cups butter, softened
2 cups sugar
2 eggs
1 teaspoon vanilla extract
3 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
2 cups quartered maraschino cherries, well drained, reserving 1/3 cup juice
Cherries Are A Festive Holiday Treat

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