

Watch the Portion Sizes When Dining Out

Americans are dining out more than ever before. In the 1970s, about 36 percent of the average food budget was spent on food eaten away from home.

Today the average consumer spends 48 percent of the food budget on eating out. According to the National Restaurant Association, the average adult buys a meal or snack from a restaurant 5.8 times per week.

Along with dining out more, we have seen a rise in obesity and a trend toward bigger restaurant portions over the past 15-20 years. Are the increases in eating out, obesity, and portion sizes related? You betcha!

What Research Shows

According to an article published in the *Journal of the American Dietetic Association*, larger portion sizes and eating too much fast food have both contributed to the prevalence of obesity in the United States. The research showed that women who ate more fast food meals had higher calorie and fat intake and more body fat.

A Temple University study showed that the more fast food meals per week people ate, the higher their BMIs and body weights. A study published in *Obesity Research* reported that “the frequency of consuming restaurant food was positively associated with increased body fatness in adults.” Ouch!

Portion Distortion

Whether it's fast food or sit-down dining, the monstrous portions many restaurants serve can undermine anyone's best intentions for healthy eating. Research shows that when

portion sizes are larger, most people tend to eat 30-50 percent more. And get this—whether fast food or sit-down, it's not unusual for a single restaurant meal to contain an entire day's worth of calories!

Years ago people ate out less often, so a high calorie restaurant meal once in a while wasn't a diet-breaker. But today almost half of Americans eat out each day, so large portions of high-fat, high-calorie food can spell disaster for weight control and overall health.

Don't Blame Restaurants

Restaurants are in business to make money and to serve their clients. Many customers crave the super-sized fast food meals, so the establishments cater to them. The bottom line is that fast food combination meals sell better than salads or veggie burgers they offer. To their credit, most fast food restaurants continue to add new healthful items to their menus.

On the up side, the National Restaurant Association reports that three-fourths of American adults say they're trying to make more healthful choices at restaurants than they did two years ago. Some restaurants are stepping up to the plate by offering menu items that are smaller—in both portion size and price.

Eating Out is OK

Can eating out ever be good for your health? Of course! Keep in mind that restaurants don't make people fat. It's what people choose to eat that causes weight gain. Each customer has complete freedom to make healthy choices or not. Every person who eats at restaurants frequently is not overweight, so there *are* ways to eat out without overdoing it.

10 Tips for Dining Out

1. Plan ahead. The vast array of menu items can be overwhelming and you may feel rushed to make a decision when ordering. Get a menu ahead of time or check the restaurant's Web site for online nutrition information. Then take your time choosing what to order. To search for restaurants in your area that provide healthy choices, go to [www.choosemyplate.gov](#). Nutrition information on menu items is also provided.

2. Don't drink your calories. Instead of soda, alcohol, or a milkshake, sip on a calorie-free beverage. Try coffee or unsweetened tea. Or ask your server for a tall glass of ice water with a lemon or lime wedge.

3. Skip the starters. It's easy to munch on hundreds of calories-worth of rolls, breadsticks, or tortilla chips. Tell the server not to bring these items and sip your calorie-free beverage until the meal arrives.

4. Know your entrée. If you're not sure what ingredients a dish contains, ask your server. Go for entrees that are baked, broiled, grilled, roasted, or steamed rather than creamed, breaded, sautéed, or fried.

5. Lighten up on sides. Instead of French fries, onion rings, or potatoes smothered in butter or gravy, order lower fat sides like tossed salad, vegetables, or broth-based soup.

6. Ask for sauces and dressings on the side. That way you're in control of the amount you eat. Use a spoon to drizzle dressing over your salad or sauce onto your entrée. A little goes a long way for adding flavor.

7. Go with half. Split a dinner entrée with a friend. Or box up half of your meal before you start eating and enjoy the rest for lunch the next day.

8. Skip buffets. Dining with an all-you-can-eat mentality just encourages gluttony. If you must attend a wedding or other event that includes a buffet, mentally divide your plate into

four sections and fill it this way: 1/2= veggies, 1/4 = lean meat or fish, 1/4 = whole grain bread, pasta, rice, or potatoes. Don't go back for seconds.

9. Savor the experience. Eat slowly and enjoy each bite. Also keep in mind that eating out is not solely about food—it's about people and relationships and fun. It's about enjoying uninterrupted time with family and friends, which you can do just as easily over grilled chicken and salad instead of a half-pound burger and fries.

10. Speak up. Talk with the managers of restaurants you patronize. Tell them you want to see printed nutrition information for every menu item, not just the healthier entrees. Ask them to incorporate lower-fat entrees, sides, and appetizers into the regular menu.

Try one or more of these tips next time you eat at a restaurant. And remember – you are in control of what you order and how much of it you eat. You CAN dine out without pigging out. Bon appétit!

Beth Bence Reinke is a registered dietitian who writes about food, nutrition, and health topics. She is a mom of two sons and the author of numerous magazine articles for adults and children. Beth and her husband have been CBN partners since 1998. Visit her at .

For the original article, visit .

Good Dads Should Guide Their

Children's Faith and Morality

Does faith impact your fathering? Should it?

From our research, one of the key areas of the *Championship Fathering* fundamental of modeling is nurturing our children's faith. I have strong convictions about faith, and maybe you do, too. Or maybe you're suspicious of religion and church.

Whatever it looks like for you, I want to encourage you to equip your children in matters of faith and morality. They need your guidance. And if your beliefs are important to you, this is one of the most important legacies you can leave for your kids.

When my son Chance was 10, we started a one-on-one habit that has been a good thing through the years: every morning we read from the Book of Proverbs together.

It takes about four or five minutes, depending on how many questions he has or how often I stop to talk about a specific point. Sometimes there's deep discussion; sometimes not. No matter what, it has been a great way to connect as father and son before he leaves for school and I go to work.

During those first few years, Chance would crawl into my lap in his pajamas for that morning routine. Now, as a teenager, he's all dressed and ready to head out the door. If he's in the same room and he listens, that's usually good enough for me.

As the years pass, I guess this time together has become even more special to me. Maybe I realize how precious those opportunities are, or I know that in this life any day could be my last, so I want to make the most of it.

It also helps that every once in a while, I'll see a clue that our morning reading has become important to my son, too. Maybe

he'll remind me about it or he'll come up with a fresh perspective that I hadn't thought of before.

How do you pass on a spiritual legacy to your children? There are many ways, but let me share two suggestions:

First, live it out yourself. If you're ever frustrated or concerned about how committed your children are to their faith—especially your teens—the first place to look is at yourself.

I don't know how genuine your faith is. But in your heart of hearts, I think *you* know. You can tell whether you really are sold out to the beliefs and the principles you talk about, or if it's just a lifestyle choice that doesn't really affect you on a deep level.

You can tell, and I believe your children can, too. If they see the evidence of strong convictions in your life, then the basis of those convictions becomes more real for them. But if they don't see it, then you'll likely become an obstruction to their spiritual growth. Few things will confuse and hamper your children more than watching you *not* practicing what you claim to believe.

And second, be intentional. I want to encourage you to commit—or recommit—yourself to building a strong faith in your children through regular routines. Sometimes the routine itself—having that consistent practice of reading and/or praying together—will speak volumes to your children and live on in their memories more than any specific lessons or truths they hear. (That's why all dads can do this; you don't need a seminary degree.)

As dads, we set the tone in many areas of our home life, and this is no exception. Our purposeful leadership makes a difference. We can't just sit back and expect it to happen. We have to carve out time, build stronger relationships, and have a plan.

Now, I admit, not every morning is a spine-tingling experience for Chance and me. Sometimes I'm not at my best, or it feels like just a routine. Still, I believe good things can happen when we follow through anyway.

So even if your kids groan about your efforts to do this, keep it up! Do all you can to make it inviting, and don't let their bad attitude affect yours. In the end, I believe that your kids, more than they'll ever admit, find real security and comfort in your efforts to make spiritual conversations a habit in your home.

Action Points for Dads on the Journey

- Ask your wife and children—point blank—if they think you're really living out what you say you believe. It's frightening, but what they say will give you valuable insight and a renewed motivation in your spiritual disciplines.
- Put your faith into action—and include your kids. Get involved sharing experiences and talking about *why* you do what you do, make certain decisions, and so on.
- Taking advantage of “teachable moments” that come along during everyday life when you're with your child; talk about what you believe and why it makes a difference.
- Make yourself accountable to other men who share your beliefs. Give them permission to ask you pointed questions about your habits, decisions, and so on.
- Try to respond to your children's requests in a way that's consistent with your values ... *every time*. Put their desires and what's best for them above your own mood or preferences.
- Write each of your children a short note that includes a spiritual blessing that's appropriate for him or her.

What other ideas would you add for equipping your kids spiritually? Please join the discussion. For the original article, visit [.](#)

Carey Casey is the CEO of the National Center for Fathering, a nonprofit organization dedicated to changing the culture of fathering in America by enlisting 6.5 million fathers to make the Championship Fathering Commitment. NCF believes that every child needs a dad they can count on, and uses its resources to inspire and equip men to be the involved fathers, grandfathers and father figures their children need. Subscribe to his weekly email tip by clicking here: [I want tips on how to be a great dad who loves, coaches, mentors and inspires my children.](#)

Raoul Wallenberg: An Angel of Mercy for Jews

It was the spring of 1944. Nearly every major Jewish community in Europe had been decimated. Then Adolf Eichmann set his sights on Hungary's 825,000 Jews, applying against them the same extermination plan the Nazis had been utilizing in other countries.

At the same time, U.S. President Franklin D. Roosevelt realized European Jewry was about to be completely annihilated. After procrastinating far too long, the president decided the Americans needed to get involved. He established the War Refugee Board (WRB) as part of a clandestine effort through the Office of Strategic Services (OSS)—a precursor to the CIA—for operatives to try and save as many Jews as possible from the Nazi death camps.

Roosevelt sent an official representative, Iver Olsen, to Stockholm, as the Swedish government was also making serious attempts to save Jews in Hungary. Together with the Swedes,

Olsen searched for a person to head up a rescue mission for the Jews of Budapest.

Hungary's 825,000 Jews had remained safe for most of the war until Hitler discovered that Hungarian officials were holding secret talks with the Americans and the British. As a result, in March 1944, Nazi troops marched on Budapest, and the extermination of Jews began immediately.

Because Sweden was considered a neutral country, Swedish diplomats were still able to travel freely across Europe. Therefore, Olsen looked for a Swedish man willing to walk into the jaws of the Nazi death machine—someone who spoke both Hungarian and German, someone with an independent spirit who would not need much oversight or direction.

He came upon Raoul Wallenberg, a man from a well-known Christian Swedish banking family. Wallenberg had been educated at the University of Michigan and had studied a number of languages and cultures. Interestingly, in 1936, his grandfather had arranged a job for him in Haifa, a city in what then was called Palestine. There, he came into contact for the first time with Jews who had fled the growing Nazi influence in Europe and were now being tyrannized by Arabs resenting their presence in Palestine.

The year 1936 was a particularly tumultuous time for Jews who had come back to live in their ancient homeland. That year marked the beginning of the "great Arab uprising," triggered by Arab alarm at the large number of Jewish immigrants arriving in the 1930s.

In 1935, over 66,000 Jews had arrived in Israel, mostly from Germany, where conditions had become intolerable with the rise of Nazism. It was also the last large burst of Jewish immigration, as the British severely reduced the number of Jews allowed into the Holy Land because of Arab opposition just as Hitler was coming to power.

Wallenberg witnessed the overwhelming majority of the Arab population, with their superior weaponry, intimidating armies and vast economic potential juxtaposed against the 440,000 men, women and children who made up the Jewish population in the Holy Land in 1936.

Then, back in Sweden during World War II, Wallenberg watched the Jewish people being annihilated by the Nazis. Now he was being offered an assignment to lead a rescue operation of Hungarian Jews who were at the moment being systematically slaughtered. Of great importance were his language skills in both Hungarian and German. Furthermore, he had been to Hungary many times on business.

Nevertheless, some felt Raoul at 32 was too young and inexperienced for this job. However, his business partner, Koloman Lauer, who served on the War Board, felt Wallenberg was the right man—he was quick-thinking, energetic, courageous and empathetic. Lauer believed Wallenberg could be sent under diplomatic cover to lead the rescue operation.

Wallenberg Accepts

Wallenberg accepted the offer but with unusual conditions. He requested full authority to deal with anyone he wanted, without first clearing the matter with the Swedish ambassador in Budapest, and he said he must have diplomatic couriers outside normal channels.

Wallenberg's memo concerning these things was so unusual that the matter was referred all the way up to the Swedish prime minister, who consulted with King Gustav V before informing Wallenberg that his conditions had been accepted.

By now it was July 1944. In the previous three months, the infamous Eichmann, who managed the logistics of mass deportation of Jews to ghettos and extermination camps in East Europe, had already deported 400,000 Hungarian Jews by freight train to Auschwitz. Only 230,000 Jews were left in the

country, including 200,000 in Budapest, and Eichmann had a plan in motion to end all plans: to deport all of the remaining Hungarian Jews in 24 hours!

For reasons only to be speculated, Nazi leader Heinrich Himmler ordered Eichmann to temporarily halt the deportations.

Enter Wallenberg. There was nothing conventional about his methods. He immediately opened an office in Budapest and "hired" 400 Jewish volunteers to run it. He told them to take off the yellow Star of David that marked them as Jews, as they now had Swedish diplomatic protection.

Printing Swedish Passports

After quickly distributing a few hundred genuine Swedish passports, Wallenberg and his staff's next task was to design a homemade Swedish "protective passport." Wallenberg had previously learned that the German and Hungarian bureaucracies had a weakness for external symbolism. So he had the passports attractively printed in blue and yellow (Sweden's national colors) with the Three Crowns coat of arms in the middle, and he furnished them with the appropriate stamps and signatures. Wallenberg's protective passports (called Schutzpasses) had no value whatsoever under international law, but they commanded the respect of those he wished to influence.

With permission from no one, he announced that the Schutzpasses granted the holder immunity from deportation to the death camps. He persuaded the Hungarian authorities to give him permission to issue 4,500, and through promises and empty threats to the Hungarian foreign ministry, Wallenberg managed to issue many thousands of these Schutzpasses indiscriminately.

Safe Houses

With U.S. Defense Department finances, Wallenberg began

renting properties. He rented 32 buildings around Budapest and declared them to be extraterritorial, protected by Swedish diplomatic immunity. Wallenberg knew that, again, the Nazis were overly impressed by official government emblems. So he put up intricately designed, official-looking signs on the buildings, such as "The Swedish Library" and "The Swedish Research Institute." He hung oversized Swedish flags on the fronts of the buildings and put up shiny embossed government shields on the doors.

Apparently, 32 Swedish "libraries" were not suspect as long as they had well-crafted "official" signs on the entrances. The Nazis never discovered the plot. As Nazi troopers stormed house-to-house looking for Jews, word traveled fast on the well-oiled Jewish grapevine that all those new Swedish "libraries" in town were actually safe houses. Wallenberg's buildings provided shelter for over 10,000 people. Some witnesses say three times that many were actually hidden in those safe houses.

Other neutral diplomatic missions in Budapest began to follow Wallenberg's example by issuing Shutzpasses, and a number of diplomats from other countries were inspired to open their own safe houses for refugees.

Death Marches

Meanwhile, Eichmann began his brutal death marches. He carried out his promised deportation program by forcing large contingents of Jews to leave Hungary by foot. The first march began on November 20, 1944, and conditions along the 200-km (120-mile) route between Budapest and the Austrian border were so appalling that even some Nazis protested.

Thousands of Jews marched in endless columns, hungry, freezing and in great suffering. And thousands fell along the way.

It was during these marches that Wallenberg's actions became legendary. Wallenberg stayed with them, continuously

distributing Schutzpasses, food and medicine. He alternately threatened and bribed the Nazis until he managed to secure the release of those who had been given his Schutzpasses. Wallenberg was able to rescue some 17,000 Jews who were in the death marches.

The Trains to Auschwitz

When Eichmann again began shipping out the Hungarian Jews in whole trainloads, Wallenberg intensified his rescue actions. As the freight cars full of Jews stood in the station, he would even climb on top of them, run along the roofs of the cars and hand bundles of protective passports to their occupants. On one occasion, German soldiers were ordered to shoot him but were so impressed by Wallenberg's courage that they deliberately aimed too high. He was then able to jump down, unharmed, and demand that those Jews who had received his Schutzpasses be allowed to leave the train and return to the city with him.

Threatening General Schmidhuber

Wallenberg searched desperately for suitable people who could be bribed, and he found a very powerful ally in Pál Szalay, a high-ranking officer in the Arrow Cross (the Nazi Hungarian police).

Two days before the victorious Russians arrived to take over Budapest, Wallenberg learned that Eichmann had set in motion a total massacre of the Jews living in Budapest's larger ghetto. He knew the only person who could prevent it was General August Schmidhuber, commander of the German troops in Hungary.

Wallenberg's ally Szalay, with a nice bribe, was sent to find Schmidhuber and hand him a note which declared that Wallenberg would make sure the general would be held personally responsible for the massacre and that Schmidhuber would be hanged as a war criminal after the war.

The massacre was cancelled at the last minute as a result of Wallenberg's intervention, saving an estimated 70,000 Jews.

How Did He Do It?

Jan Larrson, who was a staff member of Wallenberg's and wrote his biography, was often asked in lecture tours how it was possible for one man and his staff to save such a large number of people from Nazi executions. Wallenberg was not the heroic type in the ordinary sense, according to Larsson, but he was a fearless, skilled negotiator and organizer. He was, moreover, a good actor—a talent that served him well during his clashes with the Nazis.

Wallenberg would also show two different personalities. The first was the calm, humorous, intellectual, warm person that his co-workers could see. The second was in confrontation with the Nazis, where he transformed into an aggressive person who would shout at them or threaten them on one occasion and flatter or bribe them on another, as the circumstances required.

The Nazis were impressed by him and usually gave in to his demands. One reason, of course, was his Swedish diplomatic status, which the Germans were loath to violate. On the other hand, status without enormous bravery would have accomplished nothing.

Larrson relates: "Inevitably Raoul was forced to play for increasingly high stakes in a situation where Budapest was becoming more and more a battlefield. The bombs were raining down, and Soviet troops were closing in on the suburbs. The last time I saw Raoul Wallenberg on January 10 1945, I urged him to seek shelter, especially as the Arrow Cross the Hungarian Nazis were searching for him in particular."

Wallenberg's reply was typical: "To me there's no other choice. I've accepted this assignment and I could never return

to Stockholm without the knowledge that I'd done everything in human power to save as many Jews as possible."

Wallenberg started sleeping in a different house each night to guard against being captured or killed by Arrow Cross party members or by Eichmann's men.

While the Russians, Americans and English were bombarding the city, chaos and looting reigned. The Jews were confined to two ghettos. Many government functionaries and diplomats fled. Wallenberg continued fighting alongside the Red Cross, looking for allies or bribing the police.

Toward the very end of the war, when conditions were totally desperate, Wallenberg issued a simplified version of his Schutzpass, a mimeographed black and white page that bore only his signature. In the prevailing chaos, even this worked.

Immediately after its installation, a new Hungarian Nazi government announced that all Schutzpasses were invalid. But Wallenberg managed to make the acquaintance of Baroness Elizabeth "Liesel" Kemény. She was the wife of the foreign minister, and with her assistance Wallenberg managed to have his protective passports reinstated.

His Loss to the Russians

On January 13, 1945, the advancing Soviet troops saw a man standing and waiting for them alone outside a building with a large Swedish flag above its door. Wallenberg told an amazed Soviet sergeant in fluent Russian that he was the Swedish *chargé d'affaires* for the portion of Hungary liberated by the Soviets. He received permission to visit Soviet military headquarters in Debrecen, east of Budapest, to explain his humanitarian strategies. On his way out of the capital on January 17, Wallenberg, with a Soviet escort, stopped at the "Swedish houses," where he said goodbye to his friends.

Altogether, 120,000 Jews had survived the "Final

Solution.” Wallenberg was the only diplomat who had remained in Budapest. Now his purpose was to propose a reconstruction plan to the Soviets. With that end in mind, he took his driver, Vilmos Langfelder, and some Soviet guards to Debrecen, where a provisional government had been established. He wanted to reach the Russian Commander Rodion Malinovsky.

Somewhere on that route, their supposed “guards” handed them over to the KGB (then NKVD) and put them under “military protection.” They were never seen again.

The Russians clearly did not have the same attitude toward Jews and were probably incapable of understanding or believing a person who had devoted all his energies to saving them. They probably thought Wallenberg was a CIA agent and jailed him in the Lubyanka prison, the KGB headquarters in Moscow.

For years, many nations demanded to know what happened to Wallenberg. The Soviets have always insisted he died of a heart attack on July 17, 1947 (at the age of 35!), in Lubyanka. Nevertheless, as foreign prisoners were released after the war from KGB prisons, many eyewitnesses told Swedish authorities they had personally met him and that he was definitely alive.

According to Sweden’s ambassador, Per Anger, stationed in Budapest during World War II and Wallenberg’s friend and colleague, Wallenberg must be given credit for having saved about 100,000 Jews.

What One Man Can Do

Challenging the entire machinery of Germany and its Hungarian allies by employing his imagination as an offensive weapon, Wallenberg resolved to do the impossible. With the help of people, some of them diplomats of good will, Wallenberg demonstrated that human courage has no limits. Through a process of persuasion, threats and an unmatched dose of diplomatic creativity, this young 32-year-old Swede managed to

save the lives of multiplied tens of thousands of Hungarian Jews. For all those whom he saved, his heroism was crowned by tragedy.

In 1981, U.S. Congressman Tom Lantos, himself one of those saved by Wallenberg, sponsored a bill making Wallenberg an honorary citizen of the United States. In 1985, Wallenberg was made the first honorary citizen in Canada, with January 17, the date he disappeared, declared "Raoul Wallenberg Day" as a national holiday.

In 1986, Wallenberg was made an honorary citizen of Israel. On Raoul Wallenberg Street in Tel Aviv, there is a statute identical to the one erected in Hungary, where his image continues to inspire generations of Jews and Gentiles that "one man can make a difference."

On Wallenberg's 100th birthday anniversary, July 26, 2012, he was awarded a Congressional Gold Medal by the United States Congress "in recognition of his achievements and heroic actions during the Holocaust."

He is a man who represents what Yeshua the Messiah described as the greatest love of all that a man would give his life for his friends.

Panel: Counsel Women With Likely BRCA Family History

Doctors should screen women with a family history of breast or ovarian cancer to see if the cancers might be due to certain mutations—and if so, women should be counseled about their personal risks before getting tested, a government-backed

panel said this week.

One in 300 to one in 500 women has a BRCA mutation. According to the National Cancer Institute, a woman's chance of getting breast cancer during her lifetime increases from 12 to 60 percent if she carries the mutation, and ovarian cancer from 1.4 percent to between 15 and 40 percent.

The panel said there is no benefit—and potential harm—in testing women for mutations if they have no family history of cancer or if their family history doesn't suggest an underlying genetic cause.

“The message for most people is, ‘This test is not going to benefit you in any way,’” said Dr. Virginia Moyer, chair of the USPSTF and a professor at Baylor College of Medicine in Houston.

“But for women who do have a family history, it's clear there is a benefit if you winnow it down to the right people,” she told Reuters Health.

To determine if a family history of cancer is likely tied to BRCA mutations, doctors use a standardized questionnaire that addresses the number of relatives a woman has with cancer and the age at which they were diagnosed, among other factors.

If women are referred for genetic counseling, they still have to decide whether or not to be tested. That's not an easy choice, Moyer said, because test results aren't always clear cut.

“Part of the problem is an awful lot of the time what you find out is nothing,” she said. “You find out, ‘Well, maybe.’ And that's a very uncomfortable place to be.”

What Next?

Women who are found to carry BRCA mutations have a number of options to reduce their risk of breast or ovarian cancer, but

most haven't been well studied—and each can cause side effects or complications.

For example, they can undergo frequent screening, take estrogen-blocking drugs such as tamoxifen or have their breasts and ovaries surgically removed.

The panel did not make a recommendation about which of those options is best, concluding that more research is needed to determine the benefits and potential harms of each intervention.

“The options right now for things that we know are going to be effective are pretty extreme,” such as mastectomy, Moyer said.

Her group's draft guidelines are based on an analysis of past studies suggesting genetic counseling may ease anxiety and depression among women and improve how accurately they interpret their own cancer risks.

They echo the panel's recommendations on BRCA counseling and testing from 2005.

Expanding Recommendations

Ellen Matloff, director of cancer genetic counseling at the Yale Cancer Center in New Haven, Connecticut, said she hopes future recommendations will cover counseling for BRCA mutations in men—who are also at risk of getting mutation-related cancers or passing the mutations on to their children.

“It's really important that we once and for all eliminate the notion that only women carry these mutations,” she said.

Genetic counseling could also be important for people with a newly-diagnosed cancer who are trying to make treatment choices, or for cancer survivors who may be prone to future disease, Matloff added.

Among people at risk for carrying a mutation linked to cancer,

she agreed with the USPSTF that an in-depth family history and risk assessment should be done before offering genetic testing.

“It’s a pretty detailed conversation,” Matloff, who wasn’t involved in the new guidelines, told Reuters Health.

“Knowing your own personal and family history and getting advice about whether the cancers in your family are hereditary is really critical. And (so is seeing) a certified genetic counselor to get that information,” she said.

© 2013 Thomson Reuters. All rights reserved.

Understanding the Holocaust Means Understanding Israel

April is the month when Israel remembers the 6 million Jews killed in the Holocaust (sundown April 7-8), when every vehicle stops and humans stand at attention for two minutes while sirens sound.

Then on April 14-15, another siren sounds on Memorial Day for the 23,000 Jewish soldiers killed while defending the land of Israel together with 2,400 victims of terror.

Lastly, Israel celebrates Independence Day (April 15-16), remembering with joy the birth of the modern State of Israel.

In serious conversation, Israelis acknowledge that the horrors of the Holocaust propelled the 660,000 Jews in Israel—many who escaped the death chambers—to such desperation that, against

overwhelming odds, they forged the rebirth of the ancient Jewish nation. Just as the birth of the modern state is a part of the DNA of all Israelis, so is the death of one-third of its people.

Explaining the Holocaust is really about telling millions of personal stories. Yet they are so horrendous, so beastly, that few people can bear to hear them. I give you an example:

A mother and her 5-year-old child were standing in the "selection" line of who would live (to be a slave laborer) and who would be gassed. Small children were automatically sent into the death line.

When her turn came, the mother cried out, "Please save my son!" The Nazi officer looked kindly at the little boy and called him to come. The officer picked up the child, hugged him and swung him against a wall, bashing his head until he was dead.

Helena Frank Holits tells her story: "I was on a death march of women only. I asked a guard where we were going. He answered, 'Nowhere. We are marching you until you die.' " The march lasted 106 days, from the snows of January to the rains of May 1945, 800 kilometers in total. Helena was one of a handful who miraculously survived to tell her story.

One million children were shot, gassed, beaten, frozen to death and starved to death.

There were heroic individuals who risked their lives to save Jewish people. Israel is populated with Holocaust survivors, their children and their children's children. Many of them live because a Christian, a priest or a secular European determined to save as many Jews as he or she could. Many of these "righteous Gentiles," as they are called in Israel, gave their lives.

Coming Wednesday, Standing With Israel will publish Maoz

Israel's story about Raoul Wallenberg, who saved multiple thousands of Jewish lives.

For the original article, visit .

High-Soy Diet May Help Fight Lung Cancer

A diet rich in soy could help women fighting lung cancer live longer, according to a new study in China.

Researchers found women who ate a high-soy diet before they were diagnosed were 20 percent more likely to be alive a year later than those who didn't.

Dr. Gong Yang, the study's lead author at Vanderbilt University School of Medicine in Nashville, Tenn., said it's too soon to make recommendations.

"To our knowledge, this is the first study to suggest this association," *Fox News* quoted Dr. Yang. "Although this finding is promising, it would be premature to make any recommendation based on the findings of a single study."

Researchers say only 15 percent of women in the United States who develop lung cancer are still alive five years after their diagnosis, making any increased survival meaningful.

A similar study published last year by the same group reported that women who ate lots of soy were less likely to develop lung cancer in the first place.

"Based on that study, we hypothesized [that] people with a history of eating a lot of soy food—if they're diagnosed with

lung cancer, their lung cancer would be less aggressive,” Yang said.

For the original article, visit .

Stop Misusing Sex and Enjoy It

I had an 84-year-old seminary professor that I asked, “When does a man stop enjoying sex?”

He said, “Well, Kenny, I don’t know, but it’s sometime after 84.”

I thought, *Dude, you are my hero!*

If you have been married a long time and have settled into an emotional existence with your spouse, or if you have settled with your sexual life, don’t write yourself a hall pass out of this. God has created us as sexual beings. It’s a powerful tool for us, and no matter how old we are, it can be a force for good.

Let me tell you about our direction in this series. Guys like to know which way they’re headed. Here’s what we are going to talk about: sex, men, trends, culture and dynamics. Then we will wade into this topic of sex and men—and talk about God’s mind on this issue.

As we take the journey into the series, the filter in this discussion is sex as God designed it for us—understanding that sex is God’s gift to us. My goal in the next several articles and videos is to help you realize the value of your sexuality.

A lot of times we are not told about the value of sexuality. We are often ashamed about it. We were told not to explore it. We were told we had to stay away from it. We follow the outside rules about it but then end up living totally secret lives engaging it.

This is all about God's design and His gift. If it's God's design and gift, then it intrinsically has God's value attached to it. When you assign value to anything, you stop misusing it and start enjoying it. The rub in this for us is that we've been fed a failed sexual brand. That sex is how you see it in the media, but it isn't that way. When we misuse sex, we damage ourselves and others.

But here's the big thing. What you will never see in a movie is exactly how sex, when it is misused or abused by individuals, damages them and damages their relationship with God.

Understand this. The Dark One—do you want to know what he knows? He knows that if you misunderstand God's gift of sex, you will absolutely misuse it. In doing so, this will create lasting consequences for generations, particularly with your sons and your daughters. He knows how to get to men. He knows how powerful sex is in our lives.

That is why we are going to bust out of the silence and take this topic head-on—to supply you with God's truth. That's the direction of where we are headed. We are going to tee it up and talk about sex and the body, sex and the mind, and sex and the soul and spirit.

What's going on out there? I looked at *Esquire* magazine's sex survey. I looked at *Health Magazine* and *Men's Health*. Here are some of the trends that are going on with men ages 20 to 70.

Forty-one percent of men say they are satisfied with their sex life. Twenty-two percent say they have no sex life. Married men are 25 percent more likely to say that they are very

satisfied than their single buddies. You wouldn't think that, watching *Road Trip* or some of these movies that portray the married guy as the guy stuck, morally constipated. Totally not true.

What about women? Surveys actually show that the most sexually satisfied women are married, religious women. You will never hear that portrayed in movies or in the media. There is something to this monogamy thing!

He created them. Man and woman. The two will become one flesh. The science of sex satisfaction all points to married men as the most satisfied. Seventy-five percent of men believe strongly in the institution of marriage.

There is a down side: 34 percent of men in committed relationships have cheated on their current partner or spouse.

Here's the irony: A third of us are cheating on our spouses while we are in a committed relationship, but 75 percent of us believe that marriage is a good thing. Men were asked the following question: If there were no chance of you getting caught by your wife for having an affair, how likely would you be to cheat? The answers came back as follows: 37 percent said not very likely, 36 percent said not at all likely, 18 percent said somewhat likely and 4 percent said very likely.

Isn't it interesting how belief and behavior are at odds with each other? It shows us there is a huge battle in the souls, spirits and minds of men because of the way God designed us sexually.

Let's talk about number of partners: 13 percent of men have had one sexual partner, 23 percent have had two to five partners, and then there are the wild rabbits, with 22 percent of men who have had 20 or more partners.

Here's more research: 33 percent of Christian men have looked at porn in the last week, and 33 percent of men who classify

themselves as born-again believers in their 20s believe that cohabitation is acceptable.

Men were asked, Do you keep photographs of your old girlfriends? Seventy-five percent said no, but with the advent of Facebook, the same 75 percent of men have searched for their past girlfriends or made connection with them.

Click here to read Part 1 of this series.

Note: This is the second in a four-part series Every Man Ministries is calling "The Sex Series," where God's men receive the best from God's gift of sexual intimacy. Sex is physical, mental and spiritual, and God wants us to use this gift in the way He intended it to be enjoyed. This series will help you understand sex through the lens of Scripture. It will teach you to understand what God expects from His sons when it comes to sex and sexual intimacy.

Kenny Luck is the founder of Every Man Ministries and the men's pastor at Saddleback Church. His 20th book, *Sleeping Giant: No Movement of God Without Men of God*, is the proven blueprint for men's ministries and was recently released through B&H Publishing. Watch and read more of Kenny's teaching at . Follow Every Man Ministries now on Facebook, Twitter (@everymm) and YouTube.

Sign up now to receive Every Man Ministries' FREE Email Newsletter.

End-of-Life Talks Lacking

Between Doctors, Patients

Although many older patients in Canada have thought about end-of-life care and discussed it with family members, a new study suggests fewer have spoken with doctors and had their wishes noted accurately in their medical record.

Many elderly people prefer to die at home instead of in the hospital—but that's not always the way it works out, researchers said.

Dr. Daren Heyland from Kingston General Hospital in Ontario said a lack of discussion about patients' wishes is often what leads to very aggressive care at the end of life, followed by stress and regret from family members.

"These are 80-year-old patients who are frail, sick, in hospitals, and so they've obviously considered their end-of-life situation," Heyland, who led the new study, told Reuters Health.

"The real problem is the failure of the health care team to engage them."

One recent U.S. study found an increase between 2000 and 2009 in the proportion of people admitted to the intensive care unit in the month before they died. And although use of hospice care seemed to be increasing, dying patients were often transferred only for their last few days of life (see Reuters Health story of February 5, 2013 [here](#):).

To gauge whether patients' wishes for end-of-life care were clear and known to everyone involved, the researchers interviewed 278 sick, elderly patients who were in the hospital and expected to live less than six months and 225 family members. The interviews were conducted at 12 hospitals across Canada.

About three-quarters of the patients said they had thought about end-of-life care before being hospitalized, and the majority of them had discussed their goals for care with a family member.

But most patients also said they had not discussed how much time they had left with their doctor or been asked about any earlier end-of-life talks when admitted to the hospital this time around.

Even when people's wishes were noted in their medical records, two-thirds of the time those notes differed from what patients and their family members expressed during interviews.

People typically preferred less aggressive treatment than what was recorded, Heyland and his colleagues reported Monday in JAMA Internal Medicine.

"That to me is a huge and alarming problem, that an 80-year-old patient says, 'When it comes to the final stages of life, just focus on keeping me comfortable,' and on their medical record, they're up for full resuscitative practices," Heyland said.

Dr. Mary Tinetti, chief of geriatrics at the Yale University School of Medicine in New Haven, Connecticut, said the findings aren't all troubling.

"I was heartened by what a high percentage of people actually had discussed preferences," Tinetti, who wasn't involved in the new study, told Reuters Health. "Patients really are beginning to feel comfortable having those conversations, at least with their family."

She said it's hard to tell just how different patients' and families' real preferences were from what was noted in medical records, based on this study alone.

"In any of these kinds of surveys, the way the question gets

asked is really key," she said.

Still, Tinetti said the findings do echo recent research suggesting talking to patients on a regular basis about their end-of-life wishes should be considered part of routine care. And patients shouldn't be afraid to bring up those issues on their own, she added.

"Because they're the ones that are most affected by the treatment results, they should really feel comfortable and feel it is appropriate that they raise it with their clinicians," Tinetti said.

Heyland agreed.

"It is important that they open their mouths and adequately communicate their wishes and request or ensure that they get documented appropriately in whatever medical record the facility has for them," he said.

© 2013 Thomson Reuters. All rights reserved.

Israel Braces for Possible Cyber Attack

Israel is bracing for a "potentially crippling" cyberattack against the country's major companies and websites, Israel Hayom learned Tuesday. The attack is set to take place on April 7, which this year will be the eve of Holocaust Remembrance Day.

The planned assault is part of hacktivist group Anonymous' ongoing #OpIsrael campaign, which was launched in March in a show of solidarity with the Palestinians. As part of the campaign, Anonymous—which has since been joined by several other hacktivist groups including Sector404 and RedHack—said that on April 7 that it would “launch a coordinated, massive cyberattack on Israeli targets with the intent of erasing Israel from the Internet.”

Last week, the three groups claimed they breached the Mossad's mainframe, accessed classified information and leaked the personal details of over 34,000 of the intelligence agency's officers and agents worldwide online. The Mossad did not comment on the matter.

According to Shai Blitzblau, CEO of Maglan Information Defense Technologies Research, the attack is likely to target government websites as well as major banks and credit cards companies.

Israel's financial system was targeted in a series of cyberattacks in early 2012: Two of Israel's major banks, Hapoalim and Leumi, as well as three major credit card companies—Isracard, Leumi Card and Visa Cal—were hacked, as was the Tel Aviv Stock Exchange.

Hackers are also constantly trying to target Israel's critical infrastructure, such as its power and water grids: In September 2012, Yiftach Ron-Tal, chairman of the Israel Electric Corporation's board of directors, revealed that IEC sees between 10,000 and 20,000 attempted cyberattacks a day. Ron-Tal was speaking at the annual cyber summit, hosted by the Israel Institute for National Security Studies.

“Cyberattacks worldwide are becoming more powerful every day, but the [coming] attack won't be substantially different from what we've seen before,” Blitzblau said. “The hackers are likely to target the top 100 Israeli websites and they will

probably try introducing Trojan horses into their servers, to infect as many users as possible.”

The systems used by the majority of Israel’s banks, credit card and telecommunication companies are susceptible to denial-of-service attacks that use the availability of virtual host-servers to create massive traffic backlogs, which eventually crash the websites using their services.

Meanwhile, the military is also gearing for an increase in cyberattacks: In mid-February, the Israel Defense Forces set up an official cyber war room, meant to improve the IDF’s ability to thwart what military sources called “the constant attempts” to hack into the IDF’s computer systems.

The IDF officially defined cyber warfare as the fifth arena of warfare, alongside land, sea, air and space, in 2012.

For the original article, visit .

5 Ways to Keep Your Kids From Being Naïve

On October 30, 1938, Orson Welles broadcast his infamous “War of the Worlds” *Mercury Theatre* episode (CBS radio). The first 30 minutes were presented as a series of simulated news bulletins from an “in progress” invasion from Mars.

While the “widespread panic” often referenced as having followed the broadcast is an exaggeration, many listeners believed an invasion was actually happening.

On April 1, 1957, the British television news magazine *Panorama* celebrated April Fool’s Day by broadcasting a three-

minute segment about that year's bumper spaghetti harvest in southern Switzerland. The report was a well-meaning hoax, but hundreds of people were still taken in.

Everyone enjoys a good joke, but no one wants to be the victim of a bad one. More often than not, it's hard to know where to draw the line.

Regardless of our stance on the fine line between teasing, joking around and bullying, All Pro Dads would be well advised to consider the following five ways to keep your kids from being naïve.

1. Be a family that's well-informed. Read a daily newspaper. Subscribe to a couple of kid-friendly periodicals that are news-oriented, rather than gossip and trash. If TV is part of your kids' diet, require some news shows as part of the mix.

2. Engage your kids in constant dialogue. Be prepared (and informed enough) to talk about current events with your children. Direct the conversation. Make it fun to be "up" on current events. Have a world map in the kitchen or dining room, and make world geography and current events a visual part of ongoing conversation.

3. Keep the lines of communication open and fresh. Don't allow yourself to become oblivious to what's going on in your kids' lives. That means not being naïve yourself! Cultivate a culture of openness, where checking things out with "the parents" is par for the course. Be an expected part of their knowledge-base resource.

4. Teach a healthy level of skepticism. Teach the kids to question everything—respectfully—and to apply the principles of academic rigor to all their interactions and conversations. Gullibility is a cultivated condition. To be forewarned is to be forearmed. Help your kids keep their guards up in a respectful, non-argumentative way. Make sure they hear stories about hoax situations and that they are well aware that

naïveté is unnecessary.

5. Learn with your children. Make it obvious to the kids that mom and dad are always learning, too. Arrogance or “I’d never fall for that” declarations can make your children shy about opening up or asking questions. A family culture where learning is an ongoing discipline for everyone is not only a hedge against naïveté, but also a huge step toward success in school ... college ... life.

All Pro Dad is Family First’s innovative and unique program for every father. Their aim is to interlock the hearts of the fathers with their children and, as a byproduct, the hearts of the children with their dads. At , dads in any stage of fatherhood can find helpful resources to aid in their parenting. Resources include daily emails, blogs, Top 10 lists, articles, printable tools, videos and eBooks. From , fathers can join the highly engaged All Pro Dad social media communities on **Facebook, Twitter, YouTube** and **Instagram**.