Roland Ernest Poms, PhD

ICC – International Association for Cereal Science and Technology

Marxergasse 2, A-1030 Vienna, Austria

Tel: +43 1 707 7202 7528 Fax: +43 1 707 7204 0

Email: roland.poms@icc.or.at

Web: www.icc.or.at

Nationality: Austria/European Union



Current Positions and Functions

- Since 2004 Secretary General/CEO, ICC–International Association for Cereal Science and Technology, Vienna, Austria, www.icc.or.at
- Since 2005 **Founder and Managing Director**, ICC Services GmbH (SME), Vienna, Austria, https://www.icc-services.at
- Since 2005 **Project Manager, Coordinator and/or Workpackage/Task Leader** in EU-funded collaborative projects in food safety and quality, food security, nutrition and health: HEALTHGRAIN (2005-2010), MoniQA (2007-2012), PlantLibra (2010-2014), Connect4Action (2011-2014) iFAAM (2012-2017), MycoSpec (2013-2015), MyNewGut (2013-2018).
- Since 2005 Subgroup Leader, CEN TC 275 WG 12, "Reference Materials for Food Allergen Determination", Berlin, Germany
- Since 2006 Affiliated Staff and Lecturer, BOKU University of Natural Resources and Life Sciences, Vienna, Austria, www.boku.ac.at
- Since 2008 Chair of the Supervisory Board, GHI The Global Harmonisation Initiative, Vienna, Austria, www.globalharmonization.org
- Since 2008 Scientific Advisor, ADRA (Austria) Adventist Development and Relief Agency, www.adra.at and LLG Liga Leben und Gesundheit (Austrian Society for Life and Health), Scientific Advisor, www.llg.at/
- Since 2009 **Co-Editor in Chief**, QAS Quality Assurance and Safety of Crops & Foods, international peer-reviewed journal published by Wageningen Academic Publishing, the Netherlands, www.icc.or.at/journal/QAS
- Since 2009 Member of the Advisory Boards of various International Research Projects: DREAM (FP7), WINWIN (Austria-Senegal), MycoRed (FP7), Food Security in Ethiopia (UNIDO and OFID)
- Since 2011 Co-Founder and Secretary General, MoniQA Association, Vienna, Austria, www.moniqa.org, after being Coordinator of the EU-funded MoniQA Network of Excellence, Vienna, Austria, and Brussels, Belgium (2007-2012)
- Since 2011 **Professor h.c.** for Food Safety and Public Health at Sichuan University and Vice Chair of the Academy for Public Health Laboratories, Chengdu, China
- Since 2012 **Professor h.c.** for Food Safety Analytics at BOKU University of Natural Resources and Life Sciences, Vienna, Austria

Affiliations and Memberships

ISO, CEN, UNIDO, FAO, WHO, Codex Alimentarius, AACC Int'l., AOAC, AOCS, IAM, IFRC, VIRM-JRC-EC, ICC-Austria, ÖGE, VÖLB, ADRA

Education

2001 to 2003	Postdoctoral Fellow, JRC – Joint Research Centre of the European Commission, Institute for Health and Consumer Protection, Ispra, Italy
1998 to 2001	Ph.D., Biotechnology, BOKU – University of Natural Resources and Life Sciences Vienna, Department of Dairy Science and Bacteriology and the Centre of Applied Genetics, Vienna, Austria
1998	M.S., Food Technology and Biotechnology, BOKU - University of Natural Resources and Life Sciences, Vienna, Austria, and Department of Food Science and Nutrition, University of Minnesota, St. Paul, USA

Past Professional Experience

2010 to 2011	Visiting Scientist, ESR-Environmental Science and Research Centre, Christchurch, <i>New Zealand</i> .
2001 to 2004	Research Scientist and Group Leader, Joint Research Centre of the European Commission, Institute for Health and Consumer Protection, Food Products Unit, Ispra, <i>Italy</i> and Institute for Reference Materials and Measurements, Food Safety and Quality Unit, Geel, <i>Belgium</i> .
1999 to 2001	Research Scientist, BOKU - University of Natural Resources and Life Sciences, Department of Dairy Science and Bacteriology and Centre of Applied Genetics, Vienna, <i>Austria</i> .
1999 – 2001	Consultant, Federal Dairy Institute Wolfpassing, Steinakirchen am Forst, <i>Austria</i> .
1998 – 1999	Laboratory Technician, Nikoopour Laboratory for Environmental Chemistry, Maria Lanzendorf, <i>Austria</i> .
1995 – 1997	Junior Scientist, University of Minnesota, Department of Food Science and Nutrition, St. Paul, Minnesota, <i>USA</i> .
1986 – 1999	Various short term contracts in Austria, Germany, Switzerland, and UK

Languages

German, English, French, Italian, (Mandarin)

Awards and Grants

2012	Honorary Professor at BOKU, Vienna, Austria
2012	Teaching grant at Thammasat University, Bangkok, Thailand
2011	Vice Chair of the Academy of Public Health Laboratories, China
2011	Elected Professor at SCU, Chengdu, China
2010	MoniQA research grant to New Zealand, European Commission
2003	Hermann Zittmayr-Award of the Austrian Dairy Industry, Austria
2001	Postdoctoral research grant, European Commission, European Union
1995	Pre-doctoral research grant, University of Natural Resources and Life
	Sciences, Vienna, Austria/University of Minnesota, St. Paul, MN, USA

List of Publications

Journal Articles

- 1. Jenny Plumb; Jacqueline Lyons; Karin Nørby; Miles Thomas; Erik Nørby; Roland Poms; Patrizia Restani; Mairead Kiely; Paul Finglas (2014). ePlantLIBRA: a composition and biological activity database for bioactive compounds in plants food supplements, Food Chemistry (submitted).
- 2. Roland Poms and Regine Schönlechner (2013). Gluten free Getreideprodukte und Getränke (Gluten free Cereal Products and Beverages, in German), Ernährung/Nutrition 2013, 37 (07/08), 295
- 3. <u>Roland Poms (2013)</u>. MoniQA's contribution towards a global harmonization of foodstuff quality and safety assessment and monitoring strategies, QAS Quality Assurance and Safety of Crops & Foods 2013, 5 (1), 3-6
- 4. Barbara Thomson, <u>Roland Poms</u>, Martin Rose (2012). Incidents and impacts of chemical contaminants in food and feeds, QAS Quality Assurance and Safety of Crops & Foods 2012, 4 (2), 77-92
- 5. Bugyi Zsuzsana, Török Kitti, Hajas Livia, Adonyi Zsanetta, Diaz-Amigo Carmen, Popping Bert, Poms Roland, Kerbach Sandra, Tömösközi Sandor (2012). Development of incurred reference material for improving conditions of gluten quantification. Journal of AOAC International Vol. 95, No.2., 382-387
- 6. <u>Roland Poms</u>, Xiaofang Pei, Daniel Spichtinger (2011). Food safety in the European Union and China: the melamine case, EU-China Observer, 4/201, 9-15
- 7. Haojiang Zuo1, Zhimei Xie1, Xiaobei Ding, Weiwei Zhang, Jingyan Yang, Xuejun Fan, Roland Poms, Xiaofang Pei (2011). A novel Magnetic Capture–Multiplex PCR Assay for the Simultaneous Detection of Three Foodborne Pathogens, QAS Quality Assurance and Safety of Crops & Foods 2011, 3 (4), 212-220
- 8. <u>Roland Ernest Poms</u> and Hamit Koeksel: Advances in Food Safety in Turkey through MoniQA, Turkish Miller Magazine (2011)
- 9. Martin Rose, <u>Roland Poms</u>, Roy Macarthur, Bert Popping, Franz Ulberth (2011). What is the best way to ensure that valid analytical methods are used for food control? QAS Quality Assurance and Safety of Crops & Foods, 2011, 3 (3), 123-134
- 10. <u>Roland Poms</u> and Sian Astley (2011). MoniQA: an update of the EU funded Network of Excellence in 2011, QAS Quality Assurance and Safety of Crops & Foods, 2011, 3 (2), 89-102
- 11. Phil E. Johnson, Sabine Baumgartner, Thomas Alldick, Conrad Bessant, Valeria Giosafatto, Julia Heick, Gianfranco Mamone, Gavin O'Connor, Roland Poms, Bert Popping, Andreas Reuter, Franz Ulberth, Andrew Watson, Linda Monaci and E.N. Clare Mills (2011). Current perspectives and recommendations for the development of mass spectrometry methods for the determination of allergens in foods. J. AOAC Int. (published online http://www.ncbi.nlm.nih.gov/pubmed/21919335).
- 12. Montet Didier, Alldrick Anton, Bordier Marion, Bresson Hervé, Chokesajjawatee Nipa, Durand Noël, Ha Thanh Toan, Hak Sok Chea, Hariyadi Purwiyatno, Keeratipibul Suwimon, Leepipatpiboon Natchanun, Luong Hong Quang, Marvin Hans J.P., Medoc Jean-Michel, Moustier Paule, Nitisinprasert Sunee, Phan The Dong, Poms Roland, Prasertvit Saiyuod, Rakshit Sudip K., Ruangwises Suthep, Saletes Sloan, Selamat Jinap, Shamsudin Mad Nasir, Siriwatwechakul Wanwimol, Sparringa Roy A., Stouten Piet, Stroka Joerg, Taharnklaew Rutjawate, Tayaputch Nuansri, Tongpim Saowanit, Valyasevi Ruud, Vithayarungruangsri Jongkolnee, Future topics of common interest for EU and SEA partners in food quality, safety and traceability, QAS Quality Assurance and Safety of Crops & Foods, 2010, 2 (4), 158-164

- 13. Dumont Valery, Sandra Kerbach, <u>Roland Poms</u>, Phil Johnson, Clare Mills, Bert Popping, Sandor Tömösközi, Philippe Delahaut, Development of milk and egg incurred reference materials for the validation of food allergen detection methods, QAS Quality Assurance and Safety of Crops & Foods, 2010, 2 (4), 208-215
- 14. Miles Thomas, <u>Roland Poms</u>, Bert Pöpping, Maria Saarela and Daniel Spichtinger: Some key emerging food safety issues, QAS Quality Assurance and Safety of Crops & Foods, 2010, 3, 141–148
- 15. Daniel Spichtinger, Ingemar Pongratz, Jill Jönsson, Susanne Braun, Christian Colmer, <u>Roland Poms</u>, Rhonda Smith, Margaret Ashwell, Barbara Demeneix, Staffan Skerfving, Wim H.M. Van Der Poel, Petra Van Der Laag, Matthias Kück and Chris Warkup: Key issues in European food science research: a review of the European Food Science Day 2009, QAS Quality Assurance and Safety of Crops & Foods, 2010, 2 (3), 114–119
- 16. Sandra Kerbach, Anton J. Alldrick, Rene W. R. Crevel, Lilla Dömötör, Audrey Dunn Galvin, E. N. Clare Mills, Sylvia Pfaff, Roland E. Poms, Sandor Tömösközi, Bert Popping: Protecting food allergic consumers: Managing allergens across the food supply chain, in Allergen Management in the Food Industry, edited by Joyce I. Boye and Samuel Godefroy, John Wiley & Sons, Inc., of 111 River Street, Hoboken, New Jersey, USA, 2010
- 17. Michael Abbott, Samuel Benrejeb Godefroy, Jupiter M. Yeung, Bert Popping, Franz Ulberth, James Roberts, Steve Musser, Paul Wehling, Steve Taylor, Stephen Hayward, Roland Poms (2010): Validation Procedures for Quantitative Food Allergen ELISA Methods: Community Guidance and Best Practices, Journal of AOAC INTERNATIONAL, VOL. 93, NO. 2, 442-450
- 18. <u>Roland E. Poms</u>, Clare Mills, and Bert Pöpping: MoniQA (Monitoring and Quality Assurance) an EU-funded Network of Excellence (NoE) contributing towards a harmonized approach to food safety management and method validation including food allergens, Food Analytical Methods, Special Issue on Food Allergen Methodologies, Online 24 September 2009, http://www.springerlink.com/content/1936-9751/preprint/?sort=p OnlineDate&sortorder=desc&o=50.
- 19. Mario Mazzocchi, Maddalena Ragona, Liana Giorgi, Gerhard Schiefer, Melanie Fritz, Emanuele Novelli, Hendrik Krapp, Daniel Spichtinger, <u>Roland Poms</u>: Assessing the socioeconomic dimension of food quality and safety regulations: research challenges and recent advances, QAS Quality Assurance and Safety of Crops & Foods, 2009, 1 (1), 195-200
- 20. Sandra Kerbach, Anton J. Alldrick, Rene W. R. Crevel, Lilla Dömötör, Audrey Dunn Galvin, E. N. Clare Mills, Sylvia Pfaff, Roland E. Poms, Bert Popping, Sandor Tömosközi: Managing food allergens in the food supply chain viewed from different stakeholder perspectives, QAS Quality Assurance and Safety of Crops & Foods, 2009, 1 (1), 50-60
- 21. Roland Poms, Miles Thomas, Paul Finglas, Sian Astley, Daniel Spichtinger, Martin Rose, Bert Popping, Anton Alldrick, Hans van Egmond, Michele Solfrizzo, EN Clare Mills, Wolfgang Kneifel, Sue Paulin, Vasso Oreopoulou, Kim Anh To, Marina Carcea, Halina Tureskja, Maria Saarela, John-Erik Haugen, Marcella Gross: MoniQA (Monitoring and Quality Assurance) An EU-funded Network of Excellence (NoE) working towards the harmonisation of worldwide food quality and safety monitoring and control strategies, QAS Quality Assurance and Safety of Crops & Foods, 2009, 1 (1), 9-22
- 22. Stanley P. Cauvain, <u>Roland Poms</u> and John Taylor: The International Association for Cereal Science and Technology (ICC) Its history and activities, QAS Quality Assurance and Safety of Crops & Foods, 2009, 1, 3-8
- 23. Roland E. Poms, Quality Assurance and Safety of Crops & Foods: MoniQA, 2009, 1, 2
- 24. <u>Poms R.E.</u>, Alldrick Anton, Juodeikiene Grazina, Ermolli Monica, Binder Eva-Maria, Reynolds Stewart, Gökmen Vural, Haas-Lauterbach Sigrid: Testing for food safety, in Applications Cereal, Flour and Dough Testing, Editors: Stanley P. Cauvain and Linda S. Young, DEStech Publications, Inc., Lancaster, PA, USA (2009), 237-289

- 25. Williams P., Lindhauer M.G., <u>Poms R.E.</u>, Wheling R.L., Bergthaller W., Gaines Ch.S.: The Joint AACC International ICC Methods Harmonization Project, Cereal Foods World (2008) 53 (2), 99-102
- 26. <u>Poms R.E.</u>, Marcella Gross, Bert Pöpping: MoniQA—A new EU project working toward the harmonization of analytical methods for monitoring food quality and safety in the food supply chain, Cereals Foods World (2008), 53 (1), 36-39
- 27. Deutsch H., <u>Poms R.E.</u>, Heeres H., Van der Kamp J.-W.: Labelling and Regulatory Issues. in Gluten Free Cereal Products and Beverages. Edited by Elke K. Arendt and Fabio Dal Bello, Food Science and Technology International Series, Elsevier, London, UK, 2008 pp. 29-46.
- 28. <u>Poms R.E.</u>: ICC's Commitment to Developing Standard Methods and International Cooperation in the Area of Cereal and Food Safety Assessment, Turkish Miller Magazine (2007), 11, 80-84
- 29. <u>Poms R.E.</u>: MoniQA A new EU-project towards the harmonization of analytical methods for monitoring food quality and safety in the food supply chain, New Food (2007), 3, 12-18
- 30. BAO, Lei, KRSKA, Rudolf; GOTO, Tetsuhisa; ARCINAS, Mike; MORALES DIAZ, Alfredo; BALDI, Jorge; <u>POMS, Roland Ernest:</u> Impacts of Mycotoxin Regulations on World Trade, RomerLabs Spotlight (2006), 6, 1-6
- 31. <u>Poms, R.E.</u>, E. Anklam, and H. Emons: Reference Materials and Method Validation, in Detecting Food Allergens, Editors: Sue Hefle and Stef Koppelman, Woodhead Publishing Ltd., Cambridge, UK, 2006, pp. 348-356
- 32. <u>Poms, R.E.</u>, and E. Anklam: Tracking and tracing for allergen-free food production chain, in Allergy Matters New Approaches to Allergy Prevention and Management, Editors: Luud J.W.J. Gilissen, Harry J. Wichers, Huub F.J. Savelkoul, and Robert J. Bogers, Wageningen UR Fontis Series, Volume 10, Springer 2006, pp.79-86
- 33. <u>Poms, R.E.:</u> The genetic approach opportunities and risks associated with biotechnology (in German, original title: Der Genetische Griff, Von Chancen und Risiken der Gen-Technik), Top Life Magazin (2005), 2, 4-8
- 34. <u>Poms R.E.</u>, M.-E. Agazzi, A. Bau, M. Brohee, C. Capelletti, J. Norgaard, E. Anklam: Interlaboratory validation study of five commercial ELISA test kits for the determination of peanut proteins in biscuits and dark chocolate, Food Additives and Contaminants (2005) 22 (2), 104-112
- 35. <u>Poms R.E.</u>, and E. Anklam: Chemical and technological impacts on food allergens, Journal of AOAC International (2004) 87 (6), 1466-1474
- 36. <u>Poms R.E.</u>, E. Anklam, and M. Kuhn: Polymerase chain reaction (PCR) techniques for food allergen detection, Journal of AOAC International (2004) 87 (6), 1391-1397
- 37. <u>Poms R.E.</u>, EU Legislation for Food Safety of Cereals and Cereal Products, Chinese Food Science Journal (2004) 25 (10), 420
- 38. <u>R.E. Poms</u>, Capelletti C., E. Anklam: Effect of processing history and buffer-composition on peanut and hazelnut protein extraction efficiency, Molecular Nutrition and Food Research (2004) 48, 459-464
- 39. <u>Poms R.E.</u>, and E. Anklam: European efforts initiate allergen research and legislation, Inside Laboratory Management, AOAC International (2004) 8 (1), 19-20
- 40. <u>Poms R.E.</u> and E. Anklam: Current trends in detecting food allergens, GIT Laboratory Journal Europe (2004) 1, 43-46
- 41. <u>Poms R.E.</u>, Ch. Klein, and E. Anklam: Methods for allergen analysis in food A review, Food Additives and Contaminants (2004) 21, 1-31
- 42. Capelletti, C., <u>R.E. Poms</u>, P. Reece, and E. Anklam: Evaluation of different extraction procedures for the determination of hazelnut allergens, Lebensmittelchemie (2003) 57, 153
- 43. <u>Poms, R.E.</u>, and E. Anklam: Detection of peanut allergens in food products: effect of processing on protein extraction efficiency, Lebensmittelchemie (2003) 57, 153

- 44. <u>Poms R.</u>E.: La desormais imminente legislation sur les allergenes replace leurs moyens de detection au coeur de la maitrise du risque: Quelles analyses pour les allergenes? Process Alimentaire (2003) 1196/9, 2
- 45. Koch P., G.F Schäppi, <u>R.E. Poms</u>, B. Wüthrich, E. Anklam, R. Battaglia: Comparison of commercially available ELISA kits with human sera-based detection methods for peanut allergens in foods, Food Addit Contam (2003) 20/9, 797-803
- 46. <u>Poms R.E.</u>, F. Ulberth, Ch. Klein, E. Anklam: Peanut allergens in food products (GIT Laboratory Journal Europe, GIT Verlag GmbH, Darmstadt, Germany, (2003), 3, 132-135
- 47. Poms R.E., W. Hochsteiner, K. Luger, J. Glössl, H. Foissy: Model studies on the detectability of genetically modified feeds in milk; J Food Prot (2003) 66/2, 304–310
- 48. <u>Poms R.E.</u> und H. Foissy: Model studies on the detectability of genetically modified feeds in cow's milk (in German, orininal title: Modellversuche zur Nachweisbarkeit von GVO-Futtermitteln in Kuhmilch); Ländlicher Raum Print, Austrian Ministry of Agriculture, Forestry, Environment, and Water Management (2001) 2, 13-14
- 49. <u>Poms R.E.</u>, J. Glössl, and H. Foissy: Increased sensitivity for detection of specific target DNA in milk by concentration in milk fat; Eur Food Res Technol (2001) 213, 361-365
- 50. Rammelmayr A., <u>R.E. Poms</u>, A. Jurinka, A. Lehner, and M. Wagner: RAPD-PCR of *Staphylococcus* isolates from various foods; Nutrition (2001) 25/4, 150-153
- 51. <u>Poms R.E.</u> and S.R. Tatini: Survival of *Helicobacter pylori* in ready-to-eat foods at 4 deg. C; Int J Food Mikrobiol (2001) 63/3, 281-286

Abstracts and Invited Talks

Some 200 abstracts of invited talks at international meetings in Europe, North and South America, Asia, Africa and Australia-New Zealand.

Reports

- 1. <u>Poms R.E.</u>, M.-E. Agazzi, A. Bau, M. Brohee, C. Capelletti, J. Norgaard, E. Anklam: Results of a ring trial for the validation of 5 commercial ELISA test kits for the detection of peanut residues in cookie and dark chocolate, EN 2005 xxxx
- 2. <u>Poms R.E.</u>, C. Lisi, M.-E. Agazzi, C. Capelletti, M. Brohee, A. Bau, C. Summa, E. Anklam: In-house validation of 5 commercial ELISA test kits for peanut detection in food products, EN 2005 xxxx
- 3. <u>Poms R.E.</u>, C. Lisi, C. Summa, J. Stroka, E. Anklam: In-house validation of commercially available ELISA test kits for peanut allergens in foods, Institute for Reference Materials and Measurements, Joint Research Centre, European Commission (2003), EUR 20767 EN
- 4. <u>Poms R.E.</u> und H. Foissy: Final Report "Modellversuche zur Nachweisbarkeit von gentechnisch veränderten Futtermitteln in Milch", research project nr. 1144 (GZ 24.002/72-IIA1a/98), Austrian Ministry of Agriculture, Forestry, Environment, and Water Management, Vienna, Austria, 15 Jan. 2001

Educational Material

Wikipedia: http://en.wikipedia.org/wiki/List_of_food_contamination_incidents, List of Food Contamination Incidents, based on Barbara Thomson, Roland Poms, Martin Rose (2012), Incidents and impacts of chemical contaminants in food and feeds, QAS - Quality Assurance and Safety of Crops & Foods 2012, 4 (2), 77-92

BOKU lecturer's manuscripts, published by ICC and BOKU, 2006-date

- Method validation and reference materials in food safety
- Safety of genetically modified foods and feeds

MoniQA workshop and training courses, booklets, published by ICC and BOKU, 2007-date

- Method validation and reference materials in food safety
- International food safety surveillance and monitoring programmes
- Emerging food safety issues in the EU and worldwide
- Food allergen management
- Food safety and socio-economic impact

Doctoral Thesis (<u>R.E. Poms</u>, advisors: H. Foissy and J. Glössl): Studies on the detectability of GM feeds in milk (2001)

Diploma Thesis (<u>R.E. Poms</u>, advisors: S.R. Tatini, D. O'Sullivan, and W. Kneifel): Evaluation of conditions for recovery of *Helicobacter pylori* from foods and their survival in ready-to-eat foods including an adaptation of a RAPD-PCR protocol for rapid identification of *Helicobacter pylori* and related species, 1st Edition, University of Minnesota, USA (1997); 2nd Edition, University of Agricultural Sciences Vienna, Austria, (1998)

Lecturer's Manuscript (<u>R.E. Poms</u> and T. Stickler): The principles of genetics (for the Centre of Applied Genetics at the University of Agricultural Sciences Vienna, Austria); University Press Vienna (1993)

Other

<u>Roland Poms</u>: Editorial: The importance of scientific networks to handle outbreaks efficiently and effectively, QAS - Quality Assurance and Safety of Crops & Foods, 2011, 4, 175

<u>Roland Poms</u> and Anton Alldrick: Editorial: MoniQA NoE becomes MoniQA Association – ICC's new/old partner in QAS, QAS - Quality Assurance and Safety of Crops & Foods, 2011, 2, 53

<u>Roland Poms</u> and Barbara Thomson: Editorial: Chemical contaminants and socio-economic impacts, QAS - Quality Assurance and Safety of Crops & Foods, 2010, 4, 157

Roland Poms: Editorial: QAS - Quality Assurance and Safety of Crops & Foods, 2009, 2, 75

<u>Roland Poms</u>: Editorial: MoniQA Network of Excellence, QAS - Quality Assurance and Safety of Crops & Foods, 2009, 1, 2

<u>Roland Poms</u>: QAS Calendar of Events, QAS - Quality Assurance and Safety of Crops & Foods, four times a year, 2009 to date

<u>Poms, R.E.:</u> The Alaska Adventure (in German, original title: Abenteuer Alaska), travel report and photo book, published in Top Life Magazin (2007), 2, 12-15