

June 1, 2020 newsletter. Summer's Here!



Dear Grey House team and esteemed colleagues,

89 days into our crazy team-building adventure. Our successive stages of adjustment have been tracked in this newsletter. **This week's newsletter theme is dining out. Use your imagination. If you could dine out.....WARNING, photos at the end may lead to weight gain!**

Meanwhile, here is the all the news I have that's fit to print since 25 May:

FIRST THE HAPPY NEWS!

Aaron's neighborhood methylation paper will be published on 1st June Association of childhood neighborhood disadvantage with DNA methylation. *JAMA Network Open*.

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2766579>

We were lucky enough to receive a terrific invited commentary, which you can find here:

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2766575?resultClick=1>

Almost grant success. The E-Risk team got reviews back from the UK MRC, we got a 4, a 5, and 4 6's, on a scale from 0-6, where 6 is best. Yay! Now madly writing the 4-page response to the reviews, due 4 June.

Lovely letter from an E-Risk twin: *Hi Becky, It's crazy to think that you met us at age 4 and now we're 24!! We was sad when we stopped getting visits from you guys. We remember always being nervous as kids which is funny now looking back on it but as we got older we really enjoyed the home visits and wished it carried on for longer! Thanks for the update about C. I shall let her know :) Kind Regards, S*

Jasmin's application to use ALSPAC data was approved. 'Family background and the intergenerational transmission of educational attainment: A multi-cohort analysis'

HAPPY BIRTHDAY!!!! Honalee's 30th birthday, 4 June!







HAPPY BIRTHDAYS	JUNE
HonaLee	4-Jun
Jasmin	14-Jun
Aaron	25-Jun

NEXT, THE UNHAPPY NEWS: No unhappy news this week.

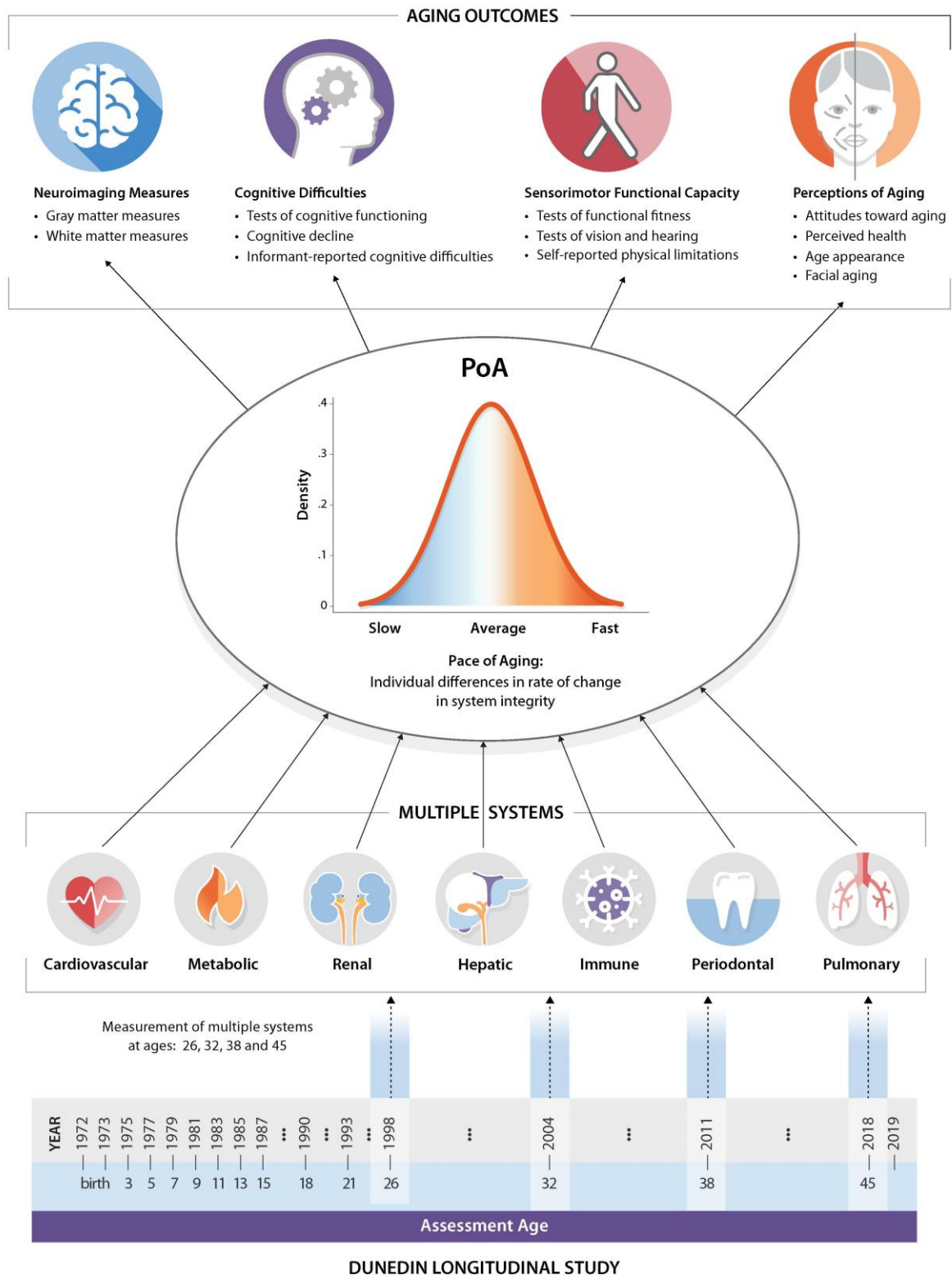
Science visualizations:

From Honalee:

LOWEST RISK	MODERATE RISK	HIGHER RISK	HIGHEST RISK
			
HOME ALONE OR WITH HOUSEMATES	OUTDOOR ACTIVITIES	OUTDOOR GATHERINGS	INDOOR GATHERINGS
<ul style="list-style-type: none"> • Stay home as much as possible. • Try to allow only people you live with into your home. • Wash your hands. • If you're sick, stay home and isolate from housemates. 	<ul style="list-style-type: none"> • Wash your hands and don't touch your face. • Stay at least 6 feet from people you don't live with. • Wear a mask. • Avoid shared surfaces, like swings or benches. 	<ul style="list-style-type: none"> • Wash your hands and don't touch your face. • Stay at least 6 feet from people you don't live with. • Wear a mask. • Don't share food, toys, and other items, and avoid shared surfaces. • Participate in events like these infrequently. 	<ul style="list-style-type: none"> • Wash your hands and don't touch your face. • Stay at least 6 feet from people you don't live with. • Wear a mask. • Don't share food, toys, and other items, and avoid shared surfaces. • Open windows for better ventilation. • Try to avoid gathering indoors as much as possible.

If you have a great visualization, please send it for future newsletters.

Pat's scrumptious visualization for the new Phase 45 Pace of Aging paper.



RESEARCH-PROJECT PROGRESS SINCE 25 May:

We have a large number of papers that have been sitting in review for weeks. The entire scientific publishing industry has slowed to a crawl. This can feel dispiriting, so I'm only going to report papers here that have evidence of progress. Chin up!

Jo Newbury and Helen Fisher got an R&R from Psychological Medicine.

Association between genetic and environmental risk for schizophrenia during upbringing in a UK longitudinal cohort.

Maria Gehred's first-year project paper finished mock review. Thank you to all who wrote great mock reviews for Maria, especially Sean Hogan and David Ireland. Long-term neural embedding of adverse childhood experiences: a population-representative birth cohort followed for five decades.

Leah Richmond-Rakerd's self-control manuscript was submitted this week:

Childhood self-control forecasts the pace of midlife aging and preparedness for old age. *PNAS*, we hope. Fingers crossed for a review!

Kyle has made a new submission: Social Distancing as a Health Behavior: County-level Movement in the United States During the COVID-19 Pandemic is Associated with Conventional Health Behaviors. *Annals of Behavioral Medicine*

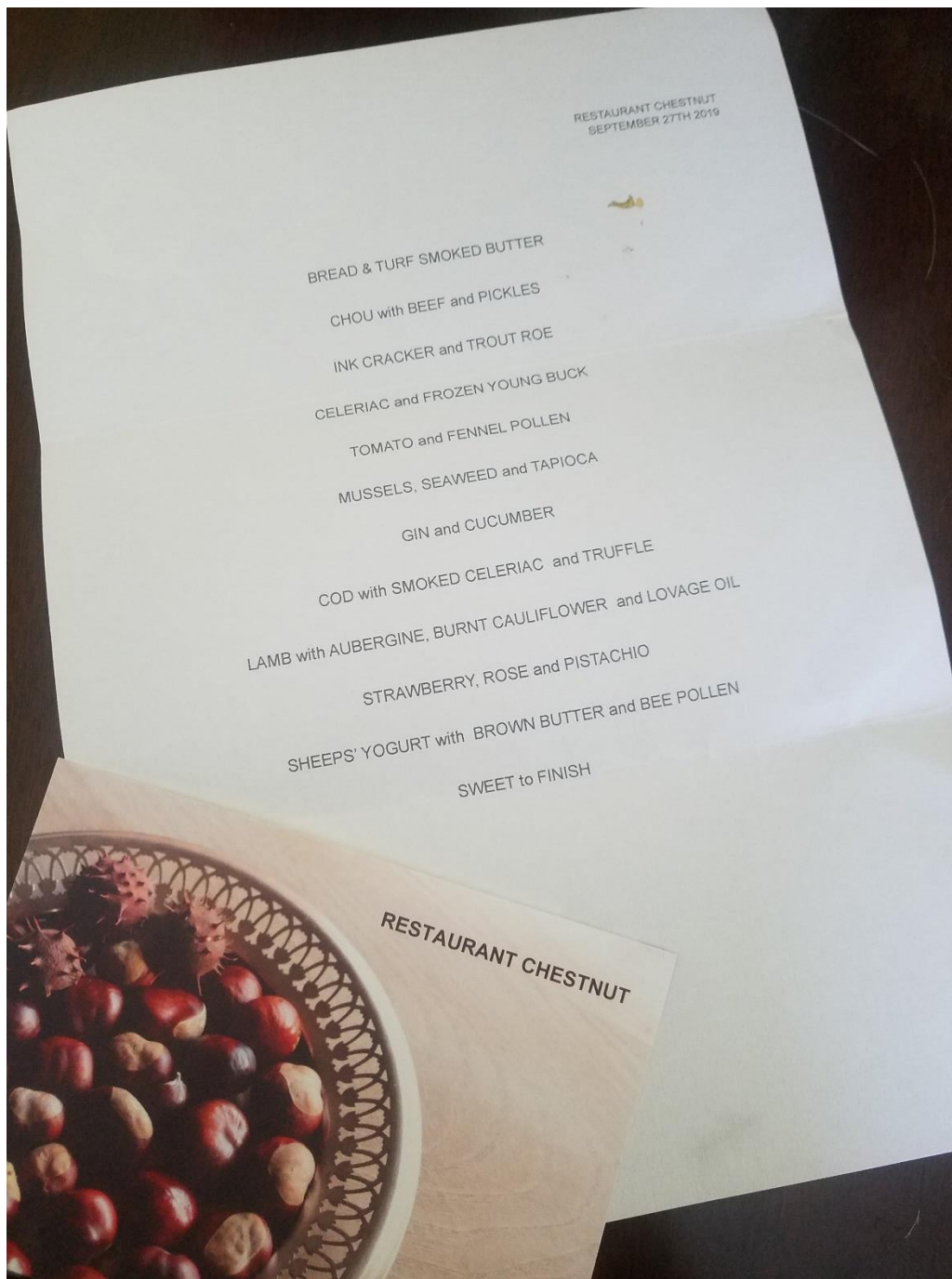
Line's paper was resubmitted this week. Association between elevated suPAR, a new biomarker of chronic inflammation, and accelerated aging. *J Gero Med Sci R&R*

Kyle's paper is being revised for resubmission: Intimate partner violence and lower relationship quality are associated with faster biological aging. *Psychology and Aging R&R*

Projects underway and making good progress on the march toward mock review:

Leah Richmond-Rakerd, mental disorder predicts physical disease and mortality
Leah and Signe, education disrupts the intergenerational transmission of disadvantage
Tracy Darbeloff, MAP lit review on fitness and brain
Max Elliott & Avshalom Caspi, Phase 45 PoA
Jasmin Wertz, Little p and aging
Jasmin Wertz, parenting genomics in multiple cohorts
Kyle Bourassa and Line Rasmussen, stressful life events and suPAR
Max Elliott & Line Rasmussen brain and suPAR
Karen Sugden, education and the methylation pace of aging
Geli Ronald and Lizzie, Autism Q and p
Franky Happe and David, Autism Q and midlife health

This week's theme is dining out. Use your imagination. If you could dine out.....



Ben and Karen's entry: Menu from a wonderfully memorable meal ben and I had on vacation in Ireland last year. The restaurant is in a tiny converted pub in a tiny town in Cork, but is one of Ireland's hottest new Michelin starred restaurants. They only open their reservation system once every couple of months, so Ben had to get up in the middle of the night in secret months before our trip so he could surprise me with it when we were there!



Ashalom's entry: The beachside restaurant, Helena, in Caesarea, Israel. The antiquities of an ancient Roman city at our backs, the Mediterranean ahead of us. A sampling of small plates:

Fresh-sea carpaccio with black cherry tomatoes, Leccino olive oil from a nearby village, tobiko and cucumber arak sorbet

Purple calamari charred on the plancha with lemon, zaatar, labaneh cheese and Yemenite salsa

Fresh burrata cheese on pumpkin carpaccio, crunch sage leaves, aged balsamic, new olive oil, and pumpkin seeds



Stephanie's entry from Auckland: this is brunch from our favourite local cafes. The French toast is indulgent so I only get it on special occasions!



For Pete and Jasmin: We miss eating oysters on the roof of the Durham Hotel (not a food that tastes the same making it at home!).



Also from Jasmin: German white asparagus (the best kind of asparagus! Hard to get anywhere outside Germany), best eaten with a fat layer of sauce hollandaise and Salzkartoffeln.



Temi's entries: Oysters at the Bluff Oyster festival, with Honalee and Robin. Definitely not a social distancing festival. And, tarte flambe', the national dish of Alsace.





Some fun dinners out in New York at APPA meetings.



**And English Teas!
Whether in Borough Market
or in Durham, NC.**



Speaking of English, there's nowhere like the pub.

As kindly demonstrated here by Jo and Becky.



Speaking of pubs, here is the best ever worldwide, The Vulcan, in St. Bathans, population 8.

A weird but traditional Christmas dinner in Oslo.

CHRISTMAS MENU		
16:00-23:30 (SUNDAY 15:00-22:30)		
LUTEFISK / DRIED CODFISH	(F,S,M)	KR. 595,-
SERVED WITH CLASSIC SIDE DISHES* (2 SERVINGS)		
RACK OF LAMB RIBS	(M,S,F)	KR. 595,-
SERVED WITH MASHED RUTABAGA, SAUSAGE FROM VOSS AND POTATOES. (2 SERVINGS)		
HALF-FERMENTED TROUT	(F,M,H)	KR. 475,-
SERVED WITH NORWEGIAN LEFSE, SOUR CREAM, BEETROOT & RED ONION.		
CHRISTMAS PLATE	(H,M,S,Si)	KR. 595,-
ROASTED PORK RIBS, RISSOLES OF MINCED FAT AND LEAN PORK WITH CHRISTMAS SAUSAGE		
HALF OF SMOKED SHEEP HEAD	(M)	KR. 595,-
SERVED WITH SAUSAGE FROM VOSS AND MASHED RUTABAGA		
*FISH ARE PRODUCED BY THE GOURMET SUPPLIER STRØM-LARSEN BROTHERS IN LOFOTEN AND		



E-risk team Dining in London.



Lunch at Fleur's Place, north of Dunedin, eaten by the Neuroimaging Study Team in 2016.

As always, if anyone feels unwell, in body or spirit, please let me know. Strict confidentiality is guaranteed, as is a home delivery of chicken soup, and chocolate chip cookies. Fondly, Temi