

July 20, 2020 newsletter.

Dear Grey House team and esteemed colleagues,

139 days into our ludicrous team-building adventure. I watch the UK news closely, and this week PM Boris Johnson announced “We will be back to normal by Christmas!” while the UK chief science advisor and the UK chief medical officer both countered “This will be with us for three more years.” C’mon guys, quit messing with us. If we can’t trust the Brits, who can we trust?



This week’s newsletter theme: SPECIAL ISSUE: Good luck in your new life Leah!

You will see lots of amazing contributions from those of us who love Leah and wish her well. Pics at the end, as always!

Meanwhile, here is the all the news I have that’s fit to print since 13 July:

FIRST THE HAPPY NEWS!



Ahmad passes IQ test at last, gets a candy. We knew you could do it!!!!

Line's accepted suPAR and aging manuscript is available online this week from J. of Gerontology. Rasmussen, LJ, A Caspi, A Ambler, A Danese, M Elliott, J Eugensen, A Hariri, HL Harrington, R Houts, R Poulton, S Ramrakha, K Sugden, B Williams, TE Moffitt. (2020). Association between elevated suPAR, a new biomarker of chronic inflammation, and accelerated aging. Journal of Gerontology, Medical Sciences

<https://academic.oup.com/biomedgerontology/article/doi/10.1093/gerona/glaa178/5872539>

Tracy defended her dissertation proposal last week, becoming ABD on 15 July. FANTASTIC! It is all about physical fitness and the brain. Good luck Tracy!!!!

Aaron will write a chapter on neurotoxins for the next edition of the *APA Handbook of Neuropsychology*. **Congratulations Aaron!**

Duke announces: **Six whole weeks of parental leave! Denmark watch out!** “Today, we write to announce a significant expansion and enhancement of the Parental Leave program for both faculty and staff members across Duke. Effective August 3, 2020, Duke will double the current paid time off benefit for staff for the birth or adoption of a child, from three weeks paid leave to six weeks paid leave. This includes Graduate Medical Education house staff. If both parents work at Duke and meet the eligibility criteria, then both can take advantage of the benefit.”

THIS WEEK 25 July: Antony Ambler will celebrate his 20th birthday! Oh, OK, 30th!



We have a plan for Leah's send-off party! Tuesday 21 July at 6:30 pm, we all drive our cars to Grey House, park them facing the east side of Erwin Mill (thus in the shade). We will have a pizza delivered to each car. Leah and Curt leave Durham to start their new lives in Ann Arbor Michigan in August. **Bring your limerick or haiku!**

Kyle and Line both got their submissions accepted for the Gerontological Society of America conference. Hurrah! Kyle's is: Stressful Life Events and Inflammation in Midlife: Comparing Associations With suPAR, CRP, and IL-6. And Line's is: Associations Between a New Biomarker of Elevated Chronic Inflammation and Accelerated Aging.

NEXT, THE UNHAPPY NEWS:

From our Dept. Chair: If you work in Grey House and you wish to enter the building, you should continue to write Dept. Chair Scott Huettel and cc Robin Dunn on your requests. After your entry is approved, you will need to register for daily symptom screening and departure logs. The link to register and the instructions about that process are both on this page:

<https://medschool.duke.edu/research/reopening-research-laboratories/daily-reporting> . You need to do this even for a one-time visit. And, please read the attached policy guide in its entirety—making particular note of masking, distancing & sanitation guidelines.

<https://coronavirus.duke.edu/wp-content/uploads/2020/05/Return-to-the-Workplace.pdf>

That's it for unhappy news, so far as I know. Except, aughh....Leah is leaving us.

Science-visualizations:

New book out by our colleague Stuart Ritchie (who happens to occupy Temi's old office at the SGDP Centre in London). <https://www.sciencefictions.org/>

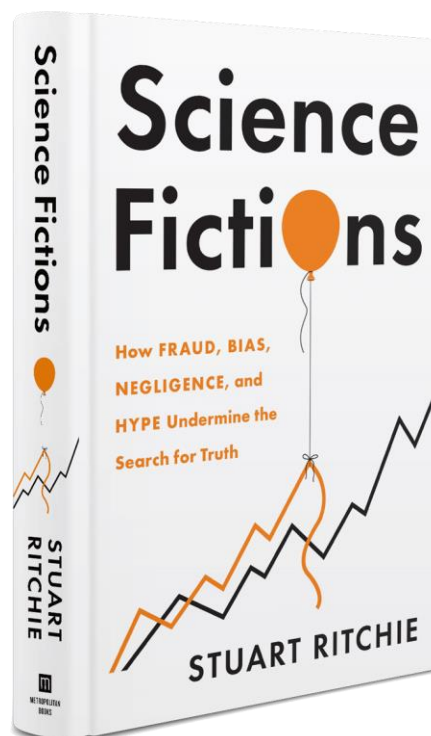
The BIG question: Which one is the UK cover and which is the USA cover? And why do we need different ones?

Science Fictions

Stuart Ritchie



Exposing Fraud,
Bias, Negligence
and Hype in Science



RESEARCH-PROJECT PROGRESS SINCE 13 July:

Leah, Stephanie and Barry's new NZIDI paper went out for mock review:

Richmond-Rakerd et al. Mental disorder forecasts physical disease and mortality: 30-year analysis of 2.3 million New Zealanders.

Jasmin's new paper on the same theme, but in Dunedin, also went out for mock review. Go Jasmin go!

History of psychiatric illness as a risk factor for accelerated aging: Evidence from a population-representative longitudinal cohort study.

Temi got a request from the editor at *Ageing Research Reviews* to add a table

summarizing bullet points to her essay: Behavioral and Social Research to Accelerate the Geroscience Translation Agenda. This might look good! Fingers crossed.

Tracy got an R&R from *Geroscience*: Is cardiovascular fitness associated with structural brain integrity in midlife? Evidence from a population-representative birth cohort study. **Hurrah!**

Maria Gehred's first-year project paper was submitted to *Lancet-Psychiatry*.

"Long-term neural embedding of adverse childhood experiences: a population-representative birth cohort followed for five decades." Good luck Maria!

New Concept Paper from Tracy is circulating this week: Microstructural integrity of whole-brain white matter tracts and midlife physical fitness.

Jasmin revised the Vital Personality paper from *Social Science and Medicine*. This is some kind of endurance test.

Max and Avshalom's paper will be submitted to *Nature Aging* soon: Disparities in the pace of biological aging among midlife adults of the same chronological age: Implications for early frailty risk and policy.

Christina Carlisi and Essi Viding's paper will be submitted soon: Associations between life-course-persistent antisocial behavior and subcortical brain volume in a population-representative longitudinal birth cohort.

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

Aaron Reuben and Helen Fisher, air pollution and mental health (E-Risk).

Leah and Signe Andersen, education disrupts the intergenerational transmission of disadvantage (Danish registers)

Jasmin Wertz, parenting genomics in multiple cohorts (many cohorts)

Kyle Bourassa and Line Rasmussen, stressful life events and suPAR (Dunedin)

Max Elliott & Line Rasmussen brain and suPAR (Dunedin)

Karen Sugden, education and the methylation pace of aging (many cohorts)

Geli Ronald and Lizzie, Autism Q and p (Dunedin)

Franky Happe and David, Autism Q and midlife health (Dunedin)

Renate is doing the reproducibility stat check on Jasmin's paper. Thank you!!!!

Honalee has developed another health-behaviour index for Dunedin: the Lourida Index. This new one uses self-reported Mediterranean diet, physical activity, smoking, and alcohol, and was validated in the UK Biobank.

Barry and Stephanie in Auckland are doing the initial runs in the NZIDI for the new paper with Leah on deaths of despair.

Ben finished analyzing polygenic scores for Jorim Tielbeek's antisocial meta-GWAS in E-risk and Dunedin. And he got amazing findings!!!!!!

Ben is also deriving the education3 polygenic score in the ALSPAC data that Jasmin has obtained. Thanks Ben!

Ben is further investigating brain biomarker plasma assays, investigating UK data sets that have methylation data for validating the DunedinPoAm, and reviewing methodology for Dunedin and E-Risk telomere work.

Jon and Eiliss are analyzing DunedinPoAm derived from postmortem brain tissue.

Karen, Chloe, and Helen are testing whether DunedinPoAm can be derived from cheekswab DNA, not just blood. This would allow wider export of the technology.

Karen is doing a server clean-up of HARDAC, to make room for incoming mega-datasets for our team's polygenic and methylation studies.

Hurrah! Antony Ambler in London has delivered the data set for Dunedin study members' family history of dementia to Honalee. **Aaron** will have a first go. **Data are ready for analysis!**

Sean Hogan in Dunedin is searching admin register data for Dunedin Study members.

Susan is shipping audiotapes to **Helen Fisher** in London, chasing up **Max's** fellowship, developing different budget scenarios to handle any potential cuts to the cannabis grant, handling legal processing for data-use agreements for **Jasmin**, working on **Stephanie's** visa, and maintaining our website. www.moffittcaspi.com

Honalee's creating a spreadsheet table of reasons for missing data at Phase 45 in Dunedin. 94% of Study members took part at 45. However, variable by variable, there are a few data missing for many different reasons. Before phase 52, we want to inform PI's about opportunities to improve their data-collection and avoid missing data.

Antony Ambler in London is doing the reproducibility stat check for Stephanie's Lewis's paper on trauma.

Annchen, Maria, Max are working on characterizing gradients of brain organization.

Jasmin's working with Sara Jaffee on an application to study the Next Gen sample of Study member's children in Dunedin.

Aaron and Max are writing applications for clinical hospital internships while also starting new clinical rotations. **We wish you stamina guys!**

Jo Newbury is updating some of the neighbourhood data on E-Risk twins, because now she can reduce missing data.


Susan reminds you to visit your blurb on the website and see if it needs a refresh.

If you are working on something you want others to know about, but I missed it, please let me know.


This week's newsletter theme: Dear Leah & Curt, Good luck in your new life!



Farewell gift from the team, a gift card for Zingerman's Deli, Ann Arbor:



MENUS CATERING GROCERY CAFÉ ORDER ONLINE ABOUT EVENTS DELI DISH KIDS CONTACT & VISIT



1 SANDWICHES

Sandwiches, sides, salads, soups & desserts


PRE-ORDER only!
11am-7pm

Tables available inside/outside once your order is ready

Carryout and delivery

734-663-3354

[ORDER ONLINE](#)



2 GROCERIES


Bread, meats, cheeses, coffee, tea & specialty foods

In person shopping
1pm-6pm

Pickup or delivery
11am-7pm

734-926-4005

[ORDER FOR PICKUP OR DELIVERY](#)



3 NEXT DOOR CAFÉ

Coffee & morning pastries

In person ordering and dining 7am-11am

[MORE INFO](#)



Another farewell gift:

Ben Owen III is a potter from Seagrove, North Carolina. His forefathers came to NC from England as early as the late 1700s to ply their craft and furnish storage jars and other utilitarian wares to early settlers. Like his grandfather, Ben III's pottery reflects a foundation in traditional designs, but Ben adds modern Asian influences. And Ben is some kind of a cousin of Temi's.

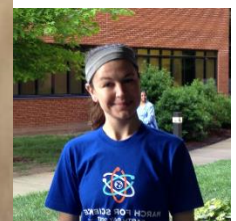
<https://benowenpottery.com/>

This ain't no utilitarian storage jar.

Back to the very beginning...



Those terrible twos....





Sport nut from the beginning

Always learning, always learning...





Thank you Gail for these photos!

Leah will not miss North Carolina, because Michigan is not really so different!





**From Line and Jens:**

We are so sad to see you leave! We will miss you guys. We always enjoy hanging out with you and love that you're always down for drinks and dinner, going to a game, hosting bbq and bonfire nights, pool time, playing board games (to think what the world would've looked like today, had we only finished Pandemic Legacy in time!), swimming in a lake, or climbing a mountain. We've had a fun time with you in Durham. Thank you for teaching us about pimento cheese and artifact puzzles.

And to Leah: I (Line) will really miss my next door-office buddy, our afternoon coffee walks, and ending a long day with drinks and gossiping with you. Let's do coffee walks and drinks over Zoom!

We're so excited for your new adventure in Michigan, and we wish you all the best in the future. Looking forward to seeing you again, in the mountains halfway between Ann Arbor and Durham, in Copenhagen, in Michigan, or anywhere else once the world opens up again.

Lots of love, Line & Jens

Grey House Team in TimesSquare NY



*Michigan is calling our dear Leah back.
Where she'll be rocketing up the tenure track.
Along with Curt, her fiancée
They'll dance to Beyonce'
Keeping their post-covid dreams in a sack.
Robin and Honalee*



The Grey Hounds Race Team



A LIMERICK FOR LEAH (with apologies to [Edward Lear](#))

**Warm congrats to new Prof. Richmond-
Rakerd
on this research position she's takerd
I hope this poem can convey
All my joy on this day
Though the rhyme scheme is probs a
mistakerd.**

**Way to go Leah!!! So proud of you! (And
next time I see you, please share your job-
getting secrets 😊)**

**Wishing you and Curt all the best from
Minnesota! - Jon**



Sent by Amber L. Beckley, Stockholm University



From UNC-CH Centre for Developmental Science,

Leah's Kudoboard: <https://www.kudoboard.com/boards/yUxZWqK1>



Dear Leah, I am so excited to see you embark on this next stage of your career and feel so fortunate to have walked with you on part of it. I will always remember your strong and encouraging voice in receiving and providing writing critiques to your peers and in advising our graduate students on paths forward. I will remember the questions you asked in consortium that may have started with hesitation but ended with something that cut to the heart of the matter. And I will remember the easy way that you engaged with the community, being present with us as you juggled hats and opportunities. It's a time of transformation and change not only for you but for the world around us. And the thing that keeps me sane is knowing that strong leaders like you are beginning the journey, eyes open. Bon Voyage! Andrea Hussong, UNC-CH Center for Developmental Science

Trainee Name: **Leah Richmond-Rakerd**

Committee Members: **Terrie Moffitt, Avshalom Caspi, Patrick Curran, Andrea Hussong**

Date: **October 23, 2018**

1: Needs improvement: specific support required to rise to the level of meeting expectations, given current training status

2: On track but below expectations: an existing weakness but can be improved without additional support and resources, given current training status

3: Consistent with expectations, given current training status

4: Above expectations: Ready for the market, and not an area in need of focus

5: Exceeds expectations: Market ready and a substantial area of strength

A. Discipline-specific content (and Developmental Science) knowledge (3)

B. Research Skill Development (including methods/analysis) (5)

C. Publication Record (number, trajectory, independence, productivity) (3)

D. Grant writing (3)

E. Other Research Communications (presentations, talks, posters, interviews) (3)

F. Collaboration (5)

G. Professionalism (5)

H. Responsible conduct of research (5)

Trainee Name: **Leah Richmond-Rakerd**

Committee Members: **Terrie Moffitt, Avshalom Caspi, Patrick Curran, Andrea Hussong**

Date: **April 22, 2019**

I. Discipline-specific content (and Developmental Science) knowledge (4)

J. Research Skill Development (including methods/analysis) (5)

K. Publication Record (number, trajectory, independence, productivity) (4)

L. Grant writing (4)

M. Other Research Communications (presentations, talks, posters, interviews) (4)

N. Collaboration (5)

O. Professionalism (5)

P. Responsible conduct of research (5)

Trainee Name: **Leah Richmond-Rakerd**

Committee Members: **Terrie Moffitt, Avshalom Caspi, Patrick Curran, Andrea Hussong**

Date: **April 22, 2020**

Q. Discipline-specific content (and Developmental Science) knowledge (5)

R. Research Skill Development (including methods/analysis) (5)

S. Publication Record (number, trajectory, independence, productivity) (5)

T. Grant writing (5)

U. Other Research Communications (presentations, talks, posters, interviews) (5)

V. Collaboration (5)

W. Professionalism (5)

X. Responsible conduct of research (5)

Dear Leah, Although this is not the traditional way that we'd like to do a send off, we wanted to make sure you know that we here at CCHD are so excited for you and your next adventure! I'm not surprised at your success in landing your dream job, but I am very, very happy for you. Please stay in touch (you know that we will!) and I look forward to seeing you at events in the future. I can't wait to watch your career take off - you are going to do great things!
Best wishes, Cathi Propper, UNC-Center for Developmental Science



January 10, 2018

Hi Leah, I suspect you might have heard from Temi, but I did want to let you know that we are delighted to be able to offer you a fellowship with the CCHD program at CDS. Our business manager is out but will be back next week. When she is back, we'll put together a letter for you with the details. If you have questions in the meantime, let me know but otherwise simply enjoy New Zealand!

Take care, Andrea

Andrea Hussong, PhD, Director, Center for Developmental Science, University of North Carolina at Chapel Hill



Holidays with Curt



A few Grey Housers



Wishing Leah and Curt all the very best for the exciting adventures ahead of them in Michigan! Big hugs, Helen Fisher in London 🍷🍷🍷🍷🍷🍷🍷🍷🍷🍷



Line and Jens first fact-finding visit to Durham

Ooh, how exciting! Wishing Leah all the best in her new position! Good luck with the cross-country move and let's keep in touch re: collaboration in the future! all the best, Sidra in Merced



I would like to contribute to the News letter for Leah with a small Haiku poem (my first ever!).

A move to the North

A friend to the East - oh, joy!

The work keeps going!

I look forward to receiving the news letter and hope you will have a great farewell party!

All the best

Signe

Jo and Jessie visit to Grey House



Baby shower...





"Leah, it has been great having the opportunity to get to know you over the last year. We wish nothing but success for you and Curt moving forward with your new lives in Michigan. Best, Kyle and Alli"





**The cake Leah and Jasmin made together for the Royal wedding
(using baking skills Leah acquired through regular binge-watching of The Great British Baking Show)**

From New Zealand



A quartet of haiku for Leah:

**Zoom is loads of fun
Tuesday afternoon for you
Wednesday morn for us**

**Seeing you always
Brightens our day and leaves us
Wishing you were here**

**Wanted to see you
In person this June at Duke
Damn Covid-19!**

**Best wishes Leah!
Going back to Michigan
Exciting future!**

Barry Milne

Haiku**Wine on Waiheke****Hard work in the data lab****Love working with you**

Apologies for my terrible poetry skills Leah, but I didn't want to miss out on the fun! Now if only there was some way to try some of that pizza too... All jokes aside, I do want to say all the best to Curt, Eli and yourself on your new adventure in Michigan! I know that you will be so amazing in your role there, just as you are in everything that you do! It's always such a pleasure and an awesome experience working with you and I'm glad that can continue with your move to Michigan! Looking forward to hearing all about what it's like at our weekly meetings and hopefully this COVID business gets sorted out (relatively) soon so that we can catch up in person again! Stephanie in Auckland







**There once was a predoctoral clinical scholar from Missouri,
who I'm told was always in a hurry
She got her degree,
Found a plum job with glee
And left her dear friends in a flurry
We'll miss you, Leah!! -Aaron**



Soccer World Cup





Leah introduced our team to puzzles!

There once was a friend we called Leah
She left us, it was very unfair
She went off to Michigan,
We hope she comes back again,
Or else we might have to move there!
Pete McCann





Signe's visit





Leah now joins the PTSD Survivors Club of former Temi and Avshalom trainees!

Here are my well-wishes in haiku for Leah:

Though you will be missed,
Here's to a new adventure.
Best of luck, Leah!

Congratulations on the Assistant Professorship at the University of Michigan--what amazing news!

~Maria

First trip on the Macon-farm gator in September 2016



Post-conference Colorado hike



Watching Durham Bulls baseball



First postdoc mountain weekend, Asheville, NC



Second postdoc mountain weekend, this time Lake Lure, NC



With masks, alas.

HAIKU:

Congratulations!

Working with you at Grey House

Has been so much fun!

Renate



Leah's Zoom happy hour with funny hats. Kyle and Ben clearly win!





Here is a note of best wishes for Leah and Curt along with a Haiku. From Ben and Karen

With very best wishes to Leah and Curt for their new adventures in Ann Arbor. We have greatly enjoyed you being here with us on the Team, you have brought so much and enriched the experience, bringing us shy types together not only in work but socially also. Farewell and thanks for all you have done!

A Haiku: Leah, Baker of the lightest Cakes, Surveyor of populations.



Poem for Leah, on embarking on her Assistant Professorship in Michigan

Ann Arbor? Safe harbor!
Michigan...go fishing and....
Cows, cheese? More please.
Fall: October fest, the best!
Autumn leaves, Eli retrieves.
Full of beans those Wolverines.
Lotsa students, mere mutants.
Winter: Shovel snow, oh no!
Sharp wind, not a friend.
Parking spot, nope there's not.
Windshield ice, major vice.
Grading exams. Oh damn.
Spring: Late spring, instant green.
May showers, bring June flowers.
Cherry Festival, delicious, incontestable.
Faculty meetings, silent screaming.
Classroom teaching, knowledge leaching.
Student mentoring, ermmmm...prudent centering.
Summer: Summer heat, so sweet.
Mosquitoes? NC has those.
Great lakes, weekend breaks.
Motown soul? Detroit gold.
Upper peninsula, sunsets in pink color.
Tenure clock, tick tock.
Publish? perish? You'll be cherished.
Associate professor? Why not? Bless her!
Miss you, send tissues.

Love, Temi



In 2015 I went to Missouri

Looking for a postdoc who would make me go, 'wow-zie.

I was seeking someone like Madeline Meier

And I found in Leah one I admire

Now I wish you success in your journey.

Avshalom

The true story of how we recruited Leah. Madeline was an amazing postdoc with us, who came from the University Missouri where she studied with Wendy Slutske. When I was invited to give a lecture at Mizzou, I thought to myself 'Hey, maybe I can find the next Madeline.' (I don't often go to give lectures, so you know this was serious!). Wendy Slutske was only happy to participate, and introduced me to her star student Leah. I was hooked. The slight problem: Leah was only in her third year in graduate school. For the next two years, we kept checking in with Leah (and Wendy), keeping tabs on her progress so we could persuade her to come and work (and play) with us. It all felt like Coach K and a 5 Star recruit. And we won!!!! Thank you for an amazing three years, Leah. I look forward to friendship and collaboration for many years to come. By Avshalom



15 November 2015 Hello Dr. Caspi and Dr. Moffitt,

I hope you are doing well. My name is Leah Richmond-Rakerd -- I am a graduate student working with Wendy Slutske at the University of Missouri. I had the chance to meet with Dr. Caspi during his visit for the Distinguished Lecture Series, at which time we discussed the possibility of working together in the future. I am writing to express my strong interest in a postdoctoral fellowship position to start in 2017. I am currently in the process of applying for my clinical internship, which will take place during the 2016-2017 academic year. In anticipation of a potential postdoctoral position, I have applied to the Duke University Medical Center and plan to give preference to the site if I receive an interview.

I am very enthusiastic about the research projects and training opportunities available through your lab. Further, Dr. Madeline Meier speaks highly of her postdoctoral experience. If there is the possibility of a position, I would be eager to communicate more. I attach my curriculum vitae - please let me know if I can send along anything else that might be of help.

Thank you very much for your consideration.

Best, Leah Richmond-Rakerd, M.A.
Doctoral Student, Clinical Psychology
University of Missouri
Genetic Epidemiology Lab
12 McAlester Hall

Dear Team:

We will park our cars along the east side of Erwin Mill, in the shade, on Tuesday at 6:30pm.

A few guidelines:

Durham and NC still limit groups to 25. So please limit the N in your car to yourself and a partner.

Bring your own drink of choice. No alcohol, as requested by the owner of the Erwin Mill/Grey house parking lot.

Wear your masks, except when eating pizza.

Stay in your cars, the pizza will be delivered to one central spot and we can take turns exiting our cars and grabbing your pizza.

Some have asked if we can bring chairs and sit outside the car on the pavement. This depends on how many we are, if >25, I would say not. We will count on the evening. Feel free to bring chairs, just in case. Park EVERY OTHER SPACE, to allow for this if it turns out to be possible. Some team members have let me know they don't feel safe mingling and mixing, so even if we are able to exit our cars, don't approach your team mates.

If you would like to decorate your car, feel free. Even with these draconian guidelines, it will be nice to be as festive as poss.

There is a stairway up to a landing, and I will go first, then we will go in order of cars from south to north, if you want to climb the steps and shout a farewell.

Thank you, Temi and Avshalom 20 July, 2020

Wishing you all a serene week, Temi



Temi's Japanese Hinoki Cedar.

Parting shot: A bonus limerick from Helen Fisher:

There was a young girl from Macon farm,
Who really knew how to turn on the charm.
She'd flutter her 'lids
While submitting grant bids,
And if that didn't work she'd get out her firearm!