

## June 22, 2020 newsletter.

### Dear Grey House team and esteemed colleagues,

110 days into our ongoing team-building adventure. Still no news about when we can enter Grey House, much less when we can fly in airplanes to visit our collaborators in other locations. Ahhhhhh, remember airplanes? We are all hanging fire it seems, and settling in for the long haul.

**This week's newsletter theme is: Books and Streaming.** At the end of the newsletter I will share the wealth of great recommendations you sent. What an outpouring of books and films, a veritable tsunami of suggestions from you! OK, Don't peek head! A fine opportunity to practice your self-control.

**Curb-side baby! Wanna know how to check out a library book or film in the COVID era?** This tiny video is truly wonderful. It's got mice rappers and DJs, it's got rap and hip hop, it's got library books! <https://youtu.be/rnk4qeu9WZY>

**Meanwhile,** here is the all the news I have that's fit to print since 15 June:

### FIRST THE HAPPY NEWS!

#### Avshalom's chickens arrived!

He is besotted with them, is spending every moment down at the barn. So if your research meeting is disrupted, that may be why. I have drawn the line at putting a baby monitor in the barn.

They seem to like their new home, especially the yellow bits, so if you helped paint it, what a success!

You will find a prize contest to name them later in this newsletter!

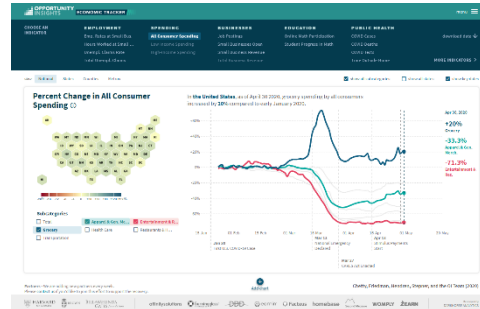


**We have an idea for Leah's send-off party! YAY!** Leah and Curt leave Durham to start their new lives in Ann Arbor Michigan in August. The problem planning a party has been a ban on more than 10-person gatherings. And even if it's lifted, there's concern that a party inside Grey house may not feel safe for all. Partying outdoors will fall prey to summer heat. Soooo....one weeknight between 13 July and 31 July, we are hoping to drive our cars to Grey House, park them facing the east side of Erwin Mill (thus in the shade), and have a pizza delivered to each car. Friends of Leah can exit their cars one by one, mount the stairs, and toast her with a limerick or poem or song. **Please e-mail to let me know what you think of this idea, and any nights off-limits for you.** Susan is investigating logistics: can we get permission from the property owner, and will Mellow Mushroom Pizza deliver? Stay tuned!

**Great news from Monica Polo-Tomas, in Zaragosa, Spain.** Many of you will remember Monica, who was data manager for our team in London. *"We're allowed to go out, although we can't really go back to normal due to the high risk of new waves. Nevertheless we can now meet up to 20 people (we're 16 just in my family!) and we recently went to see my parents. I thought you'd like to meet us all 😊😊. If you can spot me you get a round of applause. Tons of love, m xxx"*



**Good news from Max: A website to track the economic recovery**, nationwide and state-by-state: Consumer spending, business activity, employment, education, public health. Lots of good news there! <https://tracktherecovery.org/>



**Adam Schmidt, in Texas, submitted his first R01 grant application to NIH!** Whatever happens, this is a huge achievement. Well done Adam!

HAPPY BIRTHDAYS	JUNE
Tim Matthews	23-June
Aaron	25-June

**Aaron has completed his dissertation for the PhD!!!!!! Hurrah! Hurrah! What a lovely birthday present to himself. Top that!** He must finish his clinical training, so the PhD won't actually be conferred until 2022, but finishing the dissertation is an amazing milestone.

**NEXT, THE UNHAPPY NEWS:**

**Temi was interviewed by the FBI this week, about a zoom-bombing of a meeting she attended on April 20.** The bad news: it happened. But this was before Zoom recognized the need for security and upped its game. The good news: Scotland Yard and the FBI are working together. Because child pornography was bombed into a zoom meeting with attendees from the USA and UK, it meets the criteria of international child trafficking, which puts the incident on Interpol's priority list. Zoom has given them the IP addresses of anyone who was part of the zoom. They won't catch the bad guys who made the films, but they have a good chance of catching the bad guys who zoom-bombed, as part of efforts to reduce demand for such films. Wish them luck!

**Science-visualization and prize competition, rolled into one:**  
**Name Avshalom's chickens!!!!** There are 5. Prizes for all names  
chosen! Ben and Karen to be judges (as they did so well with the goose names).



## RESEARCH-PROJECT PROGRESS SINCE 15 June:

*We now have more than 30 papers in review, some which have been there for weeks or months. The scientific publishing industry has slowed to a snail's pace. Editors are receiving a tidal wave of COVID19-related submissions (200+ per day at JAMA!). Recent retractions have made editors nervous about processing rapidly, and journal staff are having difficulty balancing working from home and child-care. Delays can feel dispiriting, so I'm only reporting papers here that have made progress this week. Chin up! Consider this another opportunity to practice our self-control, and build character.*

**Maria Gehred's first-year project paper was actually submitted this week. This is a serious milestone in Maria's career.** Long-term neural embedding of adverse childhood experiences: a population-representative birth cohort followed for five decades. **Fingers crossed that the paper gets reviewed.**

**Graham Wilson's vision paper is in mock review.** Are macular drusen in midlife a marker of accelerated biological ageing?

**Max and Avshalom's paper finished mock reviews this week:** Disparities in the pace of biological aging among midlife adults of the same chronological age: Implications for early frailty risk and policy. THANKS TO ALL WHO DID MOCKS!

**Christina Carlisi and Essi Viding's paper finished mock reviews this week:** Associations between life-course-persistent antisocial behavior and subcortical brain volume in a population-representative longitudinal birth cohort. THANKS TO ALL WHO DID MOCKS!

### **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 Richmond-Rakerd, Barry Milne, Stephanie D'Souza, mental disorder predicts physical disease and mortality (NZ-IDI)

Jasmin Wertz, Little p psychiatric history and pace of aging (Dunedin)

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)

**Ben is creating new polygenic scores for the ALSPAC Study data that Jasmin has obtained.** Thanks Ben!

**Antony Ambler and Sean Hogan** are making progress on finalizing the data set for family history of dementia, collected by the Dunedin Unit team in recent months through phone-call interviews with Study Member's mums. **Variables ready soon!**

**Honalee's creating a spreadsheet table of reasons for missing data at Phase 45 in Dunedin.** Yes, 94% of Study members took part at 45, and **Renate's great attrition analysis figures** show they represent the original cohort. However, variable by variable, there are data missing for many reasons: equipment failure, session chronically running overtime and last measure skipped, staff mistakes that crept in after training, Study member reluctant to try a task, lab tissue samples lost or given wrong SM ID number, software glitches, interview booklet pages not printed by the printer, skip patterns incorrect on interview forms and items skipped wrongly, Study member's foot or hand injury prevented them taking a functional test, and so on and so on and so on. That's research! Yet **some of these missing data could be prevented by PI's**, so before the unit works hard to get every study member to take part in phase 52, we want to inform PI's about opportunities to improve their data collection approaches.

**Renate's been thinking about** how to get little p out of the NZIDI psychiatric hospital and pharma prescription data sets.

**Susan has been helping** Aaron, Leah, and Jasmin with grant materials, and managing the website.

**Antony has been doing the reproducibility stat check** for Stephanie's paper on complex trauma.

**Annchen** did the reproducibility stat check for Christina Carlisi. Thanks Annchen!  
**And here is the steamy sex part of this newsletter:**

*"Haven't had too much time for books or films lately, but I bought a new car and then drove it to Cape Cod so that Zelda could have a "date" ;- ) More future service dog puppies due mid-August!"*



**Aaron wrote and submitted a proposal to the NIA Telomere Research Network** for a small grant to test whether childhood exposure to lead leaves a signature in telomeres in Dunedin Study members. He also completed the Curran-Bauer Multilevel Modelling course. Better him than me.

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

**Tracy is working on her dissertation proposal.** It will be all about physical fitness and the brain.

## **This week's theme is: Books and Streaming**

I got so many recommendations that it was really difficult to know how to curate them. So, I just pasted them in. Sorry for the mish-mash!

Also, there may be differences in what can be reached from the country where you live. Apologies if something listed below isn't available to you.

### **From Sidra Goldman-Mellor in Merced, California:**

**-Show: Ragnarok**, on Netflix. Weird Norwegian show about a modern re-emergence of the mythological Thor, wrapped up in a high school drama with an environmental message. A bit odd especially at first, but it grew on us!

**-Books:** Anything by Dorothy Dunnett, my obsession for the past year. Especially ***King Hereafter***. Historical fiction of the best possible, incredibly well-researched kind. She writes challenging, dense books, but they are sooo good. Hope you're all well -- Sidra

### **From Temi's neighbor in Durham, NC:**

**"The Talk"**, a one-man play written and performed by a UNC graduate, Sonny Kelly, is now available online for free until July 10. It is a highly informative, engaging, sad and funny performance about **the talk that every Black parent has with their sons**. At this site, there are clips and also link to the full performance. Also at [sonnykelly.com](http://sonnykelly.com) if the link doesn't come through. Clip: [THE TALK | sonnykelly2](#)

**From Jo and Jude Freeman Henchy in Peterborough, UK:**

In the short moments when Jude isn't playing Fortnite on the Playstation we have been reading this gorgeous book called '**The boy at the back of the class**' about a refugee child joining a new school in London. It's really well written and we're both really enjoying it.

I finally got around to finishing ' **The Testaments**' a book by Margaret Atwood and loved it. Jo x x



**From Alice Gregory and sons in London:**

We loved watching **Jane** - a documentary about Jane Goodall on Netflix. Speaking of animals, we somewhat spontaneously adopted a rescue cat a few days back. He's called Bagheera and is bringing the boys the required joy that we've been missing this year. Alice xoxo





**From Max Elliott in Durham, NC:**

First a show. I loved the Hulu show **Devs** <https://en.wikipedia.org/wiki/Devs> . It's a great dramatic rendering of the edge of what could be done if a computer could simulate the entire universe. It gets into the details of different interpretations of quantum experiments: do we live in a multi-verse? Are we inside a simulation? Can we understand our universe from within our universe? And it does all this in an 8 episode mini-series while being creepy and visually stunning!

Next a book. I would highly recommend the **Narrow Corridor** by Daron Acemoglu and James Robinson <https://smile.amazon.com/Narrow-Corridor-States-Societies-Liberty-ebook/dp/B07MCRLV2K?sa-no-redirect=1>. It's a deep dive into the historical, economic and psychological roots of liberty. What is it? How have humans achieved liberty? It is an amazing overview of civilizations throughout the world in the last 3000 years. It gives you a great 1000 foot perspective of our current time. We expect so much of our government, we want it to solve a global pandemic! But these powers of state capacity and our requisite ability to make demands of our government is a hard-earned privilege that has been inaccessible to nearly every human in every other civilization throughout history.

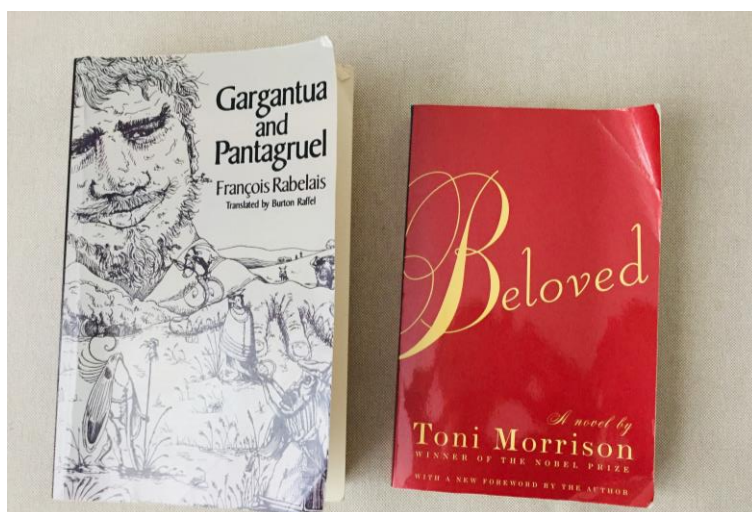
**From Leah Richmond-Rakerd in Durham, NC:**

**The Repair Shop:** a delightful British reality series in which family heirlooms are restored by expert craftsmen/women.

**John Mulaney, The Comeback Kid:** For those who enjoy standup. He has other specials on Netflix but we found this one the funniest.

**Our Planet:** For anyone who loved the Planet Earth series. Documents the effects of climate change. David Attenborough narrates.

**13th:** A documentary by Ava DuVernay, focusing on the history of racial inequality and the prison system/mass incarceration in the US.

**From Pete Mccann and Jasmin Wertz in Durham, NC:**

**From Madeline Meier in Arizona:**

**Netflix:**

Last Kingdom  
Dead to Me  
Santa Clarita Diet

**Books:**

*Paper Towns* (Yikes, Cecelia [age 12] read this first, and then I read it to see what I shouldn't have let my 12 year-old read. Warning, not for 12 year-olds.)

*Night Tiger*

*The Nightingale*

*Lilac Girls*

*A Gentleman in Moscow*

*Room*

*Where the Crawdads Sing*

***Suggestion from Gilbert Cruz, The NY Times's Culture editor:***

I've been watching my share of serious fare these days, but I would be lost without something silly to rely on. "[What We Do in the Shadows](#)," a two-season FX comedy that you can watch on Hulu, is ribald, vulgar and exactly what I've needed. A mockumentary about four idiot vampires (and their human servant) who live together in a mansion in Staten Island, "Shadows" finds its humor in the mundanity of eternal life. Mixed messages, hurt feelings and misunderstandings all assume a ridiculous air when they involve creatures of the night. And while this is a show about the supernatural — werewolves, witches, ghosts and the like all make an appearance — there's little to keep you up at night other than the delightful way everyone pronounces the name "Colin Robinson."

**From Jessie Baldwin in London:**

**Books:**

*Where the Crawdads Sing* by Delia Owens

*Americanah* by Chimamanda Ngozi Adichie

*Machines Like Me* by Ian McEwan

*The Muse* by Jessie Burton

**TV:**

Unorthodox on Netflix

The Morning Show on Apple TV

Little Fires Everywhere on Amazon Prime

(FYI, I don't splash out on all these platforms, I got a free trial of Apple TV and use my family's Amazon prime! All the best, Jessie)

**From Temi in Ramseur, NC:**

Not a movie, but worth watching! This year, *The Economist* is publishing its first-ever statistical forecast of an American presidential election. Its projection charts will be updated every day at <https://projects.economist.com/us-2020-forecast/president>.

Developed with the assistance of Andrew Gelman and Merlin Heidemanns, political



scientists at Columbia University, the model calculates Joe Biden's and Donald Trump's probabilities of winning each individual state and the election overall. The methodology is fascinating, they use a lot of the techniques we use, like elastic net, and leave-on-out validation.

In another first, they are [publishing the source](#)

[code](#) for the model. All readers are welcome to download it, explore how it works, tweak its parameters and run it themselves. But for people who don't feel like wading through a script in the R and Stan programming languages, they have summarised the methodology nicely on the site, explaining why past polls have been dodgy.

**From Kyle Bourassa in Durham, NC:****Streaming shows and movies:**

1. For fans of the Great British Bake Off (and other competition shows), I would suggest "**The Flower Fight**," "**Next in Fashion**," and "**Making It**." They are competition shows covering flower sculpture design, fashion design, and crafting, respectively. (Flower Fight and Next in Fashion are on Netflix, 45 minute episodes or so; Making it is also 45 mins or so and on Hulu or NBC streaming.)
2. Fans of cooking might like "**Nadiya's Time to Eat**," which is a cooking show from a former Great British Bake Off winner focused on hacks to save time while cooking. I appreciate the focus on techniques that can be applied across recipes (Netflix, 1 season, 7 30-min episodes).
3. **Little America** (Apple TV+, 1 season) is an amazing series of 45-50 minute self-contained episodes each focused on a "based-on-a-true story" tale of an immigrant to the U.S.A. Directed by a couple (husband Kumiel Nanjiani [Big Sick, Silicon Valley, stand up]; wife Emily Gordon) who write and direct great material (shows, podcasts).
4. **The Expanse** is an exceptional gritty sci-fi based on a fantastic sci-fi series (good source material!). Not a Star Trek-type with massive ships, fancy tech, and clean/wide corridors, this is more about how scary, claustrophobic, and dangerous space is. Lots of action and politics coupled with solid acting. (Amazon Prime Video, 4 seasons, 10 episodes each, 50-minute long episodes.)
5. **Altered Carbon** is another great sci-fi series focused on consciousness and what it means to be human (classic ship-of-Theseus questions about humanity). Also lots of action (Netflix, 2 seasons with around 8-10 episodes each, 50 minutes long each).

**Books**

1. For sci-fi/fantasy fans, I really enjoyed and recently finished "**The Found and the Lost**" by Ursula Le Guin. I have enjoyed many of her classic novels (The

Dispossessed, I would recommend most of her books) and found this collection as a free kindle rental from a library. It is a mix of work from her sci-fi and fantasy worlds, plus some standalone novellas. Some of the topics are pretty heavy, as she is focused on exploring themes of gender and race—particularly their interaction with culture, power, and political structures—through the sci-fi lens.

2. Another for sci-fi/fantasy fans, **“The Great North Road”** and **“Fallen Dragon”** are exceptional standalone novels by Peter Hamilton, one of my favorite writers. The Great North Road is more of a detective story sci-fi mashup, which I thought was interesting (might appeal to fans of “The Expanse”). Fallen Dragon is more of an action focused thriller with an emphasis on understanding corporate ownership of space travel and colonies, and what that might entail. He has a variety of fantastic series as well.
3. **“Big Magic”** was an interesting non-fiction book I just read about creativity and living a creative life by Elizabeth Gilbert (“Eat Pray Love” author). Easy read, fun, and I enjoyed/valued her ideas about how to approach creativity and to include those activities in your life. I thought these ideas were applicable to creativity as a scientist, though she is primarily thinking about creating art and writing.

#### **From Line Rasmussen in Durham, NC:**

We’ve watched some great movies taking place in the South that are all highly recommendable:

- Peanut Butter Falcon
- The Florida Project (I love this one too! Temi)
- Mud

And Oscar is embracing summer in the backyard:



**From Temi in Ramseur, NC:**

Margaret Atwood's *The Testaments*: the sequel to the *Handmaid's Tale*, and also her postapocalyptic fiction trilogy: *Maddaddam trilogy*.

Geraldine Brooks' *March*, about the absent father of the Louisa May Alcott's *Little Women*. What was he up to during the American civil war? Also her other recent books, *The Secret Chord* (historical fiction about King David), and *People of the Book* (amazing historical fiction of the people whose lives touched the Sarajevo Haggadah across centuries and cultures).

Lionel Shriver's *The Motion of the Body Through Space*, about physical-fitness exercisers gone amok. And *The Mandibles, A Family 2029-2047*, about a time when the economy fails (ha!), and the only work for young people is looking after baby boomers, but the young rebel and refuse. (You may remember this author, who wrote *We've Got to Talk About Kevin*.) She does sarcasm and irony like nobody else.

Tim Tigners' the *Price of Time* (a murder mystery, that begins with a team of geroscience researchers' search for longevity), and *Immortality, Inc*, by Chip Walter, nonfiction about the wild and crazy world of real geroscientists who search for longevity.

*Hidden Valley Road*, by Robert Kolker. The fascinating true story of a California family who had 6 sons with schizophrenia. You will recognise some of the players in this book.

*The Splendid and the Vile*, by Erik Larson, the story of 1 year in Winston Churchill's life, during the London blitz in WWII.

*The Wall*, by John Lanchester. Apocalyptic fiction. What happens when climate change reaches the point where island nations who still have liveable land build walls to keep out migrants whose lands have become unliveable.

*American Dirt*, by Jeanine Cummins. A mother and her children scape a drug cartel in Mexico, and make the journey to the border of the USA. This isn't true, but it could be.

**From Sol Israel, in Jerusalem:**

**Calypso** (2018) a collection of essays by David Sedaris... very touching and full of biting wit and dark humor... mostly autobiographical stories about family. And the setting is often a beach house on the Carolina coast, so I figured Grey House folks could relate =)

**From Helen Fisher in London:**

My suggestion for a light-hearted Netflix series to watch is **Space Force**, who can fail to find a chimpanstronaut amusing? 😊 (<https://www.imdb.com/title/tt9612516/>)



**From Stephanie D'Souza in Auckland, NZ:**

I have two TV shows that I really enjoyed though: **Killing Eve** and **Dead to Me**. Both centre around loveable yet flawed badass women – I've attached pictures in case you want them 😊. I can view *Dead to Me* on Netflix here (presumably it would be the same in the States) and *Killing Eve* on a local channel's online streaming service, but I'm not sure where you can watch it in the US. Steph

**From Avshalom in Ramseur, NC:**

The sound of music.....i've been listening to programs on KEXP, a public radio station in Seattle that specializes in alternative music. Their regular programming is terrific, and their special programming is often ear opening (and sometimes eye-opening, too, for studio performances). Check out *Midnight in a Perfect World*, mixes by creative guest DJs. You don't really need to stay up late to listen, and you can always hope for a better world: <https://www.kexp.org/read/?category=midnight-in-a-perfect-world>.

The label Whitelabrecs has put out some amazing music during the pandemic. Check out the *Home Diaries* series. This is "an invitation to artists and musicians to create an album or EP to document their personal experience during the lockdown or social distancing conditions that are upon us, due to the coronavirus outbreak. The series reflects a range of sounds, styles and ideas, as each artist portrays their own reflections uniquely." You can check this out on Bandcamp: <https://whitelabrecs.bandcamp.com/>

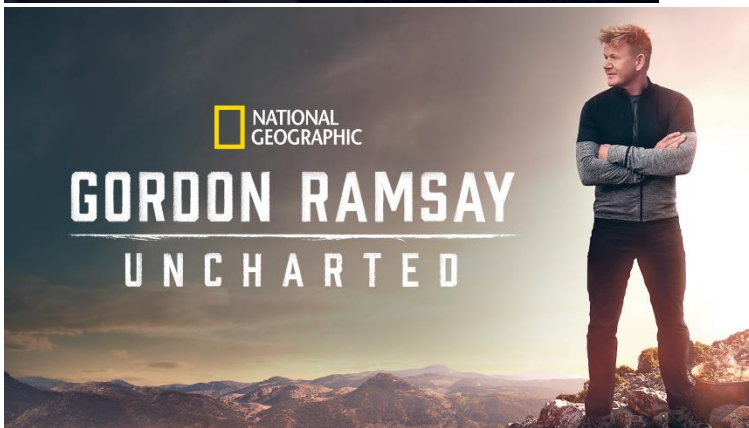
**From Jo Newbury in London:**

My favourite lockdown book has been **Eleanor Oliphant is Completely Fine** by Gail Honeyman. It's about loneliness in adulthood, but it's so so funny and uplifting.

**From Maria Gehred in Durham, NC:**

**Catch and Kill**, by Ronan Farrow. It's about his investigation into Harvey Weinstein, and the tactics that kept the story under wraps for so long are truly mind-boggling.

From Candice Odgers in Irvine, California:



Temi's fave too; not for kids.

From Honalee Harrington in Durham, last summer we used to attend these concerts in the Duke gardens:



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We are proud to announce **Music in Your Gardens**, a free eight-week online concert series showcasing nationally renowned artists who call Durham and the surrounding area home. This series shifts our longtime summer series, Music in the Gardens, normally held outdoors at Sarah P. Duke Gardens on Duke’s campus, to an online format in the wake of the COVID-19 pandemic. We are presenting this series in collaboration with Duke Arts, WXDU, Sarah P. Duke Gardens, Duke Continuing Studies, and Duke Summer Session. Hospitality partners include The Palace International and Locopops.

Every Wednesday night at 7 PM ET, from June 24 through August 12, we will premiere a new, specially recorded performance online, free of charge, on our [website](#) and on our [YouTube page](#), featuring a different artist each week. All participating artists will be paid for their performance. The films in the series, pre-recorded in a socially-distanced manner in a garden setting, are made by a team of Durham artists, including KidEthnic (filmmakers Saleem Reshamwala and John Laww) and sound engineer Ryan Pickett, and audio technician Christopher Scully-Thurston. Each performance will be accompanied by a live YouTube chat, and the featured artist will join the chat to answer questions from viewers.



## PARTING SHOT:

Ava celebrated turning 7 and being **DONE** with **ZOOM** school – because we all hated zoom school!!

