

May 25, 2020 newsletter.



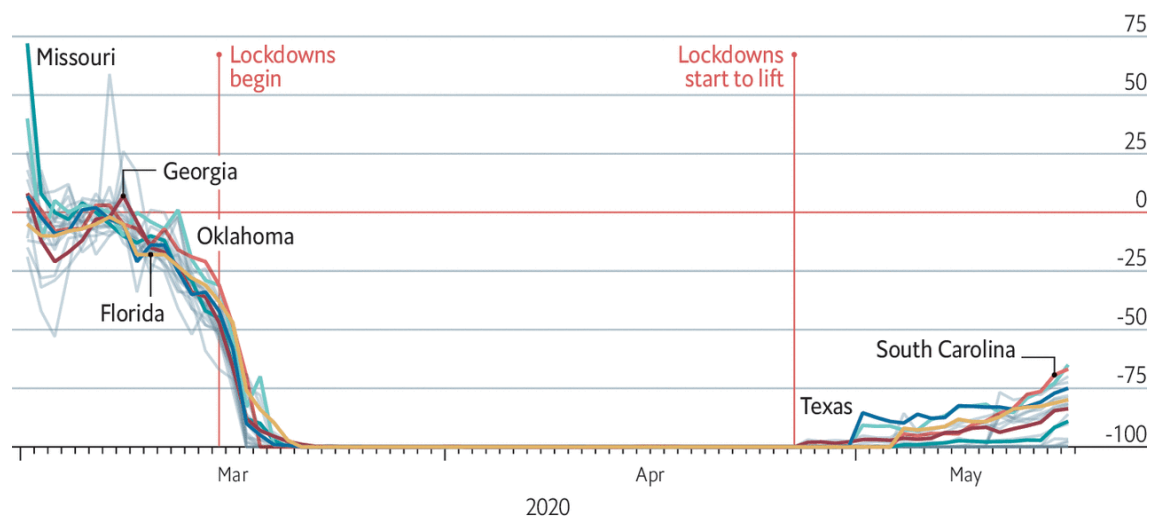
Dear Grey House team and esteemed colleagues,

82 days into our odd team-building adventure. Our successive stages of adjustment have been tracked in this newsletter. So what new stage are we entering now? Feeling like the little fly in the photo above? According to the editor of *The Economist*, fear, anxiety, and uncertainty are beginning to settle down as we learn more about the situation and our capacities to manage it. In their place another emotion is beginning to rise: we are entering the stage of impatience. We want this to be over, now. In keeping with this prediction, I'm hearing more chatter this week about those three little words that are essential for keeping every love relationship happy: "*let's eat out.*" The chart below indicates we still have a way to go, alas, but **for next week's newsletter on 1 June, our theme will be dining out. Use your imagination. If you could dine out.....**

Table for none

United States, OpenTable restaurant reservations, % change on previous year

States where lockdown orders have expired



Source: OpenTable

The Economist

This week's theme: Remembering Grey House

We all have fond memories of dear old Grey House, even newsletter recipients who don't work at Duke. This week, Avshalom and I defied the stay-at-home order and snuck into Grey House and took some not very good photos.

Meanwhile, here is the all the news I have that's fit to print since 18 May:

FIRST THE HAPPY NEWS!

Richie published a very uplifting report: Seven Reasons to be Hopeful.

<https://informedfutures.org/maintaining-social-wellbeing-in-aotearoa-new-zealand-during-covid-19/>

For those who rather listen than read, there is a radio show about the seven reasons:

<https://www.rnz.co.nz/national/programmes/ninetoonoon/audio/2018747056/seven-reasons-why-kiwis-can-cope-with-covid>

"The Dunedin Study has shown time and again that human beings are far more resilient to existential threatening challenges than we typically assume and people are far stronger, adaptable and dignified in the face of adversity than they give themselves credit for."

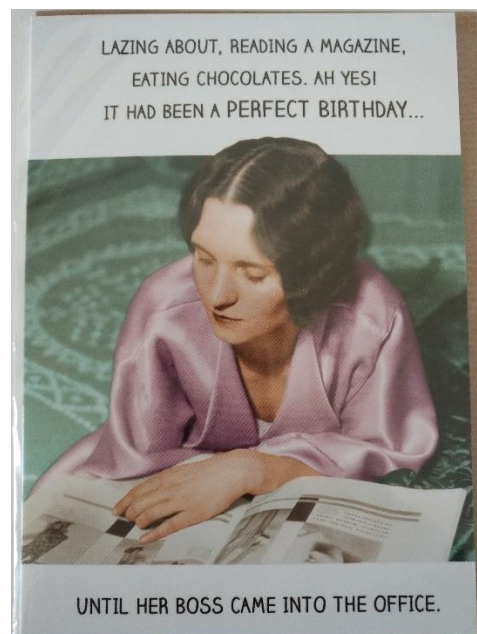
You will learn some Maori too:

He waka eke noa: We are in this together.

manawaroa: courage in adversity, persisting despite difficulty, a positive outlook

piripono: integrity, responsibility, commitment to a shared kaupapa/purpose.

HAPPY BIRTHDAY!!!! Susan's 30th birthday, 29 May!



DATA SUCCESS: The New Zealand Ministry of Health shared its data set with Barry and Leah. This is a backup in the eventuality that Barry and Stephanie get locked out of the secure data lab again. It will keep the project on mental health predicting physical health on track!

GRANT SUCCESS! Leah and Avshalom received new \$7,500 grant from the Duke Population Research Center for an application for adding data into the NZIDI, to match siblings so the admin data can be used for sibling-contrast research designs.

Leah's brother wins acclaim for giving cello concerts in his neighborhood!



Helen Fisher got a new nephew. Welcome young Charlie!



NEXT, THE UNHAPPY NEWS:

Women submitting fewer research articles to journals during lockdown; men submitting more. What do ya'll reckon THAT'S all about?

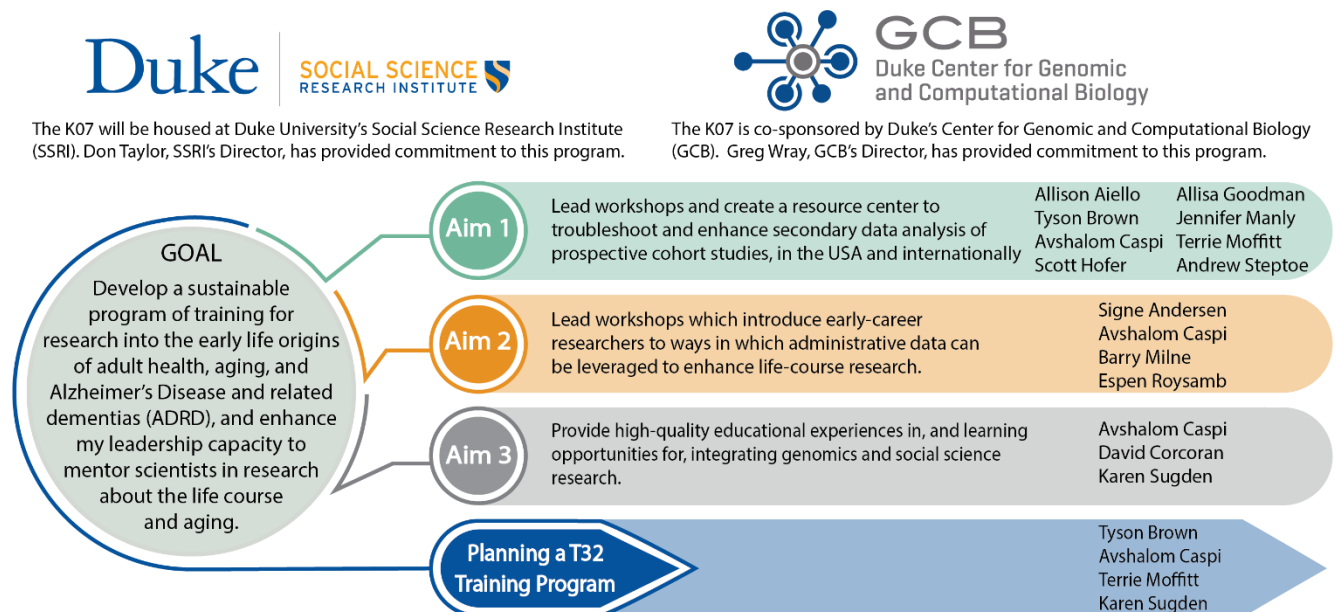
<https://www.theguardian.com/education/2020/may/12/womens-research-plummets-during-lockdown-but-articles-from-men-increase>

Aaron and Helen worked on a British Academy COVID small grant application to look at neighborhood effects, but Helen's division head said this week that she is unable to support the application because it cannot include salary or overhead. Boo!

Temi and Avshalom's Viewpoint essay got bad news: JAMA opted not to consider the 4 viewpoint essays submitted as a set by NIA from the Geroscience Summit. The editor's e-mail to NIA said, said "Sorry for the delay, still getting 100+ manuscripts a day here. No room for anything but COVID19, so we have decided not to go with the 4 geroscience essays this year." So, our paper, Behavioral and social science goals for the clinical geroscience agenda, bites the dust.

Science visualizations:

Karen and Avshalom made this visualization for the aims for the K07 application.



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

RESEARCH-PROJECT PROGRESS SINCE 18 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!

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

Maria Gehred's first-year project paper has just one more week for mock review. Due the beginning of June. 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*

Radhika Kandaswamy's E-risk paper on methylation and victimisation was submitted to *Human Molecular Genetics* this week.

Tracy d'Arbeloff's paper was submitted this week Is cardiovascular fitness associated with structural brain integrity in midlife? Evidence from a population-representative birth cohort study. *Aging*

Line's paper is being revised and 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*

Adrienne Romer's paper has at last got page proofs. Hurrah! A Pervasively Thinner Neocortex Is A Transdiagnostic Feature Of General Psychopathology. *American J of Psychiatry*.

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

Honalee and Tracy worked together to identify cardio fitness algorithms that will impute data for Dunedin SM's who are missing Vo2max data because they did not want to ride the exercise bike or were unable to ride it. This happened more with each phase.

David and Karen have been working to put the finishing touches on the DunedinPoAm algorithm up to age 45 before we share it with anyone.

Antony Ambler, Renate, Maria, and Annchen, thank you for your reproducibility stat checks on papers in mock review. Thanks to all for working together on this to make our publications error-free!

Susan is coordinating the grant application submission of **Avshalom's** K07. She is also helping **Stephanie Langevin**. Susan is also working on visa extensions for Jasmin and Line. And estimating budget projections, out thru 2022.

Antony is working with **Jo and Becky** to finish the online survey of E-risk twins. He is also working with **Sean** to curate the new data set on Dunedin Study members' family histories of dementia.

Renate continues analyses of p across generations, and age of onset of mental illness.

Ben is analyzing blood biomarkers for Alzheimers. He's also getting our minus-80° tissue freezer fixed, creating polygenic scores, and feeding 4 hungry goslings.

Honalee created a new scale that measures health behaviors: The Nyberg index. It is based on alcohol consumption, smoking, physical activity & BMI. Quite a few team members are using it. **Antony is going to calculate Nyberg for E-risk.**

Honalee and Antony are making data sets, and managing incoming CPs and end-of-project documentations.

Leah and Signe and Barry and Stephanie have a project on deaths of despair.

Sean and Ness are coding the Dunedin study members' grandparent dementia data, while working at home in Portobello Bay.

Pat Motsavage is creating stunning visualizations for our publications. Thank you Pat!

This week's theme: Remembering Grey House

Dear funny old Grey House. This week, Avshalom and I defied the stay-at-home order and snuck into Grey House and took some photos. Don't tell on us!



Can you guess who's office?















This is a lovely short essay about how researchers need contact with our colleagues. https://www.the-scientist.com/news-opinion/opinion-the-isolated-scientist-67544?utm_campaign=TS_DAILY%20NEWSLETTER_2020&utm_source=hs_email&utm_medium=email&utm_content=88150398&hsenc=p2ANqtz--e0hi2YdtJjWVWqyWfDTLAmzLCqEz5YRzoABijRWOGZ3eb-CSyFMelPBduXk-OOfc9ZIQIfuTRNNdocbjSiTV5S56vJg&hsmi=88150398

Corona virus follows the Pareto principle! 20% of contacts responsible for 80% of infections: <https://www.telegraph.co.uk/global-health/science-and-disease/superspreader-events-may-responsible-80-percent-coronavirus/>

AND THE WINNER IS.....for the Goose-naming Competition:

Ben and Karen have 4 young geese, and they invited team members to name them.
Entries received were:

Scott Huettel: "Juno" After the geese of Juno who alerted the Romans to the approach of the Gauls who had come to sack the city.

Ben : following from Juno, and to mark veterans day:- Utah, Omaha, Gold, and Sword.

Leah: Harvey, Roger, Sal

Temi: Flopsy, Mopsy, Cottontail, and Peter, from Beatrix Potter's Peter Rabbit.

Avshalom : Ruhama, my paternal grandmother's name. When she was a young girl in Ottoman-era Palestine, circa 1910, she tended a gaggle of geese as the goose girl. Ruhama means 'she who was spared.' It appears in the book of Hosea.

WINNERS: Renate, Aidan, & Scott! Who win a meal delivery.

Huey, Dewey, Louie and Webby, from Disney's Ducktales.

Honorable mention to Alice Gregory: "Surely your goslings need to be called G, C, T and A?" Perfect fit to your genomics careers!

Ben says: We really liked Alice's idea of A,G,C&T and I almost chose that, a brilliant idea indeed. These may see daily use 😊



For next week's newsletter on 1 June, our theme will be dining out. Use your imagination. If you could dine out.....

Send menus, pics of a memorable meal out, links to a fave restaurant or bar, cocktail recipes, anything at all on the theme of dining out. There might even be another prize!

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

This week's parting shot: An uplifting photo of seasonal flowers on the farm, black and yellow Dutch Bearded Iris:

