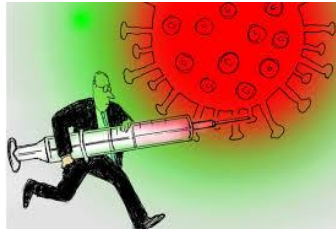
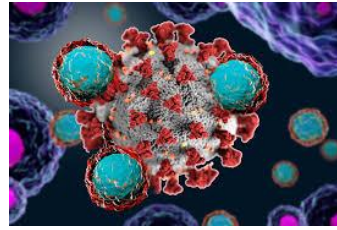


Dear Grey House team members and trusty quaran-teammates, we are now 353 days into our team-building adventure! And its....



Vaccines

versus



Mutant Variants!

15 February 2021 Newsletter theme: Time for a refreshing and educational winter walk in the woods! Get dressed warmly, your walk is at the end of this newsletter.



FIRST THE HAPPY NEWS:

This is really special: City-breaks for you. If you're feeling pangs of unrequited wanderlust, click [here](https://driveandlisten.herokuapp.com/?mc_cid=1b40a3f972&mc_eid=UNIQID) to drive the streets of the city of your choice, all around the world listening to local radio and congratulating yourself on choosing the mini-break money can't buy. I had a drive through London that took my breath away.

https://driveandlisten.herokuapp.com/?mc_cid=1b40a3f972&mc_eid=UNIQID

From Stephanie Langevin in Montreal: I received good news from the US Consulate. They've cancelled my interview and agreed to process my visa at the border! This means I can leave for Durham at anytime now!

Temi's vaccinated. Whew!

Grey house Birthdays:

Name	Birthday
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	MARCH
Temi	9-Mar
	APRIL
Kyle	24-Apr
Line	25-Apr
David	23-Apr
Ahmad	27-Apr

NEXT, THE UN-HAPPY NEWS:

Our Andrea Danese has broken his leg, slipping on ice. Dear Andrea we wish you ultra-fast healing and **patience and fortitude** to endure the myriad frustrations of a time of limited mobility!!!!

The Thames has frozen, as in days or yore.



THIS WEEK's Science visualizations:

Try this little youtube video, its utterly charming, and it's on the topic of **aging too**.

Lemurs are highly social animals and monogamuos: So when an older lemur loses a mate, the staff at the Duke Lemur Center try to find a companion, even if it's from a different species of lemur.



https://www.youtube.com/watch?utm_source=newsletter&utm_medium=email&utm_content=lemur+love+late+in+life&utm_campaign=dukedaily_2021_02-12&v=w3DWNF7fXik&feature=youtu.be

I like this manifesto of principles for academic life and well-being during the pandemic, and think it applies to our team too. Our team did not articulate these principles last March, but we sure have been trying to follow them.



Department of Population Health Sciences
Duke University School of Medicine

PopHealth Guiding Principles during COVID-19

- Routines and structure are important. We pledge to stay focused on current and future work.
- Working remotely is stressful and will be less productive for most of us. Employee health and well-being remain front and center.
- We continue to move forward with our mission critical activities (research, education, & service), understanding that priorities may shift as the situation evolves.
- We remain flexible and nimble.
- We are kind and will stay connected to each other in creative ways.
- We provide support to all our faculty, staff and students, paying close attention to any disparate impact & striving to provide equal support across all of DPHS.

This is interesting....

When it comes to the impact of evolution on different face shapes and features, scientists have been attempting to identify the genes involved – now, researchers at University College London believe they have an answer

Despite the multitude of ways to have a human face, it is currently the [age of The Instagram Face](#) leading individuals to pursue a small specific set of features, which celebrity makeup artist Colby Smith described as: *“an overly tan skin tone, a South Asian influence with the brows and eye shape, an African-American influence with the lips, a Caucasian influence with the nose, a cheek structure that is predominantly Native American and Middle Eastern.”* Despite how multicultural this “ideal” face sounds, it is dismissive of genetic difference. Researchers in this study wanted to understand the legacy of the faces we have today – where did they come from? Recently, UCL researchers found 32 gene regions that influenced features – such as nose, lip, jaw, and brow shape. Nine of these regions were [completely new discoveries](#), while the others validated genes with little prior evidence. The team analysed data from more than 6,000 volunteers across Latin America.

RESEARCH-PROJECT PROGRESS SINCE 8 February:

Jasmin Wertz's paper will be published on Feb 17 in JAMA-Psychiatry.

"Association of History of Psychopathology With Accelerated Aging at Midlife," DOI: 10.1001/jamapsychiatry.2020.4626. This new paper crowns a set of three, including Leah's "Longitudinal Associations of Mental Disorders With Physical Diseases and Mortality Among 2.3 Million New Zealand Citizens," JAMA Network Open, Jan. 13, 2021. And Temi and Avshalom's "Psychiatry's Opportunity to Prevent the Rising Burden of Age-related Disease," JAMA-Psychiatry, March 27, 2019. **Great news!**

Max Elliott and Avshalom's paper is accepted at *Nature Aging*. "Disparities in the pace of biological aging among midlife adults of the same chronological age: Implications for future frailty risk and for policy" (NATAGING-A00141A). **Hurrah!**



Jasmin Wertz and Leah Richmond-Rakerd both were awarded fellowships to take part in the APPA meeting in March. **Congratulations you two, and thanks for representing the team at this superb meeting!**

Line Rasmussen and Jasmin Wertz submitted a proposal to the Charles Lafitte foundation for a project: Infections during childhood and subsequent risk of mental disorders: A systematic review and meta-analysis. **Good luck!**

Maria Gehred and Ahmad Hariri submitted their R&R to *Biological Psychiatry*.

"Long-term neural embedding of adverse childhood experiences in a population-representative birth cohort followed for five decades" MS Number: BPS-D-20-01352R1. **Fingers crossed Maria!**

Tracy D'Arbeloff got an R&R from *Frontiers in Aging Neuroscience* for "Midlife cardiovascular fitness is reflected in the brain's white matter: Potential implications for biomarker development in cognitive decline and dementia intervention research". **Congratulations Tracy!**

Line Rasmussen has submitted a new concept paper for: "suPAR and mental health in Denmark, Dunedin, and E-Risk".

Time for a winter walk in the woods. Most people would think its boring in the woods in winter. Nothing to see. HA!

Get your coat, hat, boots, gloves, and let's go! What can you find?



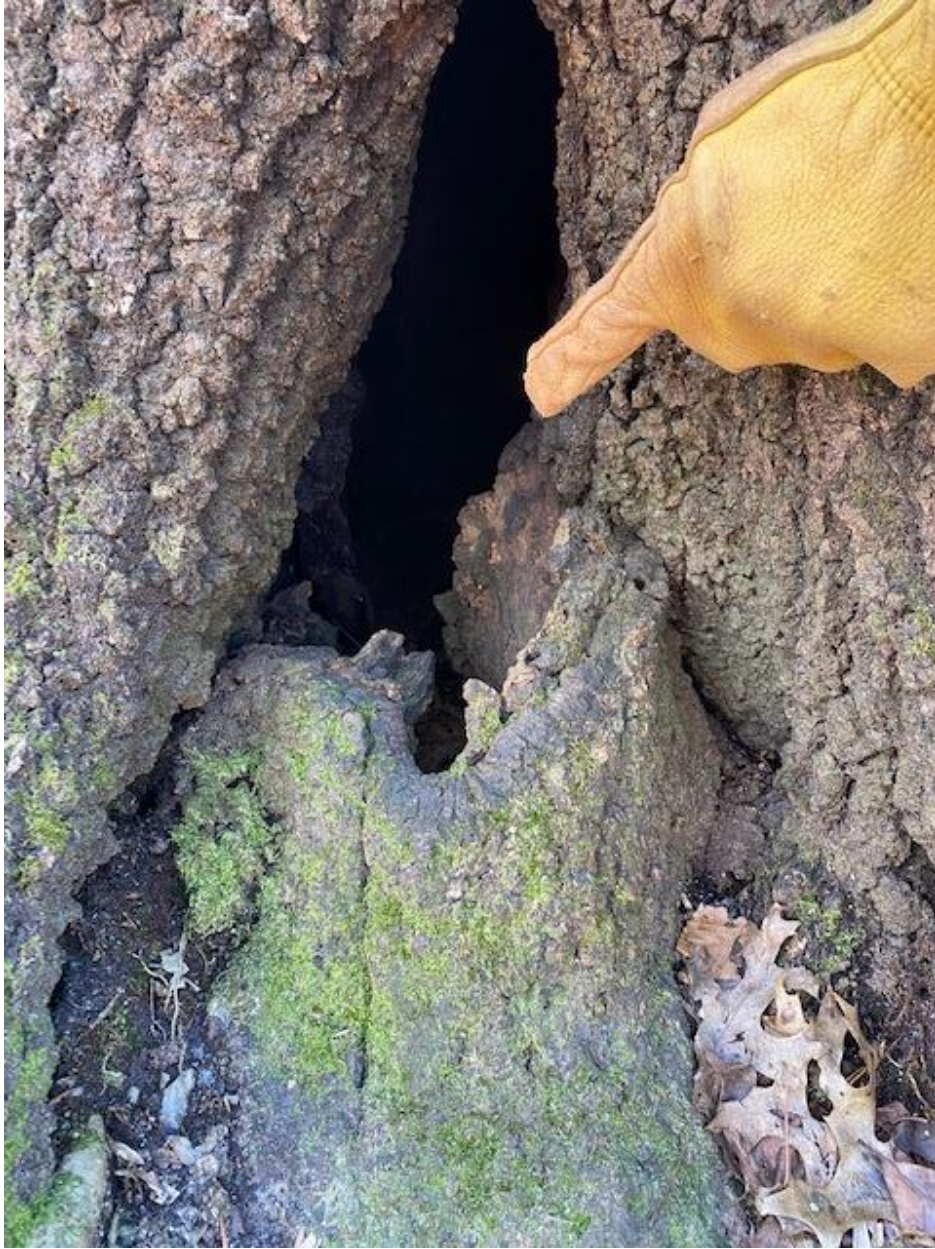
What is this furry vine? Friend or foe?



Who lives here? How could you tell if someone does?



Who lives here?



And here! A gnome? A Troll?



What is the name of this beautiful plant that grows beside water?



What is this plant, and how did it get in the North Carolina forest?



There is something really really special about this leaf. What is it?



Why is there a pink tie around this tree?



What's this bright green stuff?



And what is the name of this gray lichen? Hint, it looks like its name.



What are these little white things?



Here is the.....branch in NC, creek out west, stream up north, brook in Canada, a burn in Scotland, a זרם קטן in Hebrew, a billabong in Australia!



Where do we find these on the Macon Farm? Hint....





How are quartz crystals made? And how do they end up in the branch?



This creepy thing is a.....



What do we have here? We see fresh yellow wood chips all around under a tree. A mystery.

Look up.



Who did this to the tree?



This is where those yellow wood chips were chipped out, but by whom?



Ah oh, we hiked too far, time to turn around and hustle home.



Thanks for taking a winter walk in the woods with us! For those of you in NC, you and yours are welcome to come out to the Macon Farm for a real walk in the woods. Please do come have a day out!

Have a serene week everyone.

https://www.youtube.com/watch?v=lQ-ly-H-Mes&feature=emb_logo

Jesu, Joy of our Desiring, played on a very loooooooooong wooden xylophone,
in a forest, in Japan. Absolutely dreamy!