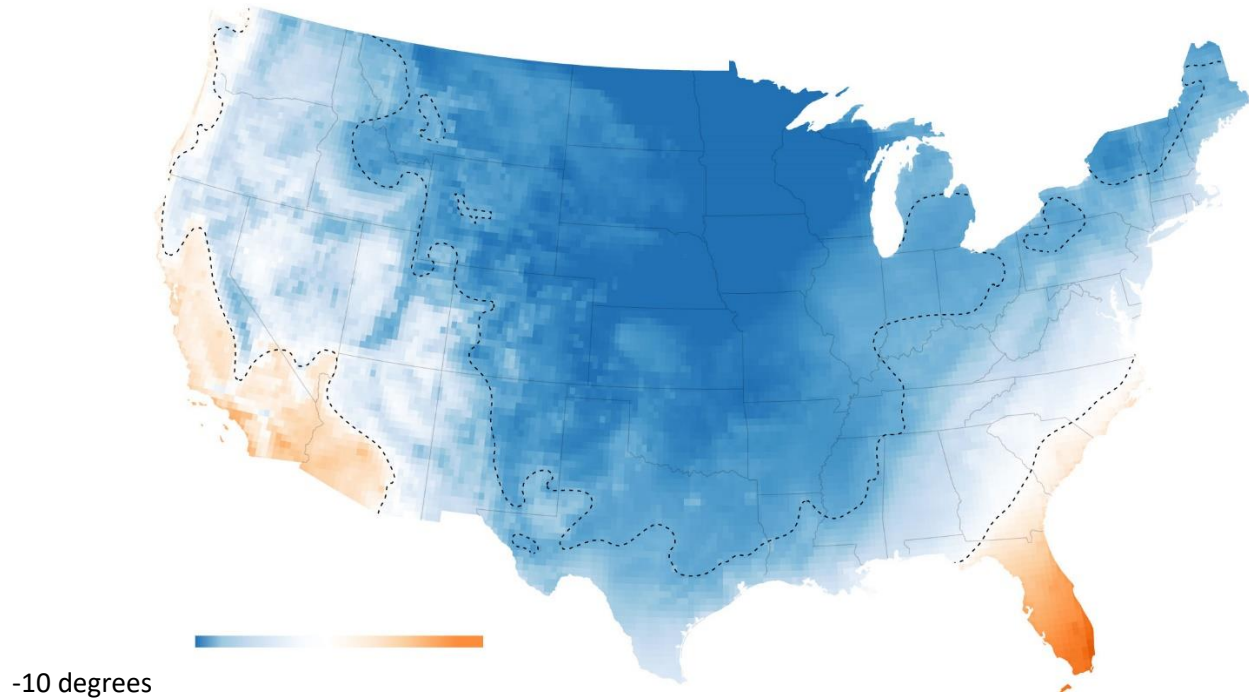


Dear Grey House team members and jovial quaran-teammates, we are now 360 wild and wonderful days into our frosty, soggy team-building adventure! And it's....cold. And it's very wet. Will spring never come? OK you Kiwi's, don't laugh.

22 February 2021 Newsletter theme: Nasty weather

Below Freezing Temperatures Across the Country



A wintry mix of precipitation is anticipated across parts of North Carolina this Thursday with temperatures hovering around the freezing mark once again. The expected combination of sleet and freezing rain will produce icy, hazardous travel conditions and the likelihood for power outages. Our crews are prepared, and we encourage customers to be prepared as well.

FIRST THE HAPPY NEWS:

Happy Lunar New Year of the Ox! From Chloe Wong's family in London.



Stephanie Langevin is now in North Carolina! Welcome Stephanie!

Send a selfie photo in your new home and your new office, when you find them.

I'm repeating this link in case you missed it, because it is

really special: If you're feeling pangs of unrequited wanderlust, click [here](#) 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. **You can even drive thru Dunedin.**

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

FAB NEWS! Our Aaron and Max have been selected for two of America's most prestigious clinical hospital internship programs!

And they're off !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Aaron has been offered an internship year by the *Medical University of South Carolina*, the premier site for accessing major data sets on exposure to environmental toxins and pollutants, and child brain development. Superb career launch!

Max has been offered an internship year by *McLean Hospital at Harvard*, which has labs that are ideal for transitioning from internship to postdoc, using his fellowship grant that he has for post-internship. Again, an ideal career launch!

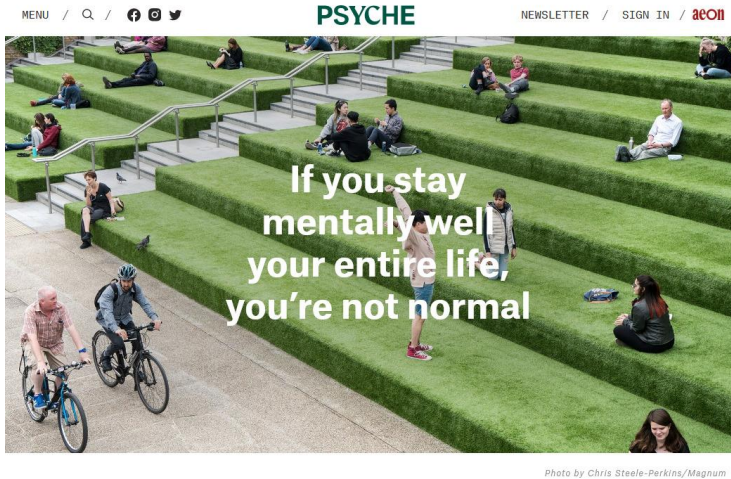


Name

Birthday

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

More good news! Our Jon Schaefer writes about enduring mental health, for *Psyche*.



Jonathan D Schaefer is a post-doctoral fellow at the Institute of Child Development and the Minnesota Center for Twin and Family Research, both at the University of Minnesota. He studies how our environments can lead to or guard against the development of mental health problems, and writes about psychology, epidemiology, and stigma.

'Your answers on this questionnaire suggest moderate to severe depression,' I said gently. 'Can I ask how long that's been going on?'

My client, a middle-aged, widowed military veteran with chronic back pain, looked taken aback. 'Depression?' he repeated, in a voice of disbelief. 'No, that can't be right. I can't be depressed.'

'I'm sorry,' I said, puzzled, 'but what do you mean you *can't* be depressed?'

'Well, depression...' he mumbled, 'it means you're unreliable. It means I

<https://psyche.co/ideas/if-you-stay-mentally-well-your-entire-life-youre-not-normal>

And snow drops have bloomed in the UK! Spring is coming!



NEXT, THE UN-HAPPY NEWS:

Nothing new in the bad category this week. Thank God.

But don't let's open our mouth to the devil, as they say in Israel.

Except, we still feel very sorry for our Andrea Danese with his broken leg.

Well here is something that could be odd, if not actually bad.

Petroglyphs carved on rocks are seen below Mount Ukhtasar in southern Armenia. The mountainside is dotted with more than 1,000 ancient rock carvings, such as these dinosaur-like creatures, which date back to a period between 2000 BC and 12000 BC.

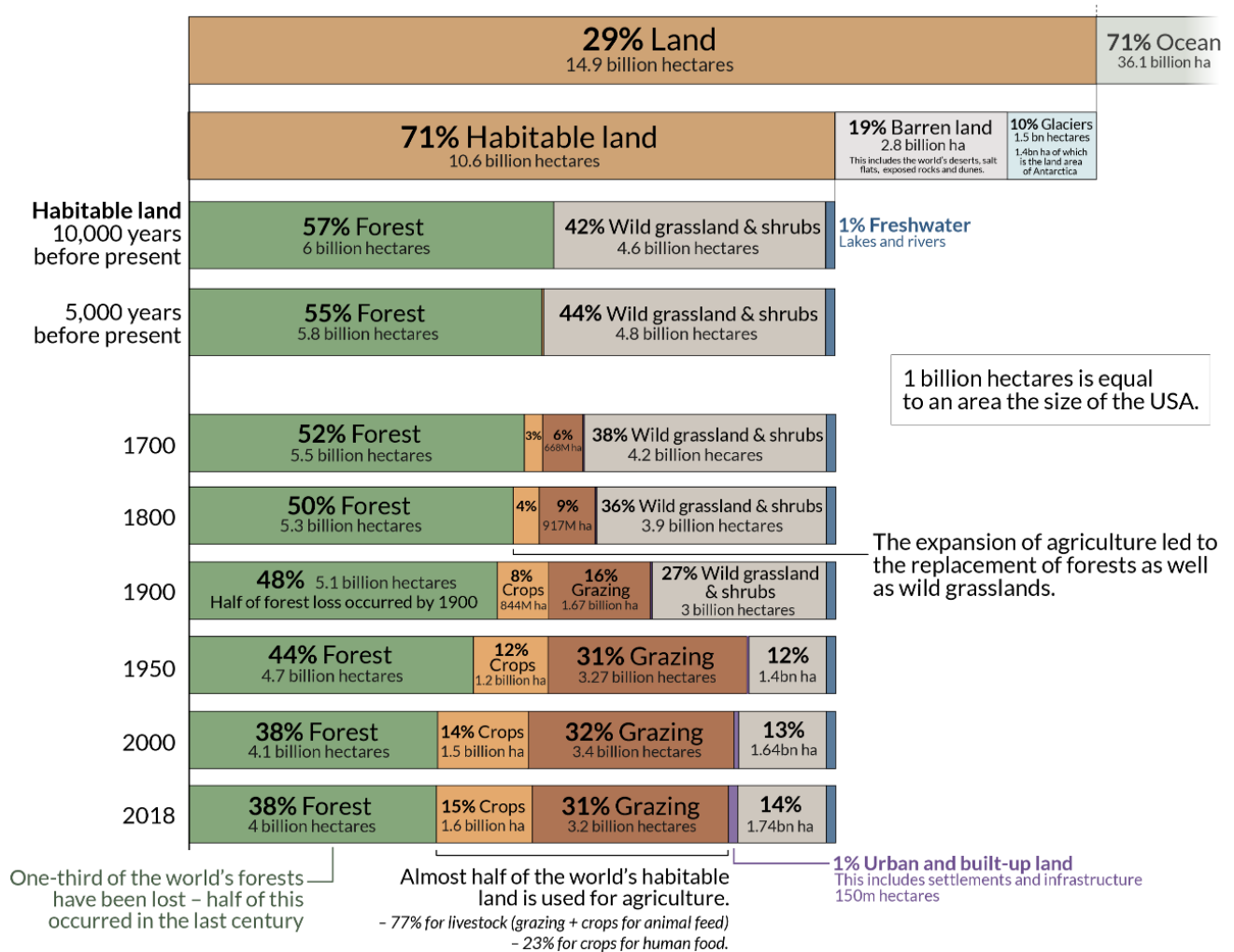


Where do you think the artist saw these dinos?

THIS WEEK's Science visualization:

Our world has lost 1/3 of its forests.

Looks like about 20% of the earth's surface is habitable land. Of that, 2/3 used to be forest. Now it's down to 1/3. What's increased is grazing land.



The mission of Our World in Data is to make data and research on the world's largest problems understandable and accessible.

Dr Fauci laughs after learning a new dating term 'Fauci-ing'

Fauci-ing means 'declining to date someone because you don't feel they're taking Covid-19 seriously enough'. Read in The Independent:

<https://apple.news/AwSBtYrdISyaWIWv6IHmJXw>

Knowable Magazine Live Event on Tuesday: How Has the Pandemic Influenced Public Attitudes Toward Science?

Dear Colleagues,

Please join us on Tuesday, February 23rd at 9am PT (12pm ET | 5pm GMT) for a live event: [**How Has the Pandemic Influenced Public Attitudes Toward Science?**](#)

Covid-19 has thrust science into the daily lives of the public. What impact is this having on how science and scientists are viewed? How should scientists deliver results and recommendations to an audience that is divided on almost every aspect of the pandemic? Might this be a pivotal moment in the relationship between science and the public?

And finally... They needed **Honalee and Antony** to check for outliers....

Read the not-so-tall tale of the young Liverpool man who was [invited](#) for a Covid vaccine last week, because his GP had his height down as 6.2cm instead of six foot two, giving him a BMI of 28,000. <https://www.liverpoolecho.co.uk/news/liverpool-news/invited-covid-vaccine-because-nhs-19857990>

This is a stern lesson for those of us who are using medical records data sets.

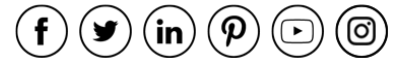
RESEARCH-PROJECT PROGRESS SINCE 15 February:

Leah Richmond-Rakerd was awarded a grant by the Center for Advancing Sociodemographic and Economic Study of Alzheimer's Disease and Related Dementias (CeASES ADRD). Leah's application was selected among a group of highly competitive of proposals: "Do mental disorders forecast ADRD in nationwide administrative registers?" **Congratulations to Leah, and her collaborators Barry Milne, and Stephanie D'Souza, and Temi and Av.**

Most Read This Week

JAMA Network™

FEBRUARY 21, 2021




Jasmin Wertz's paper appeared on Feb 17 in JAMA-Psychiatry and is already among the most-read in the JAMA network. "Association of History of Psychopathology With Accelerated Aging at Midlife," 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.

<https://edition.cnn.com/2021/02/17/health/mental-health-disorders-aging-wellness/index.html>

JAMA Psychiatry

[Home](#)
[New Online](#)
[Issues](#)


Editor's Choice: [Psychiatry and COVID-19](#)



History of Psychopathology as a Risk Factor for Accelerated Aging at Midlife

Jasmin Wertz, PhD; Avshalom Caspi, PhD; Antony Ambler, MSc; et al

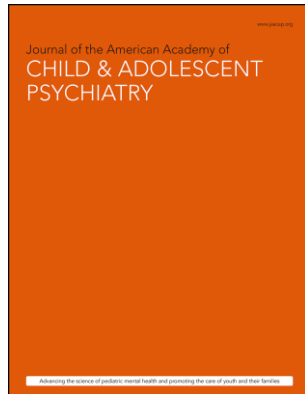
Original Investigation | February 17, 2021

ONLINE FIRST 

Just Published

February 17, 2021

Max Elliott and Avshalom's paper will appear in the March issue of *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). **This is the signature paper of Phase 45. Keep an eye out!**



Jon Schaefer has an editorial on Enduring Mental Health coming out soon in the orange journal.

Editorial: Enduring Mental Health: The High Lifetime Prevalence of Psychiatric Disorder and Emerging Science of Persistent Mental Wellness

Andrea Danese and Stephanie Lewis got an R&R from *British J of Psychiatry* for Unravelling the contribution of complex trauma to psychopathology and cognitive deficits: a cohort study. Well done Stephanie!

Barry Milne got an R&R from *Advances in Life Course Research* for his manuscript: "Do socially isolated children become socially isolated adults?" Congrats Barry!



Line Rasmussen, in addition to Jasmin Wertz and Leah Richmond-Rakerd were all three awarded fellowships to take part in the APPA meeting in March. Congratulations and thanks for representing the team at this superb meeting!

Jenny Van Dongen submitted "Identical twins carry a persistent epigenetic signature of early genome programming" to *Nature Genetics*. Fingers crossed for Jenny.

Jasmin Wertz submitted a conference-registration proposal to the Charles Lafitte foundation, who swiftly agreed to pay her registration for 3 conferences. UK CLOSER Longitudinal Research Meeting, Society for Research in Child Development, MQ Mental Health Summit.

Helen Fisher and Aaron Reuben resubmitted their R&R for *JAMA Network Open* on their manuscript, "Air pollution exposure in childhood and adolescence and the emergence of psychopathology at the transition to adulthood." Good luck!

Aaron is co-investigator on a grant proposal submitted to the Charles Lafitte foundation entitled, "Establishing test-retest reliability for a novel measure of child neurotoxicant exposure." If they get the grant it will fund analysis of a test-retest sample of silicone wristbands they are deploying in Mike Gaffrey's longitudinal child neuroimaging study.

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".

Kyle Bourassa has submitted a new concept paper for: "Identifying treatable pediatric health risk factors for accelerated aging"

This paper is provisionally accepted by PLOS Genetics: Hannon Ellis; Georgina Mansell; Joe Burrage; Agnieszka Kepa; Janis Best-Lane; Anna Rose; Susanne Heck; Terrie Moffitt; Avshalom Caspi; Louise Arseneault; Jonathan Mill (in press). 'Assessing the co-variability of DNA methylation across peripheral cells and tissues: implications for the interpretation of findings in epigenetic epidemiology' PGENETICS-D-20-00987R2

Temi's giving a talk at Vanderbilt this week.

Daniel and Temi are both giving separate talks at the NIA Workshop on Data Across cohorts. Kyle was selected as early-career researcher to take part too.

Please send me a few lines about what you are doing, researchwise, so I can add to the next newsletter. Thanks everyone! Temi

This was a super cold wet week almost everywhere.



From Jenny Van Dongen, the "ruine van Brederode", close to her house.

From Honalee: This is an easy recipe for suet to feed the cold birds. Stay safe!

1/2 C butter
1/2 C peanut butter
Melt in a big sauce pan
Stir in
1 C flour
1 C corn meal
1 C oatmeal

Add some bird seed or dried fruit.
Form into cakes and let set. Put outdoors for birds or squirrels.

Oscar learned about ice-water this week. He likes it. Up to his elbows.



Cosy reading on cold nights.





Remember, for those of you in NC, you and yours are welcome to come out to the Macon Farm for a walk in the woods. Wildflowers will launch in March. Come have a COVID-safe day out!





Advance notice: In 3 weeks, we will have a special wearin' o' the green issue of this newsletter, to mark St. Patrick's Day. So, please take photos of anything green, anything at all. I want loads of photos of green. And send me poems, quotes, jokes, recipies, travel destinations, anything on an Irish theme.

Start planning now, team members with Irish ancestry, or just those who like dyed-green whiskey.

Have a serene week everyone.

Here's something sooooo serene to watch and listen to:

Swamp Sounds at Night - Frogs, Crickets, Light Rain, Forest Nature Sounds | 3 Hours
, 7,739,719 views

https://www.youtube.com/watch?v=ih4_1FyVjaY

Ancient Library Room - Relaxing Thunder & Rain Sounds, Crackling Fireplace for
Sleeping for Study 6,212,182 views

<https://www.youtube.com/watch?v=lvJQTWGP5Fg>

Royal Library | Rain and Thunderstorm Sounds on Study Ambience with Crackling
Fireplace 3,779,186 views

https://www.youtube.com/watch?v=CHFif_y2TyM

RAINY DAY COFFEE SHOP AMBIENCE: Piano Music and Rain Sounds With Distant
Thunder 2,420,852 views

<https://www.youtube.com/watch?v=mkgylOJSdhE>