

16 November, 2020, newsletter theme: **The run up to Christmas starts NOW.**



Team members in North Carolina will have received your Christmas gift from Temi and Avshalom a bit early this year. Thanks to **Susan** for helping get the deliveries in on time, so your amaryllis will bloom for Christmas. Plant it now, we are having a contest to see who's flower blooms first. Oscar thinks he will win.

Start practicing your Christmas carol-singing!

Jingle Bells
We wish you a merry Xmas
12 days of Xmas
Jingle Bell Rock
Silent night
Ding Dong merrily on high
In the bleak midwinter
O come all ye faithful
Christmas, Baby Please come home
Medley: Santa Baby / When Santa Got Stuck up the Chimney
Medley: Chestnuts roasting ("The Christmas Song") / Have yourself a merry little Xmas
Merry Xmas Everybody (Slade)
A fairytale of New York
Medley: Rudolph the Red-nosed reindeer / Rockin' around the Xmas tree
Stop the cavalry
And the totally best ever: Last Christmas I gave You my Heart, by Wham UK.

Dear Grey House team members and trusty quaran-teammates!
It's now 262 days into our team-building exercise. **Do something uplifting for yourself.**

If you are in London, go round to the Tate Britain to see its uplifting winter lights façade!



Tate Britain's iconic façade has been transformed by the artist Chila Kumari Singh Burman until 31 January! 'Chila's colourful tribute to her Punjabi and English heritage is a great way to mark Diwali's celebration of light over darkness, and will be a symbol of hope during these difficult times.' (*Sadiq Khan, Mayor of London*)

If you are in North Carolina, look up Starworks, those brilliant artists who brought us the glass pumpkins. Now they are doing uplifting Moravian Stars and tree ornaments.



If you are in New Zealand, go out and find an uplifting Pohutukawa tree to gaze upon.



If you are in Scandinavia, get ready for the uplifting winter lights!



OK, so now everyone, start thinking of nutty Christmas season photos you can send for the 30 November newsletter. Like this:



You have 2 weeks to find nutty Christmas pics.

HAPPY NEWS FIRST:

Our Aaron Reuben has been elected by President of the National Academies of Sciences, Dr. Marcia McNutt, to serve on the organizing committee for an upcoming National Academies workshop, *The Interplay between Environmental Exposures and Mental Health Outcomes*. Official rules say professors only, but an exception was made because of Aaron's already strong track record in research on environment and mental health. **Well done Aaron!**

Pathology report for Temi came back clear. Hurrah! Heartfelt thanks to all who are supporting me and Avshalom this month. Sorry for the missed meetings and slow pace of work. Next, we see if further radiation or medication will be required. Watch this space.

Pfizergeddon. If we are so smart, why were we not playing the market?

The stock markets reacted to the news: [Pfizer](#) shares jumped 8 per cent and BioNTech by about 15 per cent. But Zoom, [the video conferencing software](#), dropped 18 per cent while Rolls-Royce, the aircraft engine maker, rocketed by 44 per cent. Investors see this as a path back to the old world. Cinemas, cruises and other shuttered industry all soared on the news. More broadly, the FTSE 100 index of companies listed on the London Stock Exchange rose by about 5 per cent.

The population standard temperature is no longer 98.6 fahrenheit! A fascinating unexplained mysterious cohort effect on our health, we are getting cooler:

<https://www.sciencedaily.com/releases/2020/10/201028171432.htm>

Today Monday 16 November is the last day of autumn semester at Duke. YAY!

Duke administered 16,146 COVID tests to students and faculty/staff last week. Eleven students and 19 faculty/staff tested positive, for a positivity rate of 0.19 percent.

NEXT, THE UNHAPPY NEWS:

From Dave Ireland in Dunedin: We've got our own vote-rigging problems.

<https://i.stuff.co.nz/environment/300154684/bird-of-the-year-2020-1500-fraudulent-votes-placed-for-little-spotted-kiwi>



If it isn't already tough enough in Japan, where everyone has to go round in those funny face masks lest they transmit a cold....

Teenager-Be-Gone. Despite, or perhaps because of, its reputation [as a remarkably safe country](#), Japan is nonetheless vigilant in combatting youth delinquency. Train stations are particularly sensitive in that regard, since large congregations of young people pass through stations at all hours of the day. To address the Japanese fear of loitering and vandalism by young riders, some train stations deploy ultrasonic deterrents—small, unobtrusive devices that emit a high-frequency tone. The particular frequency used—17 kilohertz*—can generally only be heard by those under the age of 25. (Older people can't detect such frequencies, thanks to the age-related hearing loss known as presbycusis.) These devices—the [brainchild of a Welsh inventor](#) and also used to fend off loitering teens in the U.S. and Europe—have been enthusiastically adopted in Japan.

Cars and Covid

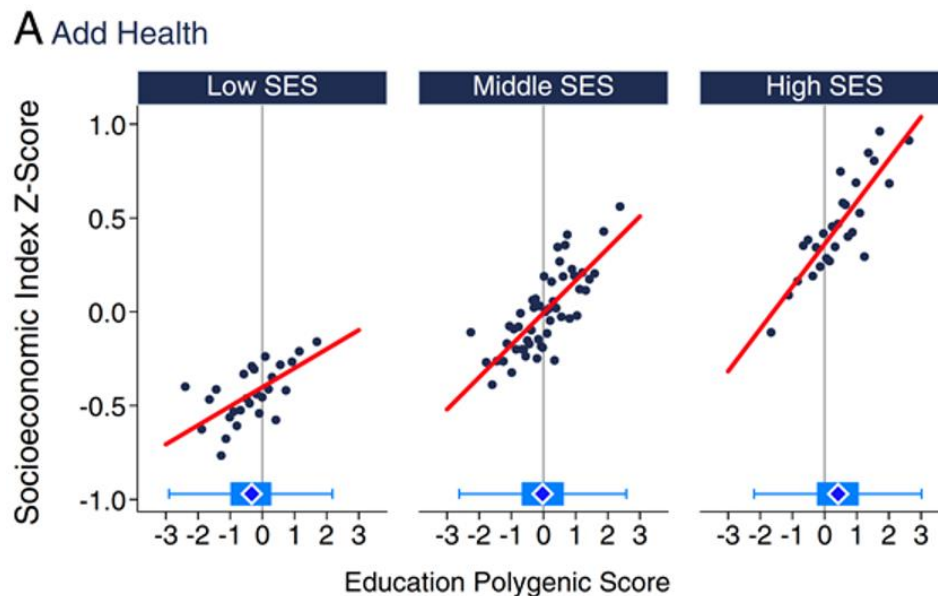
Covid is not doing much for public transport. Given the choice, a lot of people would rather drive, especially in countries where the virus has hit hard and public transport was shambolic anyway. Overall, 60 per cent say they'll use their cars more because of Covid and only 12 per cent say they'll use them less. The trend is similar in all 25 countries [surveyed](#) for a new YouGov report. Another reason to hope against hope that vaccines make people feel safe again.

THIS WEEK's Science visualizations:

<https://aeon.co/essays/social-genomics-can-combat-inequality-or-be-used-to-justify-it>

Erik Parens of the Hastings Center writes about Dan Belsky's work:

To see how the same set of findings can be recruited to advance a Left- and Right-leaning political agenda, it's helpful to consider this [paper](#). Daniel Belsky and his colleagues investigated correlations between genomic differences and levels of socioeconomic success. One of their innovations was to separate participants from the original educational-attainment study into three groups: those who started out with low socioeconomic status (SES), those who started out with middle SES, and those who started out with high SES. The figure below represents the central finding of this analysis. (The title of the figure 'Add Health' refers to one of the five studies they drew on for their analysis.) The three panels of the figure refer to analyses for those who started out at low, middle and high SES. Each dot represents 50 people. The vertical axis is an index of how much socioeconomic success those people achieved, and the horizontal axis is an index of their polygenic score.



According to the team's analysis of the data, higher polygenic scores appear to contribute to explaining socioeconomic success across all three groups. But what the figure makes equally obvious is that success achieved by those with the same polygenic score depends on their environments. People with low polygenic scores who grow up in high SES environments enjoy greater socioeconomic success than people with the very same scores who grow up in low SES environments. News flash: in our society, wealthy people with low 'genetic potential' for success often do better than poor people with high 'genetic potential'. **Left-leaning social genomicists focus on the talent-wasted message. Right-leaning ones focus on the talent-rewarded message.**

Resources:

WHO weekly updated COVID-19 surveillance report:

<https://infogram.com/1prl06x5qnekmtg10l6rd3qe3bmpdj3g76>

88% of deaths have been in people over 65,

96% of those had a pre-existing health condition,

83% had cardio-vascular disease.



All Duke faculty, students, trainees, employees, postdocs, and their families:

Duke Telephone Emotional Support & Well-Being Line

919-681-1631 8a- 11p (M- F) 8a - 8p (S S).

FREE telephone service with clinicians in the Department of Psychiatry and Behavioral Sciences providing **immediate confidential support** and **linkage** to other clinical services including:

- Duke Psychiatry urgent mental health services Telephone, video visits, limited in-person urgent evaluations. Now 8-5 M-F. Evenings, weekends available beginning 4/13.
- Duke Personal Assistance Services (PAS)
- Appointments with psychologists, psychiatrists, social workers at Duke and in the community.

RESEARCH-PROJECT PROGRESS SINCE 9 Nov.:

When rejected, always revise and resubmit. Joe Biden ran for president in 1988, 2008, and 2020. I think he also got desk-rejected a few times.

Kyle Bourassa's poster submission "Adverse Childhood Experiences and Poorer Health in Midlife: Investigating Psychosocial Mechanisms of Action" was accepted for presentation at the American Psychosomatic Society Virtual Meeting. Hurrah!

Andrea Danese, in London, published a lovely essay in *Child and Adolescent Mental Health*: Debate: Recognising and responding to the mental health needs of young people in the era of COVID-19.

Three new essays are published together as a set this month in issue 63 of *Aging Research Reviews*, by Terrie Moffitt, Eileen Crimmins, and Elissa Epel. They highlight the value of behavioral and social research for geroscience. Check out the "What's New" page on www.moffittcaspi.com

Jasmin Wertz got a provisional acceptance on the first submission from JAMA-Psychiatry for: Psychiatric illness as a risk factor for accelerated aging: Evidence from a population-representative longitudinal cohort study. **Get the smelling salts!**

A new paper from Promenta, Norway entitled "Privileged background protects against drug charges: A 27-year population-based longitudinal study" by Pedersen, Willy; Moffitt, Terrie; von Soest, Tilmann, has been successfully **submitted to Addiction**.

Signe Hald Andersen, in Denmark, submitted an R&R for JAMA Network Open, on her paper on age-specific associations between negative childhood experiences and later adverse outcomes. Good luck Signe!

Leah Richmond-Rakerd submitted her revision after a provisional acceptance last week from PNAS for "Childhood self-control forecasts the pace of midlife aging and preparedness for old age."

Leah also submitted a revision to JAMA Network Open for her paper "Mental disorder forecasts physical disease and mortality: 30-year analysis of 2.3 million New Zealanders," which is being considered for publication. Barry and Stephanie, thanks for all the heaps of new analyses!

Line Rasmussen submitted an abstract to APPA: Social isolation, loneliness, and stressful life events are associated with elevated chronic inflammation. Line Jee Hartmann Rasmussen, PhD, Kyle Bourassa, PhD, Timothy Matthews, Terrie E. Moffitt, PhD, Avshalom Caspi, PhD

Jasmin Wertz is working on an R&R at Social Science and Medicine. The vital personality and healthy aging: Replicated life-course evidence about measurement, correlates, and familial transmission.

Max Elliott is finishing up his R&R at Nature Aging. "Disparities in the pace of biological aging among midlife adults of the same chronological age: Implications for early frailty risk and policy."

Maria Gehred is finishing up her R&R from *Biological Psychiatry* for her paper: Long-term neural embedding of adverse childhood experiences in a population-representative birth cohort followed for five decades.

Finished mock review this week, Franky Happe and David Mason's paper on the Autism Q and midlife health and aging. **Thanks to all who did a mock review!**

Out for mock review: Roy Lay-Yee, Timothy Matthews, Terrie Moffitt, Richie Poulton, Avshalom Caspi, **Barry Milne.** Do socially isolated children become socially isolated adults?

Aaron Reuben and Helen Fisher, Association of childhood air pollution exposure with the emergence of psychopathology at the transition to adulthood. **Finishing mock review.**

Temi took up her 3-year appointment as chair of the National Academy of Science's Board on Behavioral, Cognitive and Sensory Sciences. This post brings the unofficial title of "Fearless Leader" which those of you who know the cartoon Rocky



squirrel and Bullwinkle moose will recall, Natasha, evil Russian spies.

is the boss of Boris and

Projects underway and making good progress toward mock review:

Kyle Bourassa and Line Rasmussen, stressful life events and suPAR

Max Elliott & Line Rasmussen, brain and suPAR

Line Rasmussen, little p and suPAR **Hurrah! Line is back from maternity leave, and suPAR lives!**

Jasmin Wertz, parenting genomics in multiple cohorts

Annchen Knodt, long-term cannabis use and midlife brain structure

Madeline Meier, cannabis and brain/cognition

Karen Sugden, education and aging in multiple cohorts

Avshalom and Renate, The p-factor, an empirical evaluation

Jess Agnew-Blase, mother-child polygenic ADHD scores and family chaos

Daniel Belsky, Karen, David, Temi, and Avshalom, DunedinPoAm4x

Aaron Reuben, childhood lead and telomere erosion

Aaron Reuben, prospective risk factors for ADRD

Leah Richmond-Rakerd, mental health and ADRD in the NZ IDI

Max Elliott, DunedinPoAm4x and dementia

Signe Hald Andersen and Leah Richmond-Rakerd, 3-generations of the concentration of disadvantage and how education breaks the cycle

Geli Ronald and Lizzie, Autism Q10 and little p

Jorim Tielbeek and JC Barnes, polygenic score for antisocial behaviour, Dunedin and E-risk

Have a serene week everyone, wherever you may be! Temi



The Golden Pagoda, Kyoto, Japan, January 2020. Submitted by Avshalom.