



**9 November, 2020,
newsletter theme:
Teambuilding**

Dear Grey House team members and loyal quaran-teammates!

It's now 255 days into our team-building exercise. The team-building activities hit a new excruciating nadir this week. The pandemic still rages. The presidential election's all a bit of a rage too. And Temi had another breast surgery last Friday. Geeze! What next? Enough with this team building stress already!

So, just google "team-building." You have no idea what heights of ridiculousness are out there. We are way past "It takes a village." Who makes up this naff stuff? Check out these smarmy team-work quotations:

Teamwork Quotes to Inspire Collaboration

1. "Alone we can do so little; together we can do so much." – Helen Keller ([Click to Tweet!](#))
2. "If everyone is moving forward together, then success takes care of itself." – Henry Ford ([Click to Tweet!](#))
3. "Many ideas grow better when transplanted into another mind than the one where they sprang up." – Oliver Wendell Holmes ([Click to Tweet!](#))



4. "If I have seen further, it is by standing on the shoulders of giants." – Isaac Newton ([Click to Tweet!](#))

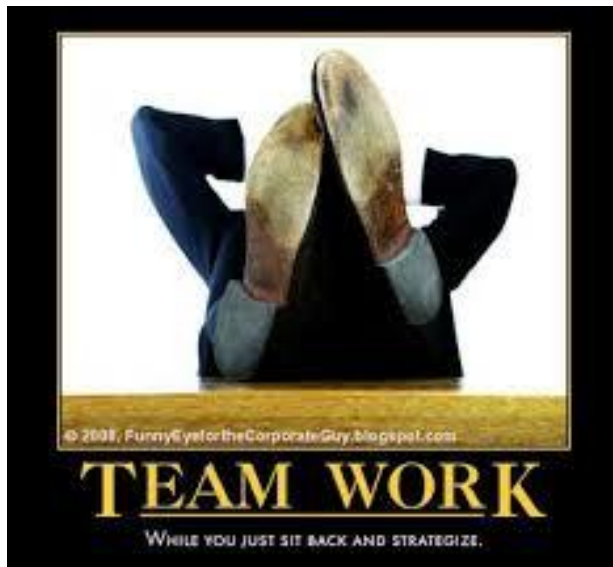
5. "No one can whistle a symphony. It takes a whole orchestra to play it." – H.E. Luccock ([Click to Tweet!](#))

6. "Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." – Andrew Carnegie ([Click to Tweet!](#))

7. "It is the long history of humankind (and animal kind, too) that those who learned to collaborate and improvise most effectively have prevailed." – Charles Darwin ([Click to Tweet!](#))

8. "Coming together is a beginning, staying together is progress, and working together is success." – Henry Ford ([Click to Tweet!](#))

9. "Talent wins games, but teamwork and intelligence win championships." – Michael Jordan ([Click to Tweet!](#))



10. "The strength of the team is each individual member. The strength of each member is the team." – Phil Jackson ([Click to Tweet!](#))

11. "The best teamwork comes from men who are working independently toward one goal in unison." – James Cash Penney ([Click to Tweet!](#))

12. "Politeness is the poison of collaboration." – Edwin Land ([Click to Tweet!](#)) **WHAT THE HECK DOES THAT MEAN?!?!?!?!?**

13. "Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life." – Amy Poehler ([Click to Tweet!](#))

14. "Effectively, change is almost impossible without industry-wide collaboration, cooperation, and consensus." – Simon Mainwaring ([Click to Tweet!](#))



24. "One piece of log creates a small fire, adequate to warm you up, add just a few more pieces to blast an immense bonfire, large enough to warm up your entire circle of friends; needless to say that individuality counts but teamwork dynamites." – Jin Kwon ([Click to Tweet!](#))

31. "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." – Mother Teresa ([Click to Tweet!](#))

This one's kinda nice:

36. "Success is best when it's shared." – Howard Schultz ([Click to Tweet!](#))



My favorite.

Think of the cobra as your journal reviewers.

AS ALWAYS, THE HAPPY NEWS FIRST:

The Origins of You selected by Marginal Revolution as one of the **best non-fiction books of 2020**.

These are the first 3 instalments in a *PsychToday* blog series on the book, by Dona Matthews:

<https://www.psychologytoday.com/ca/blog/going-beyond-intelligence/202010/day-care-less-and-later-is-better-family-matters-most>

<https://www.psychologytoday.com/us/blog/going-beyond-intelligence/202011/say-good-morning-your-neighbors>

<https://www.psychologytoday.com/ca/blog/going-beyond-intelligence/202011/self-control-staying-calm-focused-present-and-productive>

Los Angeles Review of Books recommends ***The Origins of You***:

<https://lareviewofbooks.org/article/childhood-sifting-facts-from-fad-driven-fancy/>

NEXT, THE UNHAPPY NEWS:

For our UK team members: Welcome back – if that is the appropriate greeting – to **national lockdown in England**, already re-imposed, with local variations, in Germany, France, Spain and Belgium. So sorry!

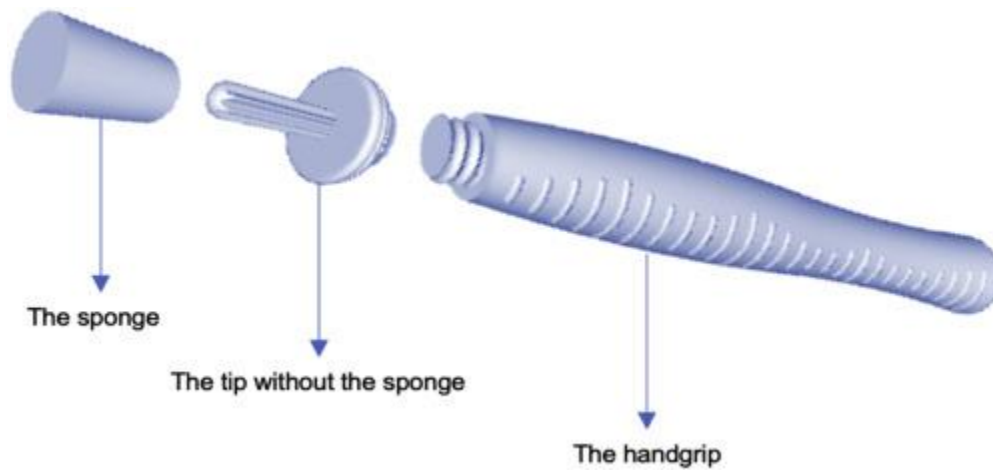
Remember first time round in March, when Boris Johnson “instructed” the public to stay at home, protect the NHS, save lives? It was alarming and disorienting, and a terrible number of people lost their lives and livelihoods. But there was also a sense of spontaneous solidarity, of shared endeavour and responsibility. It was spring, and still light when we stood outside our homes and applauded health and care workers at 8pm on Thursdays.

Now, as the national portcullis falls once more, it is winter and it feels as though – in spite of all the measures, test and trace apps, tiered restrictions and regional lockdowns that have been tried in the past seven months – we have simply slithered down the snake, to start all over again on the coronavirus board. **Yet as classically-educated Londoners like to say: *nil desperandum*. Or, put more simply: don’t give up.**

THIS WEEK's Science visualizations:

Thought you might be interested (or disgusted!) by this new study from IoPPN 😊 Helen Fisher

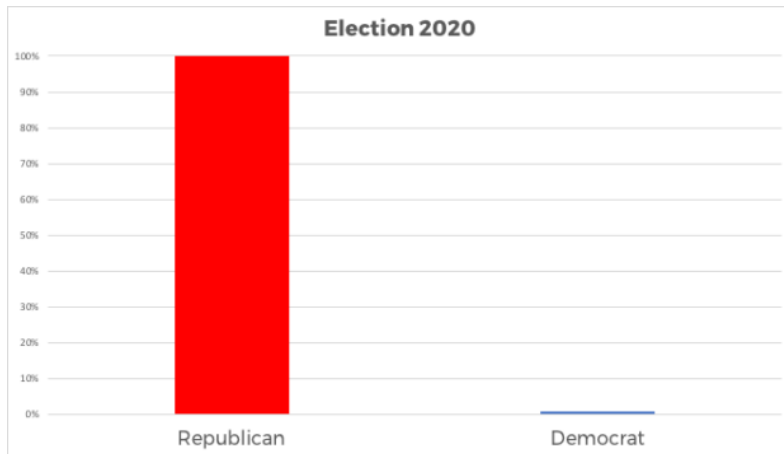
Earwax sampler designed at King's College London can be used to study cortisol stress hormone.



<https://www.kcl.ac.uk/news/earwax-sampling-could-measure-stress-hormone?s=09>

We have steered clear of politics in this newsletter, but this one is so silly we can all appreciate it. Thanks to David Ireland in Dunedin for sending.....

Trump Would Win Easily If Only Republican Votes Counted, New Chart Shows



A new analysis by some guy on Twitter has found that Donald Trump would have been re-elected with an overwhelming majority if none of the votes for Joe Biden had been counted. Using the hashtag #STOPTHECOUNT, the man said there was definitely something fishy going on. "Don't you think it's a little bit strange that as soon as you start including Democrat votes the election becomes close. But yet when you only include Republican votes it's a Donald Trump landslide? That's the story you're not hearing from the mainstream media.

"You see the same thing over and over again in every state and every county. If you include only the legitimate votes – the ones from Republican voters – Trump wins easily. But yet what we're being shown on CNN and the New York Times is different. This is voter fraud, clear and simple". He said he had factored in the different voting patterns of Democrats v Republican voters. "Even when you include and then discount mail-in votes from Democrat voters – it's still a clear victory for Trump". He said the evidence was irrefutable. "You can see it right there in my chart. The facts that I make up don't lie". Support *The Shovel*. **(submitted by Dave Ireland, from Dunedin)**

And to offset..... [From The Onion](#): **"Media Condemns Biden For Baseless Claim That Nation Will Come Together Once Election Over."** From CNN's Jake Tapper, "Where's the evidence for this nonsense? There is none. This is America, you don't just say things like that. Shame on him. This has never happened in 244 years of this country's existence, and it certainly won't happen now."

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.

2020 Virtual Stead Tread!

Join Team Geriatrics for the 2020 Virtual Stead Tread, supporting Durham's Lincoln Community Health Center! Divisions get prizes for top participation, and we want to show up strong for this important fundraiser.

You can participate in the Stead Tread in these ways:

1. **Register for the virtual 5K race.** Registration is \$30 and includes a pre-ordered race day t-shirt, or \$25 if you wish to forgo a t-shirt. Registration is now open at www.steadtread.org. You can complete your own 5K anytime between Nov 1-26, &/or join us on Nov 14 for GeriaTreks-Stead-Tread in person!
2. Skip the run and **donate to the race directly and securely** at www.steadtread.org
3. **Support a Duke resident or fellow team.** For \$75, you can enter a team of 3 trainees in the virtual 5K and challenge them to go for a COVID-safe run or walk together. This is a great way for our trainees to participate in a fun, socially distanced event together while supporting our patients!

Full details here: www.steadtread.org

RESEARCH-PROJECT PROGRESS SINCE 2 November:

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.

AI-guided editorial decisions at journals. Oh boy! You may recall that we discussed this over a year ago, how Artificial Intelligence dashboards at the major science publishing houses are now giving editors the nudge to desk-reject papers without looking at them, based on certain criteria. Today, at the National Academy of Sciences Board on Behavioral and Social Sciences, we learned about **AI algorithms that can predict whether a paper's numbers will be reproducible and whether findings will replicate.** Coming soon to your editor's dashboard!

Aaron gave a brilliant talk to the SGDP in London! Now they know all about lead.

JC Barnes submitted his paper "The Development of Perceptions of Punishment Risk from Adolescence to Middle Adulthood" to Justice Quarterly. **Fingers crossed JC!**

Jasmin Wertz got a R&R at Social Science and Medicine. The vital personality and healthy aging: Replicated life-course evidence about measurement, correlates, and familial transmission. **Tedious, tedious, but we are getting there!**

Christina Carlisi submitted the R&R to JCPP, for her paper, Associations between life-course-persistent antisocial behavior and subcortical brain volume in a population-representative longitudinal birth cohort. **We hope they like it!**

Leah Richmond-Rakerd got a provisional acceptance last week from PNAS for "Childhood self-control forecasts the pace of midlife aging and preparedness for old age." And her paper "Mental disorder forecasts physical disease and mortality: 30-year analysis of 2.3 million New Zealanders," is being considered for publication in **JAMA Network Open.** Barry and Stephanie, thanks for all the new analyses!

Out for mock review this week, Franky Happe and David Mason's paper on the Autism Q and midlife health and aging. **Thanks to all doing a mock review, due 14 November.**

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. **Well done, Maria!!!**

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.**

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

Late entry Halloween costume:



My son Landry watched the Pixar movie Ratatouille back in August and since then when asked what he wanted to be for Halloween (not even really knowing what Halloween was) Landry has responded with "Squeak, squeak. Cook." So we dressed him up as our version of Remy, the rat chef in the movie.

All the best,

Ryan Motz



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



500,000 migratory cranes pause in Israel's Hula Valley every November, while en route from Russia to Africa for the winter. Photo by Avshalom.