



12 October, 2020, newsletter theme: Love



Uyuni salt flats, Bolivia.

Dear Grey House team and lovely quaran-teammates! It's now 225 days into our team-building tribulation. Tribulation is a good biblical word. In Christian eschatology, the tribulation is a few years when everyone will experience worldwide disease, financial hardships, natural disasters, and famine, and which will precede the Second Coming of the Messiah. (Note to self: shall we have a newsletter theme on prep for the Messiah????). It's ecclesiastical Latin from *tribulare* 'press, oppress', from *tribulum* 'a threshing board constructed of sharp points for husking and grinding grain'.

Speaking of being ground down against sharp points, research reports are now announcing that this protracted stage of the pandemic is putting us all at high-risk for depression and anxiety, insomnia, and black evil thoughts.

JAMA Internal Medicine paper on internet searches for mental health topics:

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2771502>

Depression & Anxiety. Prevalence of anxiety and depressive in 2020 compared to 2019.

<https://onlinelibrary.wiley.com/doi/full/10.1002/da.23077?campaign=woletoc>

We are going to resist this nasty trend together by thinking of love. Ruminating on love. Obsessing about love. Ready? At the end of the newsletter, you will find photos of yourselves expressing love, or receiving it. I asked for a peak loving moment in your life, no matter when, or how long ago. You delivered!

BUT FIRST, THE HAPPY NEWS: More media glitz this week!

We got our 15 minutes in Norway, with a large piece on the delinquency abstainer paper in the major Norwegian newspaper Aftenposten and a follow up at the key Norwegian channel for research dissemination. Gorgeous coverage!

[https://urldefense.com/v3/https://www.aftenposten.no/viten/i/kRa48k/hvordan-gaar-det-med-ungdom-som-aldri-gjoer-noe-galt_!!OToaGQ!5gWqC6KcFWyisCup2LPpZAZe7qsSFkgAefLOjtPNLYaV3I8Njyf_81FEUxKt_p2wyUeIKw\\$](https://urldefense.com/v3/https://www.aftenposten.no/viten/i/kRa48k/hvordan-gaar-det-med-ungdom-som-aldri-gjoer-noe-galt_!!OToaGQ!5gWqC6KcFWyisCup2LPpZAZe7qsSFkgAefLOjtPNLYaV3I8Njyf_81FEUxKt_p2wyUeIKw$)
[https://urldefense.com/v3/https://forskning.no/barn-og-ungdom-kriminalitet/slar-hull-pa-myten-om-at-snille-og-stille-tenaringer-er-et-faretegn/1751427_!!OToaGQ!5gWqC6KcFWyisCup2LPpZAZe7qsSFkgAefLOjtPNLYaV3I8Njyf_81FEUxKt_p2J23ayFA\\$](https://urldefense.com/v3/https://forskning.no/barn-og-ungdom-kriminalitet/slar-hull-pa-myten-om-at-snille-og-stille-tenaringer-er-et-faretegn/1751427_!!OToaGQ!5gWqC6KcFWyisCup2LPpZAZe7qsSFkgAefLOjtPNLYaV3I8Njyf_81FEUxKt_p2J23ayFA$)

The New Zealand election, like watching a political fight through the Calm app.

New Zealand is in the middle of an election campaign which feels so low key and full of charming, non-threatening characters, that someone outside the country would be forgiven for thinking they'd accidentally stumbled across Taika Waititi's new take on The West Wing. Read the full story at: <https://www.theguardian.com/world/2020/oct/07/the-new-zealand-election-like-watching-a-political-fight-through-the-calm-app>

And remember, for all you incorrigible procrastinators, Dolly Parton's new Christmas Album can still be ordered this week, don't miss out!



NEXT, THE UNHAPPY NEWS:

The Pandemic continues to stall the academic job market, BLEH!

[https://www.the-scientist.com/news-opinion/the-pandemic-continues-to-put-a-damper-on-faculty-hiring-](https://www.the-scientist.com/news-opinion/the-pandemic-continues-to-put-a-damper-on-faculty-hiring-68020?utm_campaign=TS_DAILY%20NEWSLETTER_2020&utm_medium=email&hsmi=96777578&hse_nc=p2ANqtz--yaHXeRKMJTjFsA8EvrWrE8kd2Bf7337bwm2Ov7E2g-2Gi26hp3ubu1nd-U5MgVfbbUMLNsSFEJvw-ZZ86xcFdROLog&utm_content=96777578&utm_source=hs_email)

[68020?utm_campaign=TS_DAILY%20NEWSLETTER_2020&utm_medium=email&hsmi=96777578&hse_nc=p2ANqtz--yaHXeRKMJTjFsA8EvrWrE8kd2Bf7337bwm2Ov7E2g-2Gi26hp3ubu1nd-U5MgVfbbUMLNsSFEJvw-ZZ86xcFdROLog&utm_content=96777578&utm_source=hs_email](https://www.the-scientist.com/news-opinion/the-pandemic-continues-to-put-a-damper-on-faculty-hiring-68020?utm_campaign=TS_DAILY%20NEWSLETTER_2020&utm_medium=email&hsmi=96777578&hse_nc=p2ANqtz--yaHXeRKMJTjFsA8EvrWrE8kd2Bf7337bwm2Ov7E2g-2Gi26hp3ubu1nd-U5MgVfbbUMLNsSFEJvw-ZZ86xcFdROLog&utm_content=96777578&utm_source=hs_email)

Eddie Van Halen died, and some great guitar went out of the world.



https://www.stltoday.com/entertainment/music/st-louis-and-van-halen-a-love-affair-curated-over-four-decades/article_882e1e68-082d-11eb-a5f0-c3238b027a5a.html

Our Richie has one more week of radiation therapy. Sending our very best wishes, Richie & Sandhya!

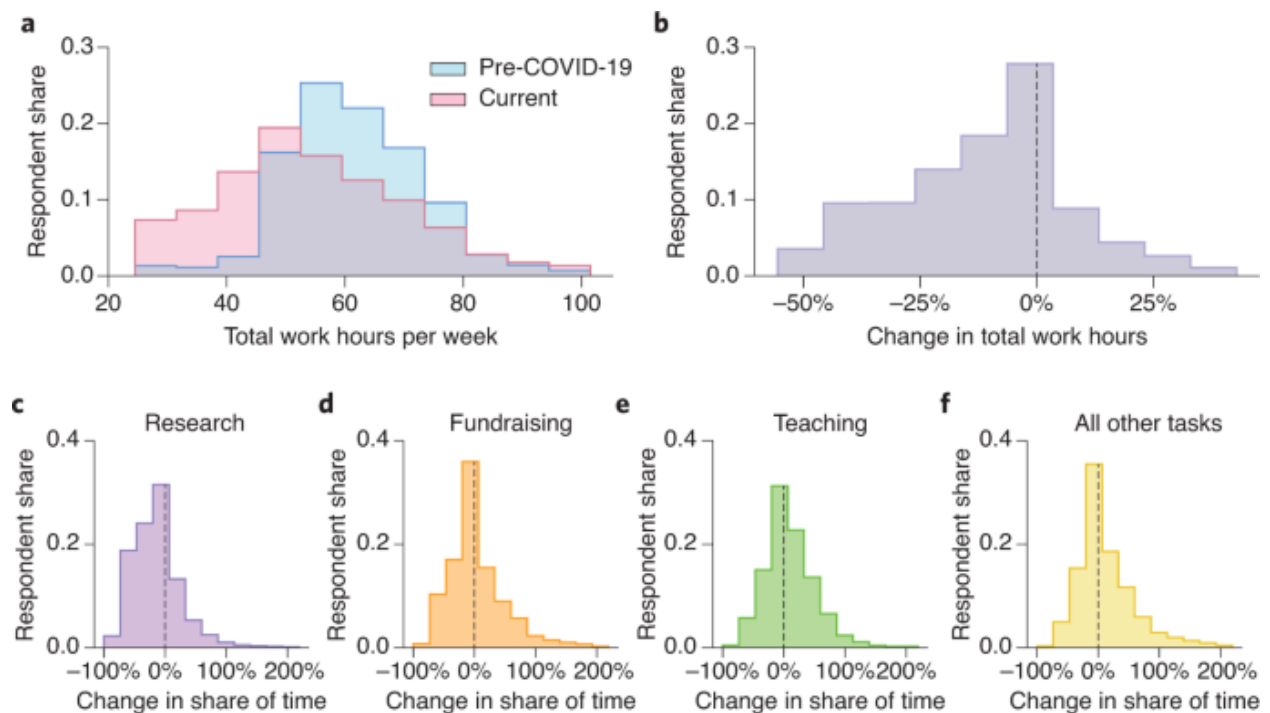


August 2016, Dunedin neuroimaging team

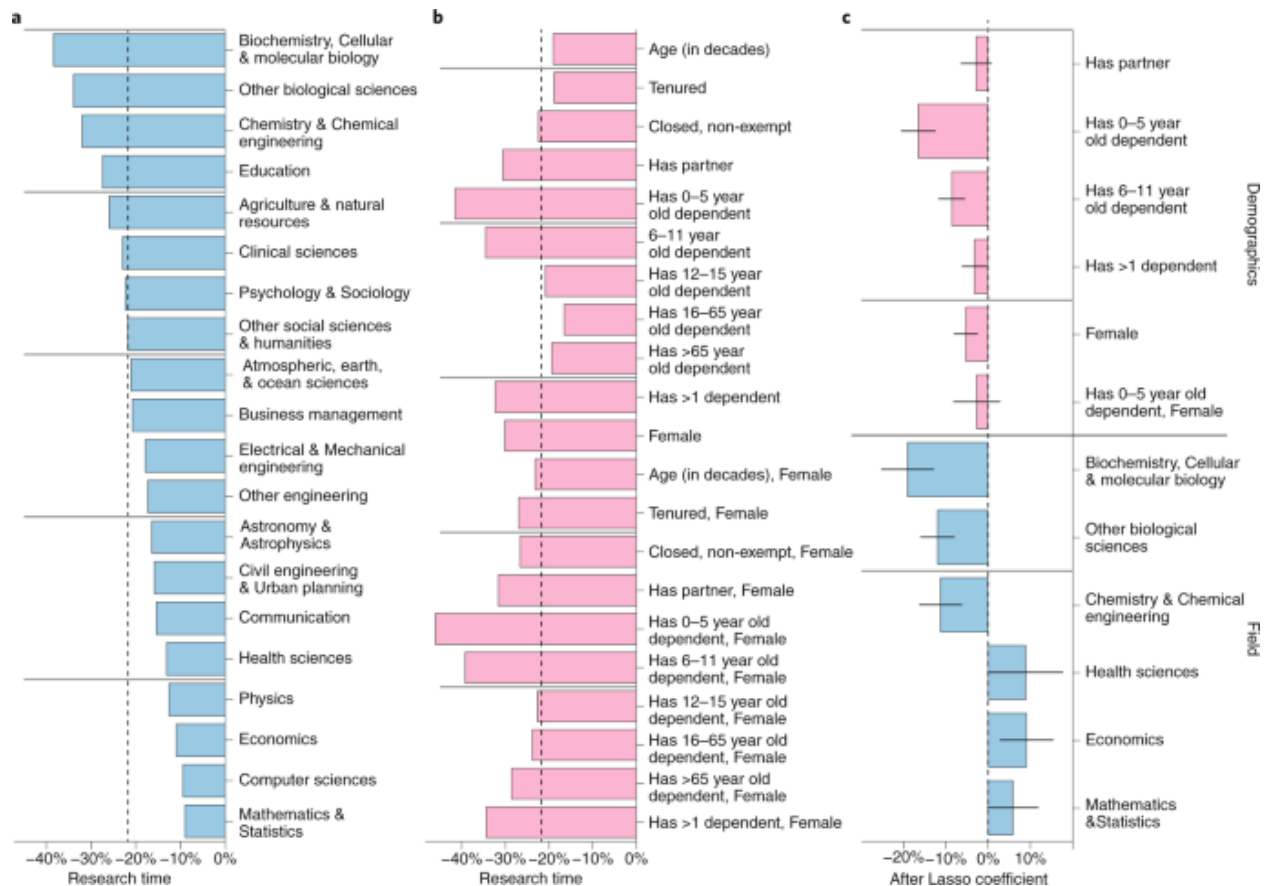
THIS WEEK'S Science visualization:

Researcher's work hours. <https://www.nature.com/articles/s41562-020-0921-y>

Looks like most academics are doing less hours of work overall (primarily due to child-care and parent-care). More of academics' work hours are devoted to teaching, and less science.



This page shows wet lab sciences and social sciences have lost the most, desk sciences like math and econ the least. And responsibility for small children is a big factor in reduced work time.



<https://www.nytimes.com/2020/10/06/science/covid-universities-women.html?referringSource=articleShare>

https://www.wsj.com/articles/how-the-coronavirus-crisis-threatens-to-set-back-womens-careers-11601438460?st=s4u8gngrsx11vvp&reflink=article_email_share

Some useful resources:

The journal eLife published [a collection of essays on mental health for scientists](https://elifesciences.org/collections/ad8125f3/mental-health-in-academia?utm_source=newsletter&utm_medium=email&utm_campaign=Editors_News_October2020) last October that seems even more pertinent today.

https://elifesciences.org/collections/ad8125f3/mental-health-in-academia?utm_source=newsletter&utm_medium=email&utm_campaign=Editors_News_October2020

If you are a student:

FREE access to **Blue Devils Care** is available to all Duke degree-seeking students 24/7 mental telehealth support.

Register once at BlueDevilsCare.duke.edu (use your @duke.edu email address and service key DUKE2020) then use the service whenever you need it.

Or phone [Counseling and Psychological Services \(CAPS\)](https://CounselingandPsychologicalServices(CAPS).duke.edu) at 919-660-1000.

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.

Don't Forget to check the American presidential race poll being updated daily by the Economist.

<https://projects.economist.com/us-2020-forecast/president>

VOTING INFO

North Carolina Residents.

You can check your NC voter registration status here:

<https://vt.ncsbe.gov/RegLkup/>

Register online if you have an NC license or DMV-issued ID here:

<https://www.ncsbe.gov/Voters/Registering-to-Vote>

Info on NC absentee voting, here:

<https://www.ncsbe.gov/Voting-Options/Absentee-Voting>

One stop website for residents of other states:

Register - <https://www.usa.gov/register-to-vote>

Early voting/absentee voting: <https://www.usa.gov/how-to-vote>

Win an Apple Watch! This October, Duke University and Duke Health will observe Cybersecurity Awareness Month with a variety of virtual activities. Everyone who takes the 10-minute “Introduction to Phishing” module will be enrolled into a drawing for an Apple Watch. Everyone who takes at least 4 short additional modules will be entered into a secondary drawing. Log in at <https://duke.securityeducation.com> using your NetID and password between Oct. 1-31 and go to “Change Behavior/My Training.”

Upcoming birthdays

	NOVEMBER
	DECEMBER
Leah	4-Dec
Karen	10-Dec
Stephanie	15-Dec
Ben	22-Dec

Glass pumpkins find a home in the straw at Honalee and Robin’s house.



RESEARCH-PROJECT PROGRESS SINCE 5 October:

Stephanie Langevin will submit her PhD dissertation thesis on December 2nd. Go Stephanie go!

Kyle got proofs for the Relationship Characteristics and PoA paper at *Psych and Aging*! It's moving forward to publication!

Jenny Van Dongen submitted her paper to *Nature*. "Monozygotic twins carry an epigenetic signature of early genome reprogramming." Fingers crossed for review!

Temi and Avshalom's paper accepted: Sierra, Andersen, Caspi, Fortinsky, Haynes., Lithgow, Moffitt, Olshansky, Verdin and Kuchel. Aging and geroscience in human health. *J of the American Gerontological Society*.

Aaron and Max celebrated with a **socially distanced outdoor tea party** our paper on childhood lead and midlife brain structure that will appear in *JAMA*.



Christina Carlisi is working on an R&R from *JCPP*, for her paper, Associations between life-course-persistent antisocial behavior and subcortical brain volume in a population-representative longitudinal birth cohort. **Go Christina go!**

Maria Gehred is working on an 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!!!**

The E-Risk survey is set to close on Monday, October 19. If you are keen to help write up the new data collected in this year's online survey of E-risk twins, contact Antony or Candice to get a copy of the survey content, and volunteer to help. Jo and Becky report a great than 70% response rate to the online survey by twins. **Expecting a flurry of concept papers soon, y'all.**

From Madeline a new Concept Paper, on cannabis. Welcome back Madeline!

From Annchen and Ahmad, another new Concept Paper, also on cannabis.

From Renate and Avshalom, another new Concept Paper, this one on “The P factor: an empirical assessment of methodological and conceptual issues.”

Jon Schaefer's K application is due today, Oct 12. Good luck Jon!

Jay, Temi and Avshalom's next zoom book-launch for *The Origins of You* will be Oct 17, 3PM EST, hosted by Emiko Higashi higashiemiko33@gmail.com. We are also getting requests to hold book-discussion zooms from groups including the American Enterprise Institute, the University of Georgia College of Criminology, Northwestern University Psychology Dept., and the University of Wisconsin Psychology Dept.

If you are working on something you want others to know about, please let me know, and I will add it to this newsletter.

Here we are at last, this week's theme: Love, the antidote.

Helen Fisher and Brendon sharing a tongue sarnie in New Zealand last year.



Susan and Phil, I love this one! So romantic!



**Ronen, Jessalee,
Aaron, Max, and
Emily, last week in
Durham.**

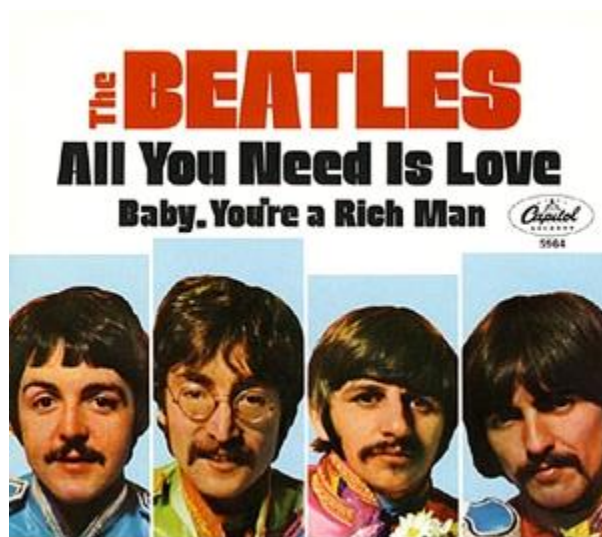
Karen, loving the sea breezes.



Lasting guy love. Daniel, Sol, and Idan.



There's nothing you can do that can't be done
Nothing you can sing that can't be sung
Nothing you can say, but you can learn how to play the game
It's easy
Nothing you can make that can't be made
No one you can save that can't be saved
Nothing you can do, but you can learn how to be you in time
It's easy
All you need is love
All you need is love
All you need is love, love
Love is all you need
All you need is love
All you need is love
All you need is love, love
Love is all you need
There's nothing you can know that isn't known
Nothing you can see that isn't shown
There's nowhere you can be that isn't where you're meant to be
It's easy
All you need is love
All you need is love
All you need is love, love
Love is all you need
All you need is love (all together now)
All you need is love (everybody)
All you need is love, love
Love is all you need
Repeat this about 100 times.



JC Barnes and Sara, when they met in 2006:



And the magnets JC made to commemorate the event. Now that's mushy!

I love this newsletter theme! I came across this beautiful poem (by the Renaissance poet Pierre de Ronsard) in a book I read recently and thought others might like it too. Hope you all are well -- Sidra

Hold me close; closer than vine about elm

With these soft, supple arms.

My body embrace with thy hands

And while seeming to sleep,

With these gentling lips

Linger over my brow.

Breathe, in kissing, your soul and your grace

And your heart into mine;

Then bending on mine your smooth breast

Ease the place of my hurt.

Hold me tight and restore me my soul

With the flame of a kiss.

If you do this for me, by your eyes let me swear,

Oath I hold passing dear,

That from these loving arms

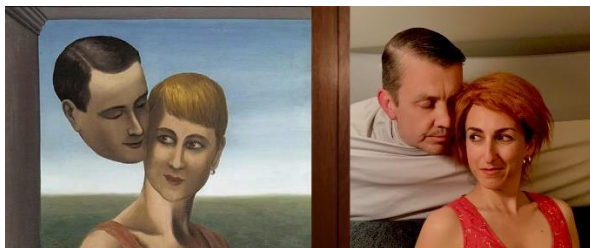
No wayward adventure will tear me.

But bearing lightly the yoke of your reign

Rigorous though it prove,

We shall reach the Elysian Fields

Together, we two.



Essi Viding's kids Ava and Milo, celebrating love at London Pride.



These two family photos always say love to me.



**Guilherme,
Marianna, and
Manuela, radiating
love in Sao Paolo.**



Sol, Avi, Effi, and Shosh, lots of love at Berashiet.

Max loves Oscar. And Oscar loves Max.



Let her go

Well you only need the light when it's burning low
Only miss the sun when it starts to snow
Only know you love her when you let her go
Only know you've been high when you're feeling low
Only hate the road when you're missing home
Only know you love her when you let her go
And you let her go...

Passenger, 2012



Avshalom, the birthday king, in Berkeley, California, 1991. Lots of love that day!



Temi's sibs love each other so much we all got the same haircut this year.

Madeline's adorable loves, from Arizona! We miss you all!



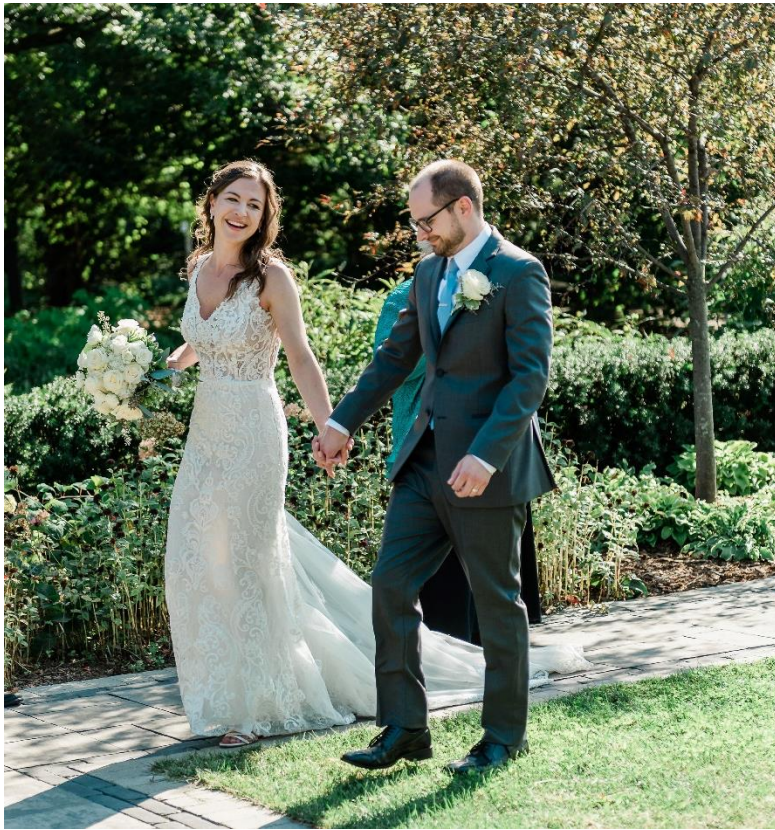
There is nothing like wedding-day love!

From Stephanie and Kyle in Auckland. Love Steph's shoes!



From Jo and Simon in London. We've seen this picture, but it's still so inspiring!

Curt and Leah's beautiful wedding day in Michigan.



Barry & Sonya, Auckland. Wow!



Jo and Rob in love, Maida Vale, London.



Aaron and Jessalee, a truly beautiful wedding night.



More wedding photo love, from Candice. But does this young bride seem reluctant?



The wedding guests had a really good time. Loved the treats!

Puppy love, from Annchen! *Here's a follow up on the "steamy sex" featured in the newsletter this summer - these future service dogs were born in August (on my bday!) and are now adorable little fluffy bundles of puppy love! I love this nose-to-nose pic of mom and pup - you may think it really captures a mother's love...*





Avshalom's love, his mom, Gila.



Our Love is Like a Bowling Ball

Our love is like a bowling ball
Like a brand new Brunswick Red Zone,
It rolls and rolls down the alley of desire
And rolls and rolls and rolls.

I will keep you out of the gutters, my love
And put my fingers in your holes
Every kiss a strike or at least a spare,
Our future a perfect game.

Our love is like a bowling ball,
Our scores will rise and rise
I shall never step beyond the foul line,
And I will rent your shoes.

[Source: *Slate's* [Bad Poetry Contest](#), 2007.]

Submitted by David Ireland in Dunedin. Thanks Dave! I think.....erm....



Now this is true lasting love, Temi's housemates from UNC-CH undergrad days, 1970's. We've loved each other ever since, and still get together really often.



And our very last 2 photos of love:





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



Southern aurora borealis lights in Dunedin, By Melissa and Jack Purnell.