

**19 October, 2020, newsletter theme: **Aware, alert, amused.****



**Just had to bring this photo back for a replay, it's just so fabulous.**

Dear Grey House team members and intrepid quaran-teammates!  
It's now 232 long but super-interesting days into our shared team-building exercise.  
Goodness, last week's LOVE newsletter was so uplifting for me, this week I'm still riding the tidal wave of love you sent in!

**Aware, alert, amused.** How come this choice of theme? Everyone's talking about pandemic fatigue. Despite a new surge and reasonable concerns about winter contagion, we hear: "People are done with this," "This has been inconveniencing me long enough, and I am finished with changing my behavior," "We were doing a sprint at the beginning, but now it's a marathon, like a cross-country marathon, and we are all too tired to finish."

**Alert** means keeping attentive, **aware** means staying vigilant or on one's guard against danger or difficulty, **amused** means finding curious unexpected things entertaining, engaging, and funny. We are going to need all of these three to get us through the fatigue stage of the pandemic.

**At the end of this newsletter, you will find some photos team members have sent of experiences that are making them feel **alert, aware, and amused** right now.**

**If you chase up one link from this newsletter, try this one. This is so great!!!!  
A Dose of Optimism, as the Pandemic Rages On**

<https://www.nytimes.com/2020/10/12/health/coronavirus-pandemic-vaccine-optimism.html?referringSource=articleShare>

By Donald McNeil, an unusually thoughtful journalist (and brother of our friends Dacher and Molly Keltner). If its behind a paywall, ask Avshalom for a copy.

There's also a brilliant letter to government in the Lancet this week, that neatly and swiftly summarises the science evidence base on COVID19 in a page:

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)32153-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)32153-X/fulltext)

**Get ready! Next 2 week's themes will be: Pandem-oween!** Send spooky poems, stories, photos, suggestions for scary movies to watch or books to read, selfies in your costumes! Send pics of your Jack o' Lantern pumpkins. Anything and everything Halloween!



**FIRST, THE HAPPY NEWS, and there's heaps this week:**

**Our Richie has finished his radiation therapy and is going home.**

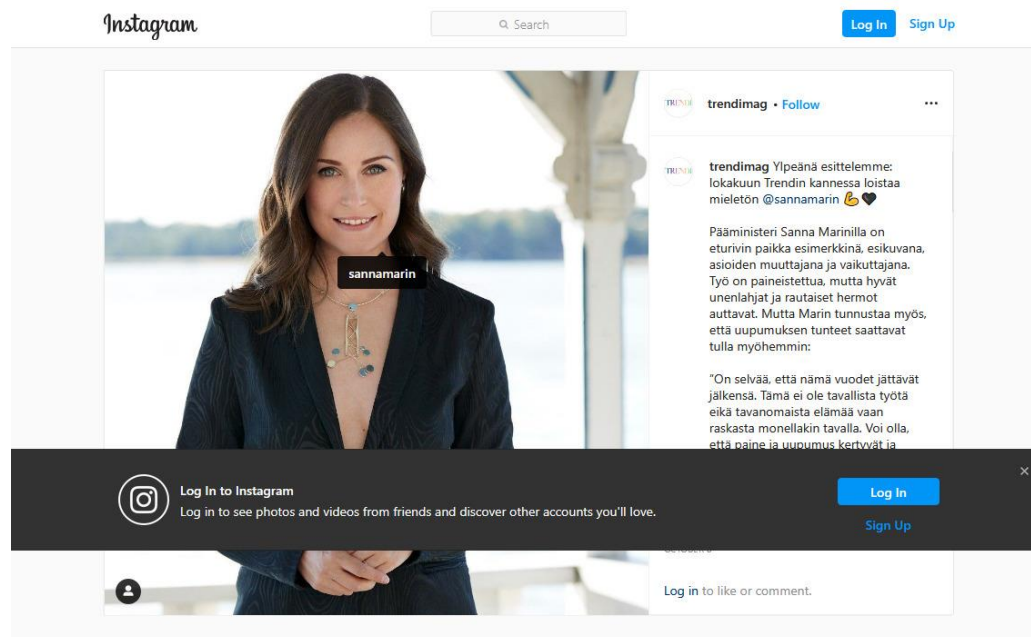
**Hurrah! Hurrah!** Sending our very best wishes for your recovery, Richie & Sandhya!

**This thing that could have obliterated us all did not happen. Well, whew! Collision at 17,000mph.** Or should that be 34,000? A new satellite-tracking station in New Zealand set up to warn us about orbital traffic accidents said two ancient pieces of space junk, one Russian and one Chinese, could collide on 15 October over the Weddell Sea in the Antarctic. Each is moving at about 17,000 mph but apparently in [opposite directions](#), which would mean they're closing in on each other at double that. Leo Labs, which runs the tracking station, said they had a 20 per cent chance of hitting each other last Thursday. That would bring a cascade of collisions known as the Kessler effect, which could theoretically destroy just about everything in low earth orbit. **Missed us! Nyah, nyah, nyah! Neener-neener!**

**The New Zealand election was handily won this week by PM Jacinda Ardern, who frequently graces this newsletter.** From Kiwi team-member-in-the know Dave Ireland: We appear to still have a Labour government so it's safe over here should you guys need to do a Peter Thiel and retreat to central Otago if things go to crap on Nov 3. Say you're making a movie here and you'll be let straight in no questions asked. Dave.



**Speaking of fab Prime ministers...Sanna Marin: Finland PM wears blazer 'with nothing underneath', sparking sexism debate.** Magazine photoshoot branded 'inappropriate' by critics, while supporters post selfies under #imwithsanna hashtag. Read in The Independent: <https://apple.news/AhYHur2ZdQyGwPc8BvGDBfg>



Finnish team-member-in-the-know Essi Viding says: "What can I say... We have a cool and clever left-wing PM. Female, young, extraordinary oratory skills, sensible policies, + she looks good. I am just very glad that Donald Trump has not worn a blazer without a top underneath..."

**Dolly Parton's new Christmas movie will launch a month from now, mark your calendars!** Dolly Parton Stars as an Angel in New Netflix Holiday Musical *Christmas on the Square*. "Christmas on the Square will bring the JOY the world needs right now," said director Debbie Allen of the movie, which debuts on Nov. 22



**You too can be hip on the latest Israeli slang, learn from wonder-teacher Gal Godot!** *Achi* means "my brother" or "bro." "What's up, *achi*?"

"*Para para* means, 'cow cow.'" "It's basically when you go and you do something, you do it 'para para.' You do it slowly but surely, one step at a time." After that came *bli ayin hara*. "*Bli ayin hara* in English means 'no evil eye,' you're safe.

<https://www.jpost.com/israel-news/culture/gal-gadot-teaches-hebrew-in-vanity-fair-interview-645806>

## NEXT, THE UNHAPPY NEWS: It's me.



After endless mammograms and a biopsy, I have a new diagnosis of stage zero breast cancer this week. What's that?!?!?!?! There's a fascinating story here for all us scientific measurement geeks. Until recently, cancer stages ran from 1 to 5. But new-fangled imaging tech has emerged: a high-resolution digital mammogram. It sees more. And in me, it sees indications that suggest possible future invasive breast cancer, nicely nicknamed stage zero (google term DCIS). So, what to do now? Doctors are evenly divided. Half say, this is a blessing that we can see such early indicators in time to do surgery to remove a small area, and totally prevent breast cancer! The other half says, this detection is so recent that we have no longitudinal follow up data yet to know how many women with dodgy cells will actually convert to cancer, so we are wasting medical care and subjecting women to unnecessary surgeries. This lack of an evidence base means I get to choose. Wait and see with close surveillance? Or outpatient surgery, followed by brief radiation.

**So, we are having another contest: E-mail your own reaction: Wait and see? Or get it done? .....What would you do?**

**What can you do to help?** Just be aware and alert that for the next month, Avshalom and I might be a little bit preoccupied, tied up with lots of hospital visits, and sometimes we will rebook your zoom meetings and send delayed feedback on your manuscripts. Keep going, rely on each other more, zoom-meet together, read each other's drafts. And send prayers and cheerful amusing notes! Thank you, and *bli ayin hara!* Temi

## THIS WEEK'S Science visualizations: Raising awareness


### [The UK National Gallery mental health audio tour:](#)

[a year on.](#) The theme of this year's World Mental Health Day is 'mental health for all'. In the light of this, MRC talks to **Dr Helen Fisher**, Reader in Developmental Psychopathology at King's College London, to look back over her [mental health initiative](#) in the art museum that began on World Mental Health Day last year to see what impact it has had.

[https://mrc.ukri.org/news/blog/the-national-gallery-mental-health-audio-tour-a-year-on/?utm\\_medium=email&utm\\_source=govdelivery](https://mrc.ukri.org/news/blog/the-national-gallery-mental-health-audio-tour-a-year-on/?utm_medium=email&utm_source=govdelivery)




**Very happy science visualization submitted from Leah in Michigan:** Per data from Academic Sequitur, COVID-19-related journal submissions are leveling off at last, which means the rest of us can get our papers reviewed now! But....**check out that second tweet below**, from David Cohen.



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⚙️

← **Thread**



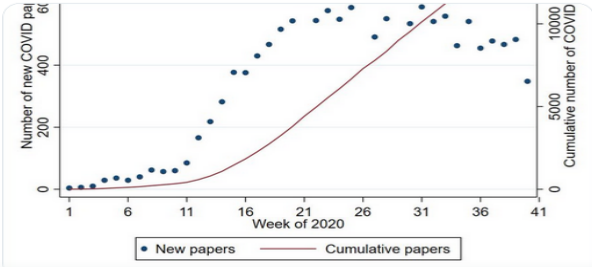
**Tatyana Deryugina** @TDeryugina · Oct 13

We have passed the peak of COVID papers!

Since the start of the pandemic, almost 14,500 COVID-relevant papers have been written.


Highest number of papers in a week: 662.

Average number of weekly papers: 361.



1,447 Tweets

**Replies**




**Eliza Forsythe** @ElizaForsythe · Oct 13

Replying to @TDeryugina

lol I'm not done...

1,826 Tweets




**David J. Cohen, MD, MSc** @djc795 · Oct 13

Replying to @TDeryugina and @DavidCGrabowski

I'm worried about a second peak in the winter, when everyone is cooped up and tired of too much reality TV.

3,839 Tweets



**Prof S. Grossbard founder Soc of Econ of Household** @ec... · Oct 13

Replying to @TDeryugina

or maybe authors of series of covid papers less motivated to advertise them as the marginal utility of producing another covid paper goes down? Ainhoa and I sent our first 2 to @iza\_bonn DPs but third one directly to journal @LibertadGonLu

1,447 Tweets


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**Relevant people**



**Tatyana Deryugina** @TDeryugina

Environmental Economist. Associate Professor @GiesBusiness. Co-editor @JAERE and EEPE. Founder of AcademicSequitur.com

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**What's happening**


MMA · Starts at 8:00 PM

**UFC Fight Night: Ortega vs Jung**

Trending with #UFCFightNight6

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## Some useful resources:

### **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](https://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 \(CAPS\)](#) 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.

## Duke University reports its first COVID cluster this week:

<https://www.wral.com/coronavirus/duke-university-reports-first-student-coronavirus-cluster/19339671/>

## 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>

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**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   |

## RESEARCH-PROJECT PROGRESS SINCE 5 October:

**Stephanie Lewis and Andrea Danese** just submitted the paper 'Unravelling the contribution of complex trauma to psychopathology and cognitive deficits: a cohort study' to the American Journal of Psychiatry. **Wishing you happy referees!**

**Annchen and Max's paper on reliability of fMRI was presented this week by their biggest fan, Oxford Prof Dorothy Bishop**, during the annual Brain & Mind Symposium at the University of Helsinki, aimed at promoting a non-profit peer-reviewed academic journal recently launched at the University of Helsinki: The Journal for Reproducibility in Neuroscience (JRep) (<https://journals.helsinki.fi/jrn/index>). The journal is entirely focused on publishing replication studies, commentaries and mini-reviews on the topic of reproducibility and it's entirely free. We are now in the phase of peer-reviewing the first submitted manuscripts, so send your submissions, BW, Dorothy

**Congratulations to Tim Matthews, whose paper** on loneliness and victimisation in E-Risk is now online at Development & Psychopathology. Matthews, T., Caspi, A., Danese, A., Fisher, H. L., & Arseneault, L. (2020). A longitudinal twin study of victimisation and loneliness from childhood to young adulthood. *Development and Psychopathology*. doi:10.1017/S0954579420001005

**Stephanie Langevin will submit her PhD dissertation thesis on December 2<sup>nd</sup>. Go Stephanie go!**

**Christina Carlisi is almost finishing the 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. **Hang in there Christina!**

**Maria Gehred is finishing up her own 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 closed today, 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 73% response rate to the online survey by twins, with data for nearly 700 twin pairs. **Expecting a flurry of concept papers soon, y'all.**

**Antony reports the use of a new honorific title in the E-risk study. A study member is now using the neologism Mx.** Some of you may think Mx is a statistical software program for genetic research. It's not only that; it also is a gender-neutral honorific for someone who does not identify as being either male or female. Fascinating cohort difference, as to my knowledge we have never seen this in Dunedin participants, who are 20 years older than E-Risk participants. Tim says there is also another twin who was born female but now identifies as male. He made notes on the MIS for that twin, so this is our second. Wonder what happened to the boy twin who lived as the little mermaid at Phases 5,7, and 10?

**Thank you to all of you who took part in Jay, Temi and Avshalom's zoom book-launch for *The Origins of You*** on Oct 17, hosted by Emiko Higashi. It was great fun to see you! 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., the University of Wisconsin Psychology Dept., and The Leiden Consortium on Individual Development.

**Today Temi took part in a round table on the future of geroscience**, invited by the Gerontological Society of America, American Federation for Aging Research, and American Aging Association, at which she heard a rumor that a major philanthropic concern is asking what would geroscience researchers do if a major injection of money were suddenly to be made available. **Got ideas?**

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

## **This week's theme: Alert, aware, amused!**

**JuneBug Hariri's glorious birthday cake. Be aware of this spectacular frosting. Anna's baking is always amazing, and amusing!**





JC Barnes' wife Sara in Kentucky, amused and certainly alert, with their first egg!

PS: The t-shirt is from the show Yellowstone. If you're not familiar, Kevin Costner plays a rancher who is constantly in a battle to keep his land. His daughter, Beth, delivers the great line that appears on Sara's shirt: [https://youtu.be/oaqle\\_n9rh1?t=233](https://youtu.be/oaqle_n9rh1?t=233)

**What a strange delivery scene. Alert! everybody but the baby is masked up!**

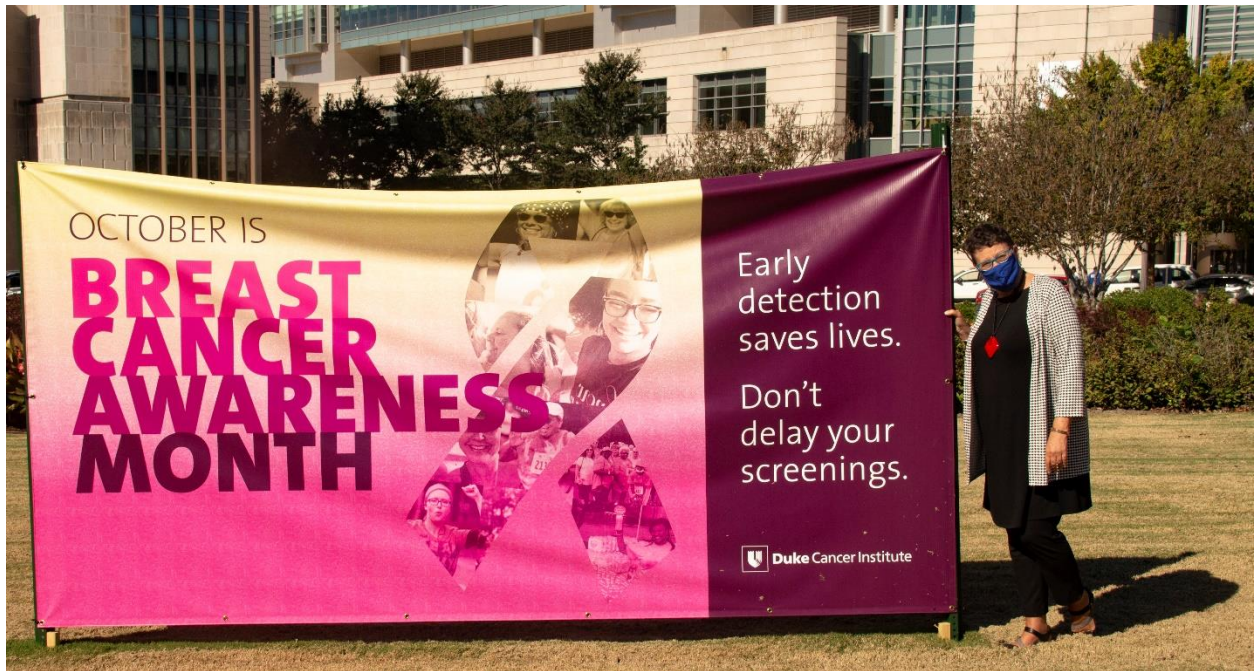
For those of you who remember Miguel Fullana, our Spanish colleague at the IOPPN, his second daughter arrived this week.





From Scott Kollins' camping trip in Colorado. They felt very alert, very aware.

I'm aware alright, breast cancer you got my attention. (Still digging for the amused bit.)



From Barry Milne, here's my son Lewis in the sea looking alertly out towards White Island (Whakaari), which is looking very active at the moment.



Last week Britain recorded the most rainfall since record-keeping began over 100 years ago. Antony Ambler got drenched on the way home, “I’ve put everything in the bath! 🌧️”





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

