



26 October, 2020, newsletter theme: Pandemo-ween

Dear Grey House team members and
heroic quaran-teammates!

It's now 239 days into our protracted team-building
adventure. Feeling built up yet? I am!

**Here's a genius of a safe method to get Halloween candy to
your trick-or-treaters in a pandemic!** Tiny video submitted by Madeline
and Matt in Arizona.



Candy-catapult-2020.
mp4

This week's theme and next week's theme too: **Pandem-oween!** At the
end of this newsletter, you will find some frightening photos ahead of
Halloween night to get you in the terrified and starved-for-candy mood!



**Flowers you sent me on
Thursday, thanks so much!**

FIRST, THE HAPPY NEWS:

Last week's contest: Wait and see? Or get it done?

Astute newsletter readers may recall from last week that doctors are evenly divided on stage-zero breast cancer. Half said, 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 said, 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. I asked you to help me choose. Wait-and-see with close surveillance? Or outpatient surgery?

Here's the result of our contest, notice any pattern?

MEN: 19 votes, 14 wait and see, 2 get it done, 3 lemme ask my wife.

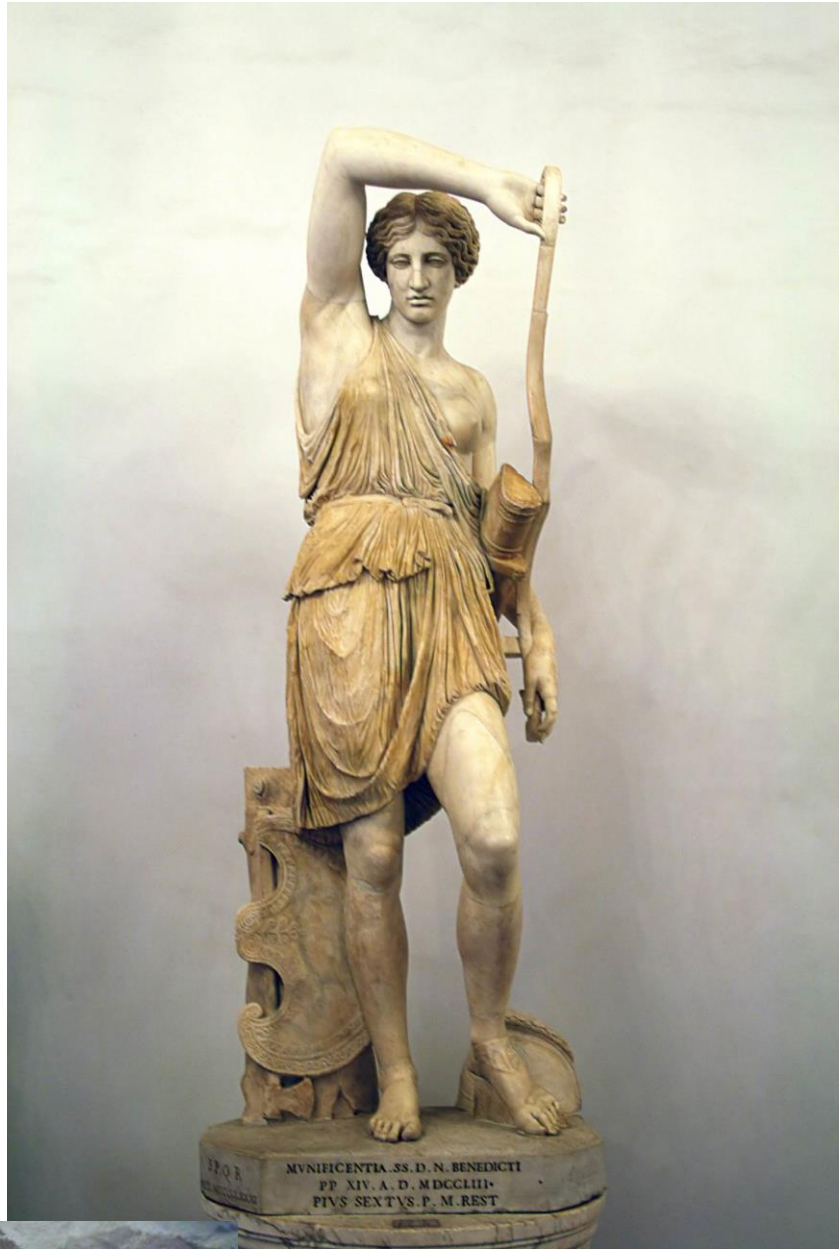
WOMEN: 22 votes, 2 wait and see, 19 get it done, 1 get it the feck out of there right now.

From Annchen, a serious little guy at the ready to help with Temi's surgery.



AND the contest winner is.....Sean Hogan!!!! From

Dunedin, “I say get the surgery now – become an amazon with right breast removed to better draw your bow (easy for me to say). Order archery set online from Amazon – For Av’s safety get the arrows with suction cups on the end.” Sean sent this sculpture in the Capitoline Museum in Italy, called ‘The wounded Amazon’:



Here’s another Amazon. Love this image.

Alas, Duke Cancer Center doesn’t do tats. Or maybe they do, but my insurance doesn’t cover it.

NEXT, THE UNHAPPY NEWS:

Dolly Parton made Steven Colbert cry on the late-night show.

<https://www.rollingstone.com/music/music-country/dolly-parton-stein-colbert-cry-the-late-show-1078788/>

Alas, we appear to be in the midst of a new wave of COVID.



For those of us pinning our hopes on the vaccine, here's a dose of reality.

<https://www.theguardian.com/commentisfree/2020/oct/21/covid-vaccine-immunisation-protection>

More info keeps coming in about rising rates of mental health problems during the pandemic. New post from the Kaiser Family Foundation about rates of mental illness in the US. It reports poll results from this summer showing dramatic increases in symptoms of mental illness (no surprise) that would make psychiatric disorders more prevalent than obesity. The article describes some implications for insurance and healthcare access. -Aaron

<https://www.kff.org/policy-watch/mental-illness-may-soon-be-most-common-pre-existing-conditions/>

For the Brits among us....a sar-caustic essay a la Brexit.....from Essi.

https://www.theguardian.com/commentisfree/2020/oct/20/brexit-gove-no-deal-internal-borders?CMP=Share_iOSApp_Other

More unhappy news: Jerry Jeff Walker died this week.

If you don't know who he was, he wrote the theme song of Temi's goodbye party, when she left Los Angeles and moved to Dunedin in January, 1985, "If I can just get off of this LA freeway." <https://www.youtube.com/watch?v=kYXWIHNnYe4>

Pack up all your dishes.

Make note of all good wishes.

Say goodbye to the landlord for me.

That son of a bitch has always bored me.

Throw out them LA papers

And that moldy box of vanilla wafers.

Adios to all this concrete.

Gonna get me some dirt road back street

If I can just get off of this LA freeway

Without getting killed or caught

I'll be down that road in a cloud of smoke

For some land that I ain't bought bought bought

Put the pink card in the mailbox

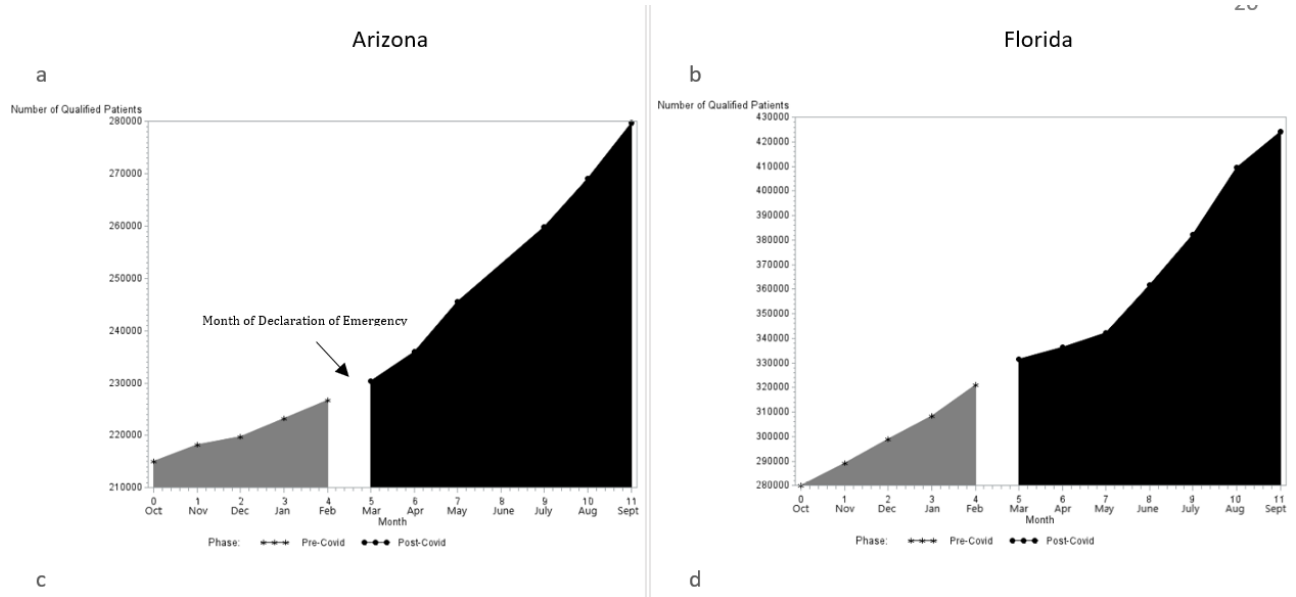
Leave the key... and just get me off this LA freeway.



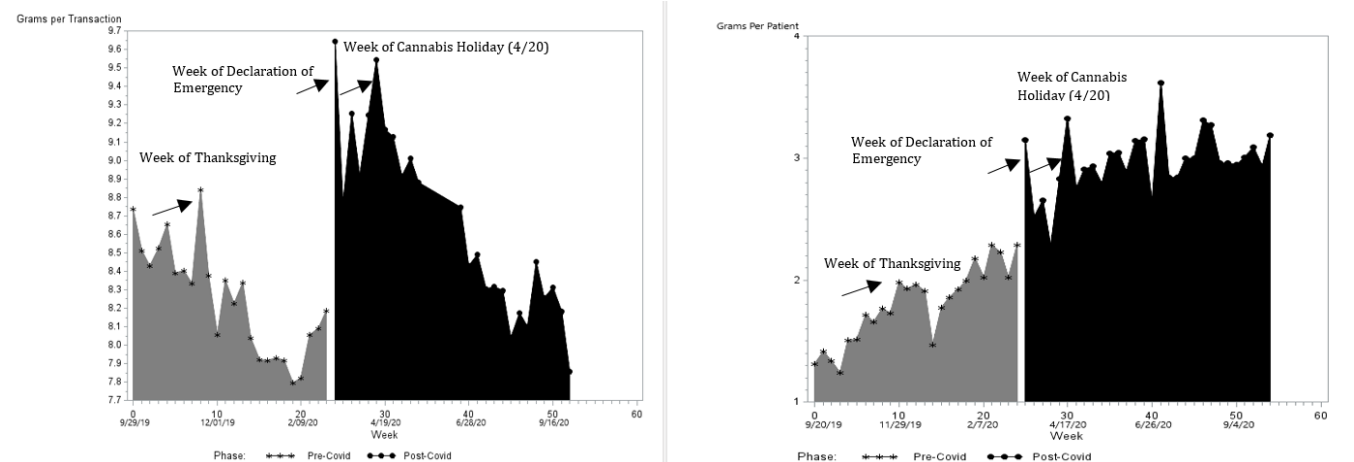
THIS WEEK's Science visualizations: From Madeline....

These are data from the medical marijuana programs in AZ and FL – two states with medical but not recreational use that reported sales data by week for the past year. Please don't share, these will be submitted for publication.

The top 2 figures show that the growth in the number of qualified medical patients accelerated after Covid (maybe due to disruption in illicit drug supply?).



I thought you might be more amused by the bottom figures – which show the weeks that the amount of medical cannabis purchased increased. Use increased after the COVID declaration of emergency, similar to how use increased during Thanksgiving and the cannabis holiday on 4/20. (I haven't submitted this to a journal yet, but I hope to do that soon – maybe with the second wave of covid papers in winter? 😊)



Science Visualisation from Honalee: A bi-gendered grosbeak. This genetic variation is known as gynandromorphism (“gyne” is Greek for female; “andro” means male, and “morph” means variety). <https://carnegiemnh.org/press/>



More science viz: Rare green puppy born. Named Pistachio!



BBC News: <https://apple.news/AGRSuZ0IJS4iavUAb8-BD7A>

Some useful resources:

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! Everyone at duke 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.”

RESEARCH-PROJECT PROGRESS SINCE 19 October:

Helen Fisher is delighted to inform you that the E-Risk paper entitled "DNA methylation signatures of adolescent victimization: Analysis of a longitudinal monozygotic twin sample" has been accepted for publication in *Epigenetics*.
Woohooooo!!!!

New paper out from the London team today:

Stern, A., Agnew-Blais, J., Danese, A., Fisher, H.L., Matthews, T., Polanczyk, G., Wertz, J., Arseneault, L. (2020). Associations between ADHD and emotional problems from childhood to young adulthood: A longitudinal genetically sensitive study. *Journal of Child Psychology and Psychiatry*, 61, 1234-1242. (doi.org/10.1111/jcpp.13217).

Aaron just heard the great news that he and Mike Gaffrey's team have been awarded a DIBS Germinator award. They have been deploying silicone wristbands in Mike's pre-school imaging cohort to passively assess exposure to neurotoxicants, a technique being refined at Duke. Aaron is a co-investigator. This project grew out of conversations with Mike and his team following Aaron's dissertation defense. **Hurrah!**

Tracy D'Arbeloff's manuscript in Aging on fitness and the brain (<https://doi.org/10.18632/aging.104112>) has been posted in advance online publications: <http://www.aging-us.com/advance>. **Looks good, Tracy!**

Leah got an R&R from PNAS today for "Childhood self-control forecasts the pace of midlife aging and preparedness for old age." **This is so exciting!**

Paper submitted from Joe Murray's team today, with Temi as a co-author: Intimate partner violence against women and child maltreatment in a Brazilian birth cohort study: co-occurrence and shared risk factors (bmjgh-2020-004306) has been submitted by Dr. Romina Buffarini to BMJ Global Health. **Fingers crossed!**

Out for mock review this week, Franky Happe and David Mason's paper on the Autism Q and midlife health and aging. **Guess what? People high on autism age faster.**

Maria Gehred submitted her NSF Graduate Research Fellowship Program (GRFP) application. **Fingers crossed Maria!**

For the undergraduate who hasn't got the attention span for a text book... Temi wrote a preface for Oxford University Press criminology comic books—***CrimComics***. The comic book begins with Temi jumping out of an airplane, and goes on to narrate the adventurous history of life-course developmental criminology. **Yes, this is really true.**

Max Elliott is working on 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."

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. **Almost there Christina!**

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!!!**

Thank you to those 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.

Last week 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?**

Projects underway and making good progress on the march toward mock review:

Kyle Bourassa and Line Rasmussen, stressful life events and suPAR

Max Elliott & Line Rasmussen, brain and suPAR

Jasmin Wertz, parenting genomics in multiple cohorts

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

Karen Sugden, education and aging in multiple cohorts

Avshalom and Renate, The p-factor and empirical evaluation

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

Daniel, Karen, David, Temi, and Avshalom, Dunedin PoAm4x

Aaron Reuben, childhood lead and telomere erosion

Aaron Reuben, prospective risk factors for ADRD

Line Rasmussen, little p and suPAR

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

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

Madeline Meier; cannabis and brain/cognition

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

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: Pandemo-ween!



From Annchen.

From Ryan Motz in Cincinnati: There has been a Sesame Street sighting at our home in Cincinnati! Here



is a picture of my son, Landry, with Elmo and Cookie Monster Jack o' Lanterns. We are quite proud of the fact that these pumpkins were also grown in our own garden!



From Honalee and Robin. ↑ And, from Line, Jens, and Oscar. ↓



From Avshalom: Creepy music playlist. But really good.

<https://www.kexp.org/read/2019/10/24/13-songs-halloween-decemberists-shankill-butchers/>

From Supreme Leader Kim Jong Un to President Donald Trump:

Kim Jong Un decided to send Donald Trump a letter in his own handwriting to let him know he was still in the game.

Trump opened the letter which appeared to contain a single-line coded message :



3704SSV-0773H

Trump was baffled, so he e-mailed it to the his aides, who had no clue either, so they sent it to the FBI.

No one could solve it at FBI, so it went to the CIA. With no clue as to its meaning, FBI finally asked MSS (Ministry of State Security in China) for help.

Within a few seconds MSS cabled back with this reply :

"Tell The President he's holding the message upside down*."

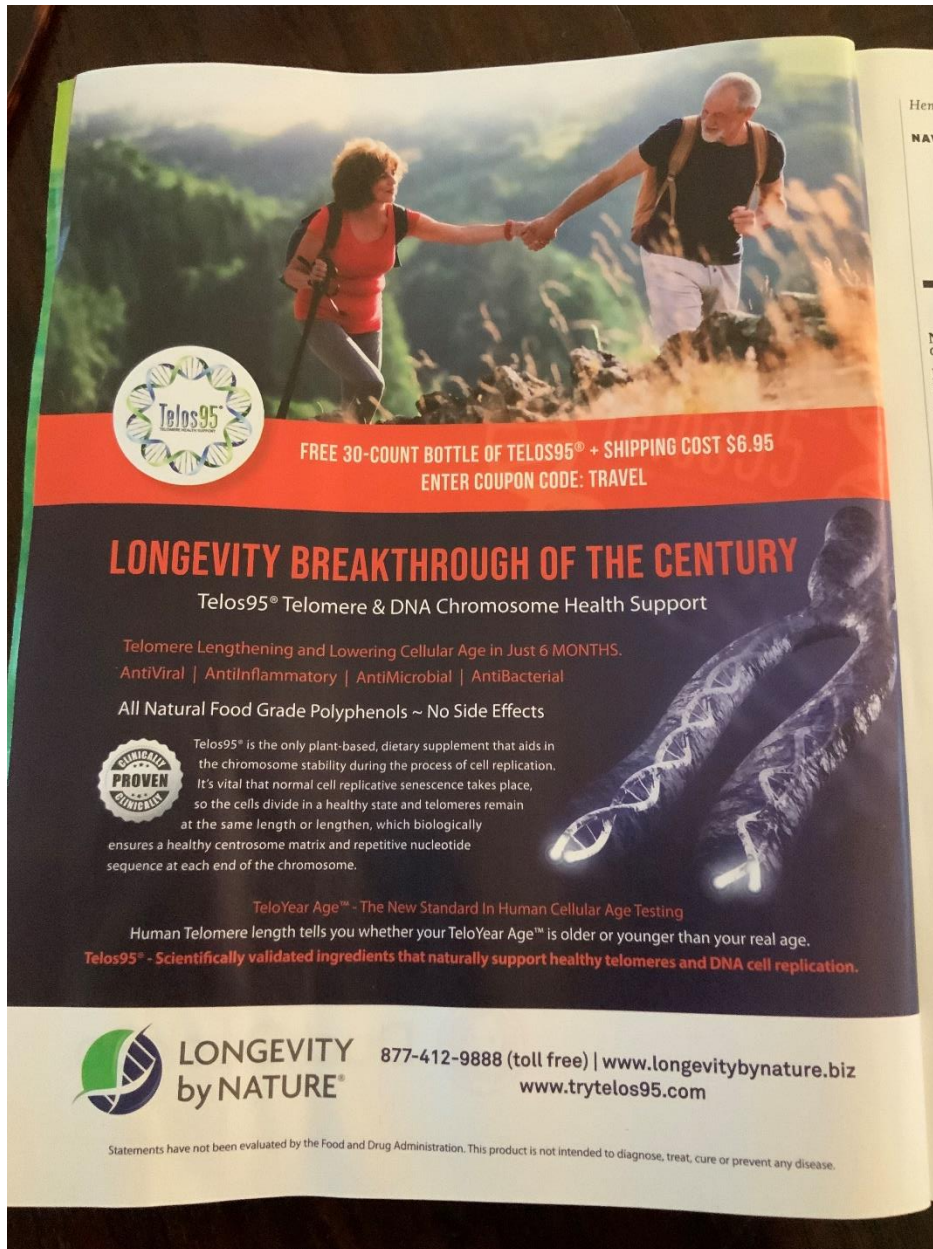
Barry and Sonya Halloween in London.





E-Risk interviewers.

Now this is kinda scary! From the United Airlines in-flight magazine, geroscience at work! And making some unscrupulous people rich. Idan notes, the dietary supplements are a \$30 billion industry in the US this year. In comparison, the entire NIH budget is \$42 billion this year.



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More E-riskers.





Jo Freeman in London. A twin researcher thru and thru!



Temi as the North Carolina Tobacco Queen.



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



Grey house this week.