



News Release

September 18, 2009

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Century Hosts Stress Expert Dr. Robert Sapolsky Tues, Oct. 13

Stress expert Dr. Robert Sapolsky, a Stanford University biology and neurology professor and MacArthur “Genius” Fellow, will give a public lecture at Century College on **Tuesday, Oct. 13, from 7 to 8:30 p.m.** on the **East Campus Lincoln Mall**. The event is free and open to the public. (Please note: unlike past speaker events, this one will NOT be in the West Campus Theatre.)

Sapolsky has spent his life studying and living among African baboons because they are perfect for learning about stress and stress-related diseases in humans. Just like stressed-out people, stressed-out baboons have high blood pressure, high cholesterol and hardened arteries. And just like people, baboons are good material for stories.

Sapolsky's gift for storytelling led *The New York Times* to suggest, "If you crossed Jane Goodall with a borscht-belt comedian, she might have written a book like Sapolsky's *A Primate's Memoir*," an account of his early years as a field biologist.

For more than 25 years, Sapolsky has divided his time between field work with baboons and highly technical neurological research in the laboratory. As a result, he can effortlessly move from a discussion of pecking orders in primate societies (human and baboon) to an explanation of how neurotransmitters work during stress – and get laughs doing it.

Dr. Sapolsky explains that our bodies' stress response evolved to help us get out of short-term physical emergencies – and if a lion is chasing you, you run. But such reactions compromise long-term physical health. When confronted with purely psychological stressors such as fixing the fax machine, modern humans turn on the same stress response. When they turn it on for too long, they get sick.

Sapolsky finds hope in humans' capacity to prevent some of these problems in the small steps with which we live our everyday lives.

In 2008, National Geographic and PBS aired an hour-long special on stress featuring Sapolsky and his research. In addition to *A Primate's Memoir*, which won the 2001 Bay Area Book Reviewers Award in nonfiction, Sapolsky has written three other books, *The Trouble with Testosterone*, *Why Zebras Don't Get Ulcers* and *Monkeyluv and Other Essays on Our Lives As Animals*.

Sapolsky's appearance is part of Century's ongoing Speaker Series, a community outreach activity that has brought to campus such authors as Marjane Satrapi, Steven Pinker, Anne Fadiman, Sarah Vowell, David Shipler and Stephanie Coontz. Century College is located at 3300 Century Ave. N. in White Bear Lake. Please call 651-779-3222 for more information.