



## Betty Mathis Sproule

My family moved to Upper Arlington in 1960 when my father took a faculty position at The Ohio State University. Pop encouraged me to become a student at Ohio State immediately after high school graduation so that I would be able to graduate 3 years later with a B.S. in Math. I decided to stay for a graduate degree, and received my Ph.D. in Computer and Information Science from the College of Engineering in 1972 at age 23, becoming the first woman to graduate with a Ph.D. in Computer and Information Science from Ohio State. This degree enabled me to have a career in the emerging field of computers and digital technology. After graduating from OSU, I worked at Bell Telephone Laboratories in Columbus where I was a co-recipient of a patent for our invention of a digital network switch.

I met my husband of 43 years at Ohio State, J. Michael Sproule, when we both were on the debate team. We were part of a 4-person team that won a national debate tournament for Ohio State in 1968. In 1974, Mike and I both joined the faculty of a new start-up campus of the University of Texas of the Permian Basin. In 1977, we moved to the Indiana side of the Louisville, Kentucky area where Mike was on the faculty of Indiana University Southeast and I worked at General Electric and later, Brown & Williamson. Our sons, John and Kevin, were both born in Louisville.

In 1986, I was offered a position with Hewlett Packard in Palo Alto, California and Mike at San Jose State University. While at HP, I worked on laser printers, inkjet printers, and servers. I left HP in 2002 and joined a Palo Alto-based consulting firm, the Chasm Institute, where I still work. As a consultant, I have had the opportunity to travel to 17 different countries, leading workshops on the secrets of Silicon Valley for how to commercialize new technologies and to find the shortest path to profit.

I continued to work for Chasm Institute when Mike and I moved to Bowling Green, Ohio for Mike to become the Director of the School of Media and Communication at BGSU and then to St. Louis where Mike was Dean of Arts and Sciences at St. Louis University, and served as the President of the National Communication Association in 2007.

In 2008, Mike and I decided that we would like to return to California to live on the Monterey peninsula. We bought a cottage built in the late 1800's in Pacific Grove. We had lived in a 6,800 square foot rehabbed Victorian in St Louis, and to make the move required significant

downsizing. Feeling like we had learned some things as we pared down our stuff, and wanting to share these ideas with others, we wrote a book based on our downsizing experience.

***The Stuff Cure: How we lost 8,000 pounds of stuff for fun, profit, virtue, and a better world*** has been selling in the top 10% of all books on Amazon since its publication in 2012. I am now an invited guest speaker for several organizations, TV, and radio shows, becoming a recognized U.S.-based spokesperson for the worldwide trend of downsizing, consuming less, and the sharing economy. When you need to downsize, you may want to start by watching my [TedX talk](#), and check out my website [www.StuffCure.com](http://www.StuffCure.com).

