



Reframe – Bruce Diaso

AUDIO TRANSCRIPT



Koret Garden Courtyard

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USF Don Basketball Player 1958-1962

Hi! This is Hal Urban, author of *The Power Of Good News!*

We are standing at the letter R. R stands for Reframe.

To illustrate the theme of "reframe", I'd like to tell you about USF alumnus Bruce Diaso, a personal friend of mine. During his senior year of high school, Bruce was stricken with polio and paralyzed just a few weeks before the Salk vaccine was available. He was a quadriplegic for the rest of his life. Initially devastated, he focused on what he **didn't** have and **couldn't** do. But he learned to reframe and focus on what he **did** have and what he **could** do.

Bruce told me that we have the power and freedom to choose our attitudes no matter what the circumstances. He called attitude the "control center of life." Bruce showed me that sometimes when we have bad news, it can be a catalyst to see opportunities to make life better for ourselves and those around us.

Bruce graduated with high honors from USF and USF Law School and became a Public Defender in his home town of Fresno. He devoted his life to helping the poor and handicapped, did free legal work for charitable organizations, and was given awards for his public service.

This Maya Angelou quote captures Bruce's interpretation of "reframe": "*If you don't like something, change it. If you can't change it, change your attitude*".

We encourage you to walk a loop around this courtyard. Take time to think about both good and bad news in your life. As you approach the turn, **literally and figuratively** reframe your perspective... then continue to the Armillary Sphere for our next stop on the URBAN Trail.