



## ***Kudos to "Barrier Breakers" Athlete and All Star Assistant Coach, Alex Bonura***

**For those of you who do not know Alex, please let us do the honors:**

Alex played for Whalen's in 2002, 2003 seasons. When Alex found himself unable to play in 2004 instead of leaving baseball behind he signed on as assistant coach and has been an integral part of the Whalen's team for the past five years. Last summer he also assisted the 11 year old All Star team with Steve Pappalardo and Andy Bracco and hopes to do that again this summer! Over this past winter he was score keeper for the St. Francis CYO basketball team. For all of these reasons, Alex was recently presented with a FLHS community service award.

Alex also plays wheelchair basketball for the Barrier Breakers of CPW. He has played on the team for 5 years. They practice and play throughout the year. Each year at the end of May or beginning of June they compete in the Empire State Games for the Physically Challenged. These games are held on Long Island. Alex and his teammates have won their games for the last 2 years. They will be playing on May 30th and

"When thinking about Alex Bonura, I am reminded of the words of Thomas Paine, the 18<sup>th</sup> century philosopher, author and American Revolutionary supporter and advocate of independence for the American Colonies, who wrote in 1776;

*"The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. I love the man that can smile in trouble, that can gather strength from distress and grow brave by reflection."*

It was a privilege having Alex on the bench for both the baseball and basketball seasons last year, not only for his scorekeeping acumen but his passion for the sport, the competitiveness of the event and his love for and dedication to the team. Alex is an inspiration to all who are fortunate enough to know him and a hero to some of us."

-Steve Pappalardo, Coach

hope to go for a 3-peat!! His brother Nicky and several of his friends and MKLL players, James Pappalardo, James Morales and Ralph Nuzzi have travelled to the Empire State games in the past years to cheer him on!

Alex is not only a source of strength and inspiration to those he coaches, his family and friends, he also exemplifies the heart and soul of a winner! Ask around and you will find that Alex always has a smile on his face and a positive attitude most of the time. His mom, Lisa confides:

***"He really inspires me every day no matter how hard things may be."***

Alex reminds us all that the most important thing is to step up and try your best and that if you keep your chin up and eye on the ball, the sky's the limit!

Next time you see Alex, please take a moment to thank him for his dedication to Little League and wish him good luck at the Empire State Games this May!

**He is one of ours!!**

—Mr. Reilly