

NOVEMBER NEWSLETTER

A MONTH OF GRATITUDE

This month, the employees at FLY NY took some time to reflect on what we're truly grateful for as the holiday season gets closer. With school, college applications, and everyday stress, it's easy to forget the people, moments, and little things that make our days brighter. So, each of us wrote down something or someone we appreciate—whether it was a friend or a family member who supports us, or even a small moment that made a bad day better. Sharing these thoughts reminded us how much positivity we already have in our lives, even when we don't always notice it.

GRATITUDE HELPS YOU
FALL IN LOVE WITH THE
LIFE YOU ALREADY HAVE

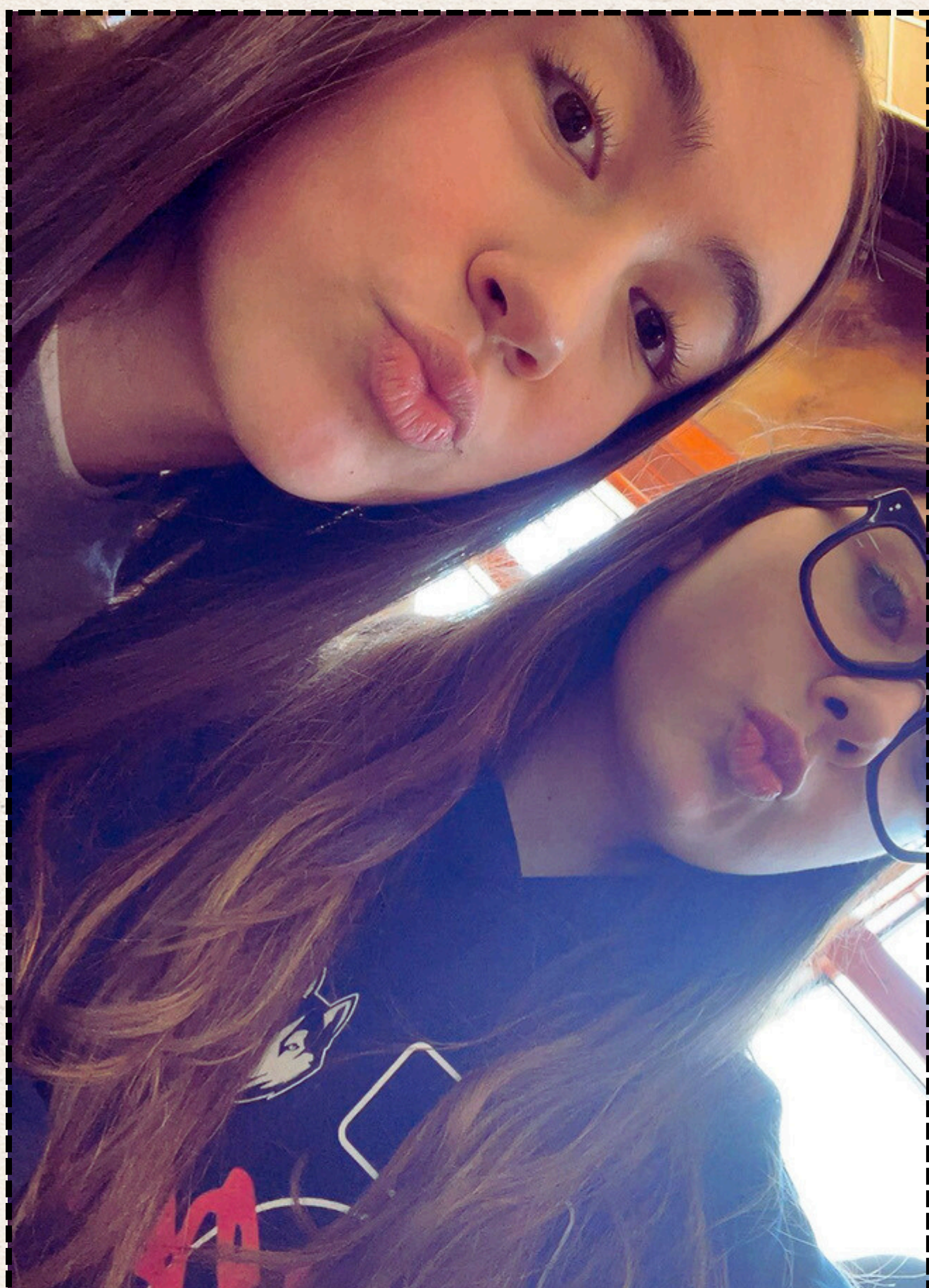


ALERA WILCOX

I'm grateful for my best friends Riyan and Talia. They have shown me so much love and care with such little time being given to us in high school. They never fail to make me happy in any way that they came. Before meeting them I definitely felt like a part of me was missing but now that I've met them I feel so complete.

ALEX ANDON-BARRERA

This year, I've taken some time to really think about the people who have made a difference in my life, and one person I'm especially grateful for is my little brother Joseph. Even though he's younger than me, he encourages me in ways I don't think he even realizes. He reminds me to keep going when things get stressful, and he always manages to make me laugh on days when I feel overwhelmed. Watching him grow, learn, and stay positive inspires me to be a better version of myself. His energy motivates me to work harder, stay patient, and remember that there's always something good to look forward to. I'm grateful for the way he looks up to me, but I'm also grateful for how much he teaches me without trying about responsibility, kindness, and not taking life too seriously. Having him in my life pushes me to keep improving, not just for myself but because I want to be someone he can be proud of. This November, I'm thankful for him and the quiet but powerful ways he encourages me every single day.



ANNE CANALE

One thing I'm really grateful for is one of my best friends, Ryan, because she's the person I can talk to about literally anything, gives really good advice, and helps me see things more clearly. She's someone whom I look up to and someone, as we both have the same dream job and the same kind of mindset about things. We have so much in common, from the music we love to how we both love basketball, and going to games together is always one of my favorite things. She's a freshman at UConn, and whenever I visit her, we always end up going to our favorite restaurant on campus, which makes those trips even more fun. Honestly, she just makes everything in my life feel easier and a lot more fun.

ANYIS BURMAN

Someone I am grateful for this year is my mom. This is a simple answer for a lot of people, so I understand that, but my mother is someone I am always thankful for. She believes in me when I don't have the belief in myself. My mother is always there for me and goes above and beyond for me, even when I'm a pain in the ass and not a lot of people get that from mothers, and all I can do is appreciate it. Even when she cheers me up, I get so happy because she knows me so well and will do anything just to see me smile. That's the best mother I could ever wish for. I wouldn't take her for granted. Since day one, my mother has always been my faith and my belief, and I love and value that about her. I would never want that to be taken from me. She's just the best thing ever, and I couldn't ask for more.

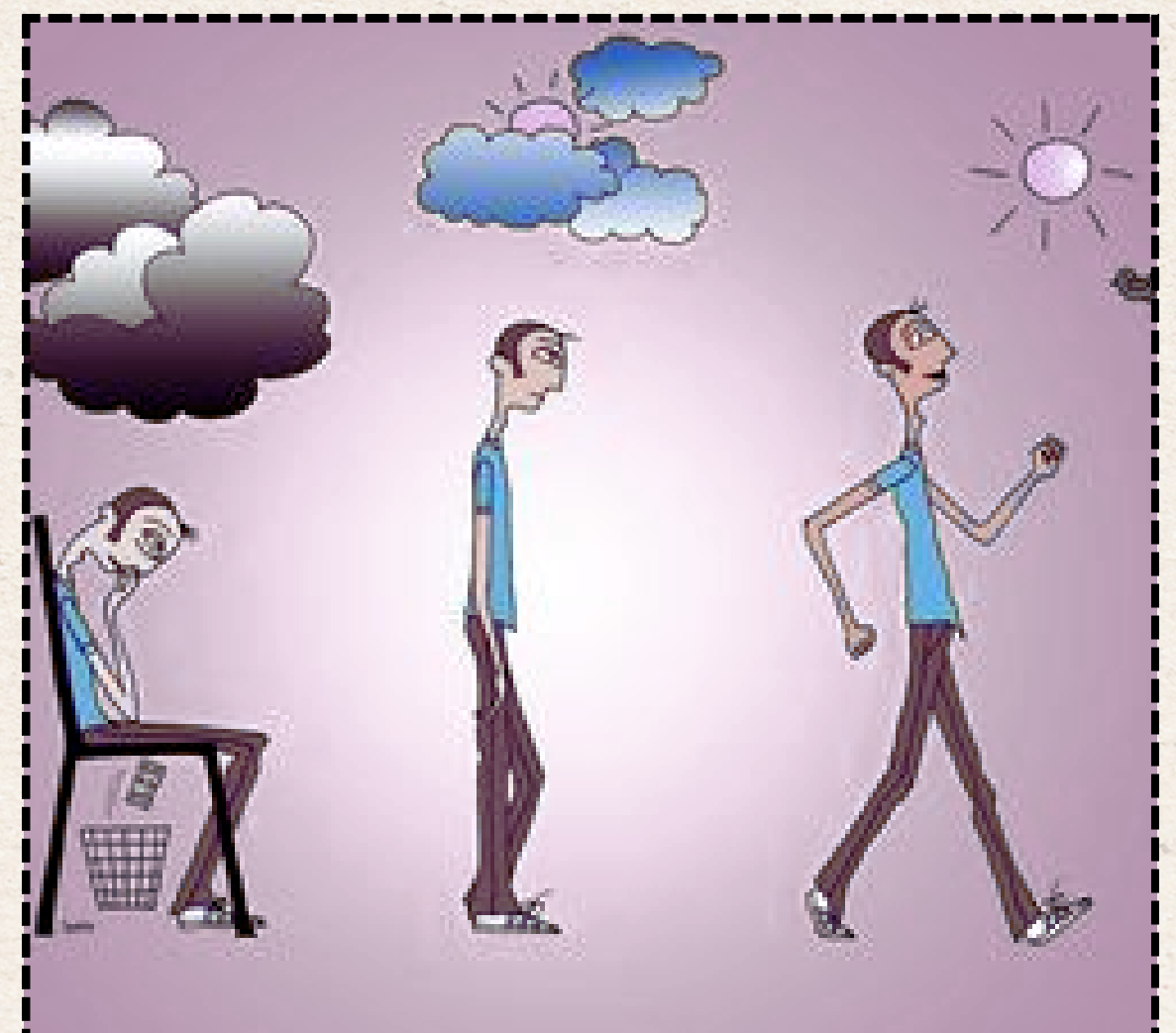


DAHIA MARTINEZ PENA

This year, I am grateful for my amazing friends and boyfriend because they always find a way to cheer me up or make me forget my problems and stress. They are truly a blessing every day I am reminded of how much I am loved and cared for.

GABRIELLA LUCERO

First and foremost, I'm grateful for my family who have been with me through it all and have supported my journey this year. This year, I've gone through so much growth and I'm very grateful for life overall with the people who have stuck with me and have supported me much more. After last year's personal event, I have learned to recover and move past those issues with the support I have from my partner, close friends, and especially my mom. Also, I'm grateful for my boyfriend who I would say is more like my best friend who has supported me along the way. Being able to confide in him and have his support has truly paved the way this year. He has been my biggest support system and has stuck with me despite the struggles. I'm grateful for the blessings life brought me this year, being able to expand my hobbies and academic career and even though I'm not currently doing what I imagined, I'm beyond grateful for the support I have to remain positive and still have hope for the future I wish for. And, I'm grateful to still have my kindergarten friend. I'm glad that we have our friendship and yet also continues to grow. Looking forward to graduating together at graduation once again!



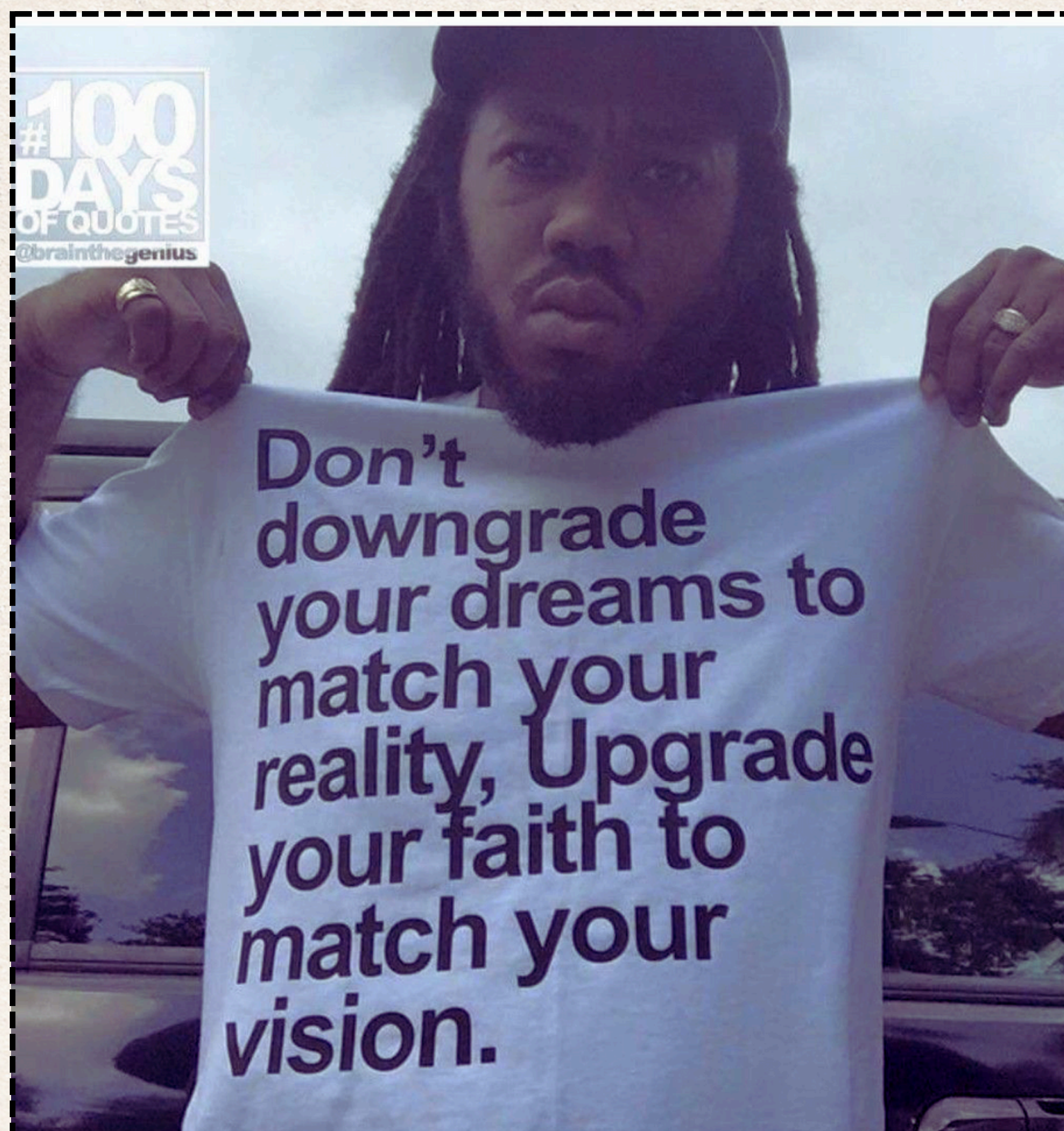
DANIEL MARTINEZ

Well I am grateful for everything in my life—thank God. But someone I am grateful for is my mom. I’ve always been grateful for her and my family, I could say I am more than blessed and privileged to be born in such a family. But the reason I am grateful for my mom is because I see her hard work and see how she constantly works hard to better our situation and even though things are tough—she keeps going and things feel like it’s going just fine(she is a very strong, beautiful woman), and to be honest it's going more than just fine, because we have God—and somehow have a peace and joy that's unexplainable and only God can do that.



ISA HYDARA

The 2 people I'm grateful for this year are my older sisters. This has been a big year for me, and there have been lots of trials and tribulations, and time and time again, they've been right there to support me. Aside from them, I want to thank myself for the growth and self-work I've done this year. I don't often realize all that I do for myself and appreciate myself for it, but my growth has made the biggest contribution to my life and where I am today. To finally prioritize my business and follow my dreams. I'm thankful to myself for constantly pushing myself to be my best, no matter what challenges I face. As I strive to continue being the best me and loving myself.



JAE CLARKE

I am grateful for so many things, but one thing I am incredibly grateful for is myself. The reason I say this is because of the person that I am. I took the initiative to come to this school, and ever since then, I have been taking advantage of the opportunities this school provides. Through this school, I was able to find myself and get to know the person I want to become in the future and the career I want to pursue. I came to peace with the fact that at the end of the day, all I have is myself, and I will always be there for myself when needed, but I will also be there for the people that I love and care about and that love and care about me.



JEWEL RIVERS

I'm very grateful for the obvious things—family, friends, new opportunities. However, I want to highlight a very important person that some might forget to thank: myself. Not to sound vain or self-absorbed, but I'm incredibly thankful for myself; for believing in myself, for pushing myself, for prioritizing my mental health, for putting myself first, and for being unapologetically me—I mean, the list could go on. Many people don't take the time to appreciate themselves or the small things they do. What they don't realize is that most times, you're all you have to depend on, so why not love yourself the most (healthily, of course)?



KHADIDJA DIAKITE

I'm grateful for my friends, family, and God because this year was a very hectic one that really made me realize the importance of cherishing the things in life. After all, you won't have them for long. I tend to stress a lot, and my circle helps me cope with my stress in many ways, even if they didn't know much of what was happening.

LENA NELSON

I'm grateful for receiving my first college acceptance letter that I received yesterday (can't wait for more to come). And I am grateful for having close relationships with friends and family because they really are a good support system for my crazy behind.

SAHARRAH MARTIN

I am grateful for my family and my growth this school year. I feel like I have grown and matured a lot.



LISBELLE BONILLA

I'm grateful for my family & close friends. And for always trying to stay positive even when it's hard. And I feel like this year has shown me that no matter how overwhelming or stressful something is, you're never going to actually fix it by having a negative state of mind. I'm also grateful for the clothes on my back and the food that I eat because I know not everybody has that, so I appreciate it even more.

LISMARIE VARELA

Someone I'm grateful for this Thanksgiving season is my dear friend Isabella. I met her my freshman year, during one of the hardest times in my life. At that point, I made it my mission to isolate myself, as it was easier for me not to deal with others during my hardships. But Isabella and I just naturally started to drift toward one another, and I found that she was the only person at the time who made me feel wanted in a way that was authentic to me. I never had to pretend to be someone else around her.

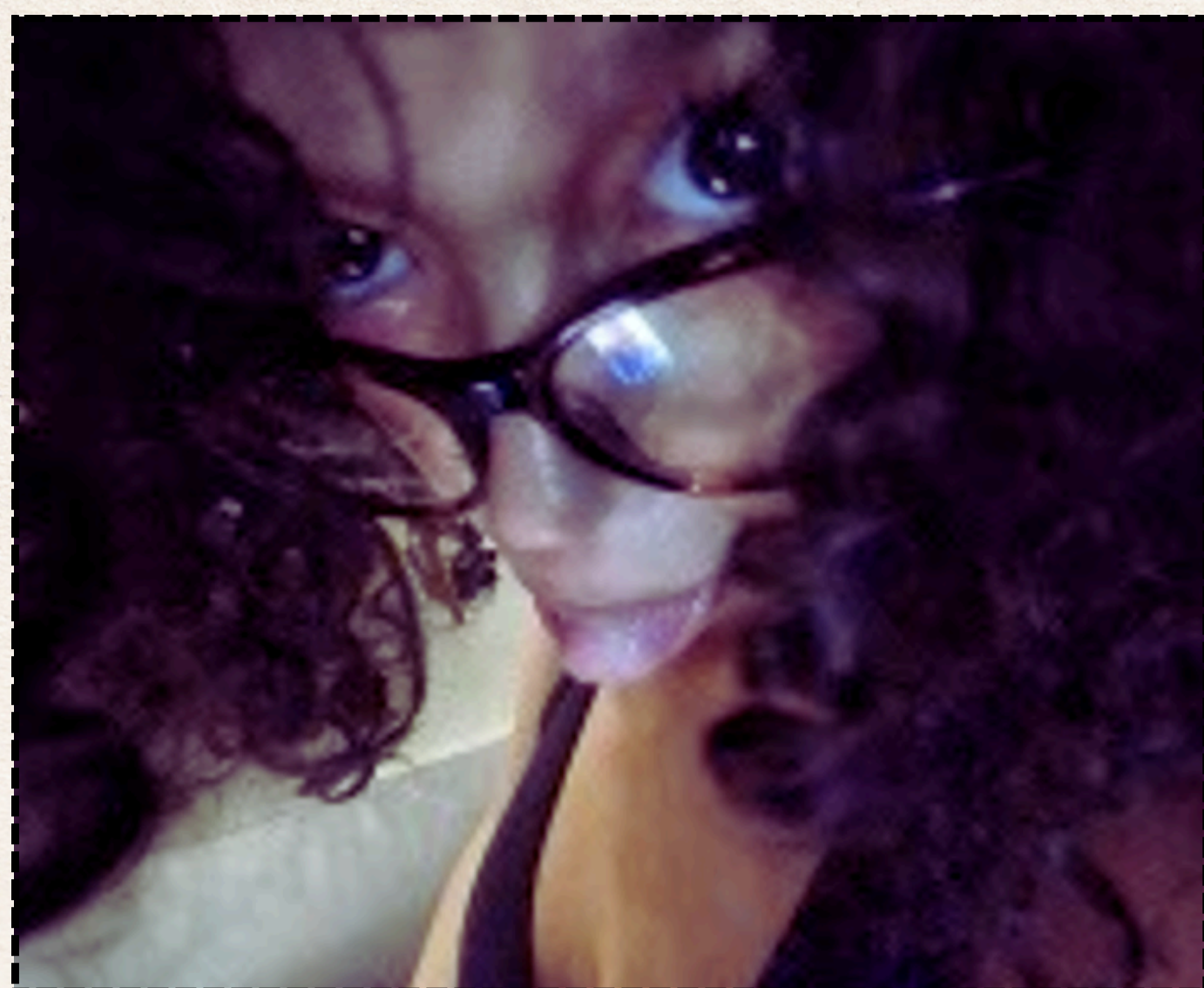


MARLO RIVERA-OPALSKI

I am grateful for my mother. She is precisely the reason I am who I am today. She has been my true best friend in my life, and I would not have it any other way. She is the only person I live with, and she raised me to be confident in myself. My mother is truly who I want to be when I grow up. She also is exactly who she thinks she is, and I find that so inspiring. My favorite memories are always when she tells me her crazy stories from the past, because there is always something new to learn about her. The cherry on top is that she is the funniest person I know, and all of my friends adore her. Ultimately, I am immensely grateful for my mother, and she is my favorite person.

MIKAELA CABRAL

I'm grateful for my best friend, because even in my darkest and stupidest moments, she never left my side. She's been with me through every phase of my life. The good, the bad, and frankly, the weird. So even if we go our separate ways in life, I'll always be grateful for her. AnF.



NADJA FIGUEROA

There is not one specific person that I am grateful for, but I am grateful to my family and friends. I feel that without them, I would not be able to be where I am right now. I love my friends and family deeply, and I think they have helped me significantly in becoming the person I am today. They have supported all of my decisions and helped me build what I am. Even though I don't get to say it often, I am super thankful to all my friends and, specifically, to my parents. I am also thankful to myself; I believe I have worked extremely hard throughout this entire year, and I was able to achieve almost everything I wanted because I worked hard and put in extra effort in everything. I believe that if it weren't for my strength and determination, I wouldn't be in the mindset and place I am today.



NIKO HAMILTON

I am deeply grateful to everyone who has supported me ,including my family, my friends, and my girlfriend. Each of them has played a meaningful role in my life, offering encouragement, love, and understanding during moments when I needed it most. Their belief in me has given me strength through difficult times and has reminded me that I'm never alone, no matter what challenges I face. Having such a strong and caring support system is something I don't take for granted. I feel truly blessed to be surrounded by people who want to see me grow, succeed, and become the best version of myself. Their support keeps me grounded, motivated, and inspired to keep pushing forward. I will continue working hard, not only for my own goals, but also to make them proud and to honor the love and faith they've placed in me. I'm thankful every single day for each of them and for the impact they've had on my life.

SADIE KEOGH

Someone I am grateful for this year and every year is my mom. I am grateful for her because she is my constant support through everything, from school, work, and in any moments I doubt myself. She shows up for me in ways big and small, and even when we don't agree on everything, I always feel her love behind it. This year especially, she's been someone I could rely on for grounding and encouragement. I'm grateful for the strength she gives me just by being there.



SUMMER OTANO

I am grateful for the people who have supported me and who have made my life interesting. I say this because life isn't supposed to be a repeating cycle; you're supposed to grow and learn more each and every day, which is what these people do. I'm also grateful for my puppy, who makes me learn patience and makes me smile every day.

ZARA ROASRIO

This year I am grateful for my Dad because he really made this year special. The first reason is because even though my dad has a busy work schedule, he always does his absolute best to attend any events my sister and I have. The second reason is because when I was a kid, he was the best girl dad, taking us to the pool, riding our bikes to school or in the rain, and taking us on the best vacations. The third and last reason is when we were in London this August, he re-proposed to my mom on their anniversary, although they are still married, with the same ring from 20 years ago looking completely new. That was a special moment that I was and still am grateful to be a part of.



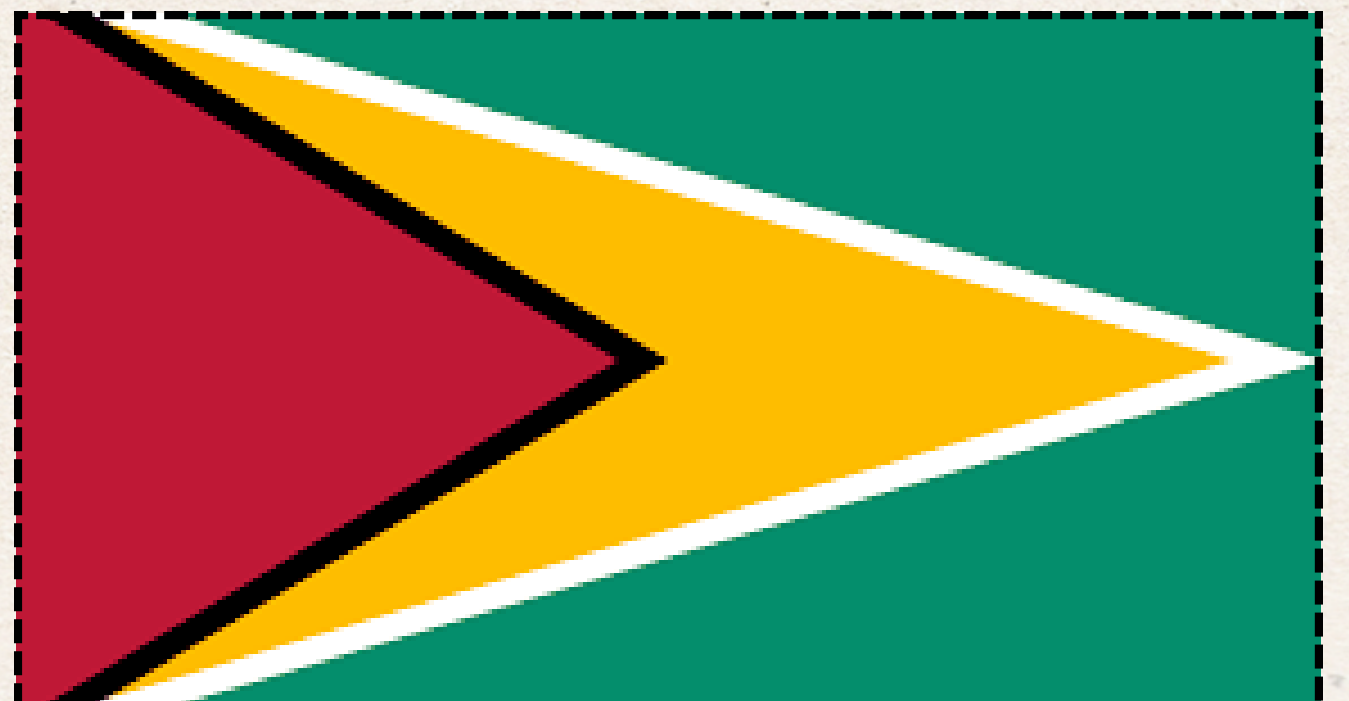
DOMINIQUE KENNEDY

This year I am grateful for my Family and friends because they really made this year special. The first reason is because even though we don't hang out a lot because we have busy schedules, but whenever we do have time to be together it is the most memorable moments and i will forever cherish it. I am also grateful for is food because food can really change your mood, and it just makes me very happy.



SIERRAH MARTIN

I am grateful for my granny and her sister because I would not be here if they had not sacrificed for my family. They moved from Guyana to here and made a life for themselves and the next generations to come. I can live in the house we live in because of them. And I am alive because of them, and I can come to this school because of them. They just led the family and gave us the lives we have now. That is something I would never exchange for anything.



FLY NY GRATITUDE REFLECTIONS — NOVEMBER 2025

As we wrap up this month's newsletter, we hope our gratitude reflections encouraged you to pause and appreciate the little moments in your own life. Our team loved putting this together, and we're excited to keep sharing our thoughts, ideas, and creativity with the FLY NY community. Thank you for taking the time to read, and we hope you carry this feeling of gratitude into the rest of the season.

