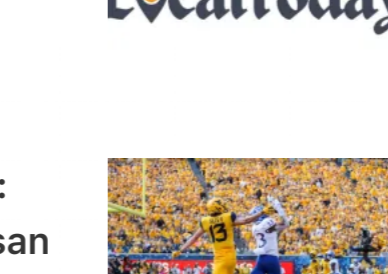
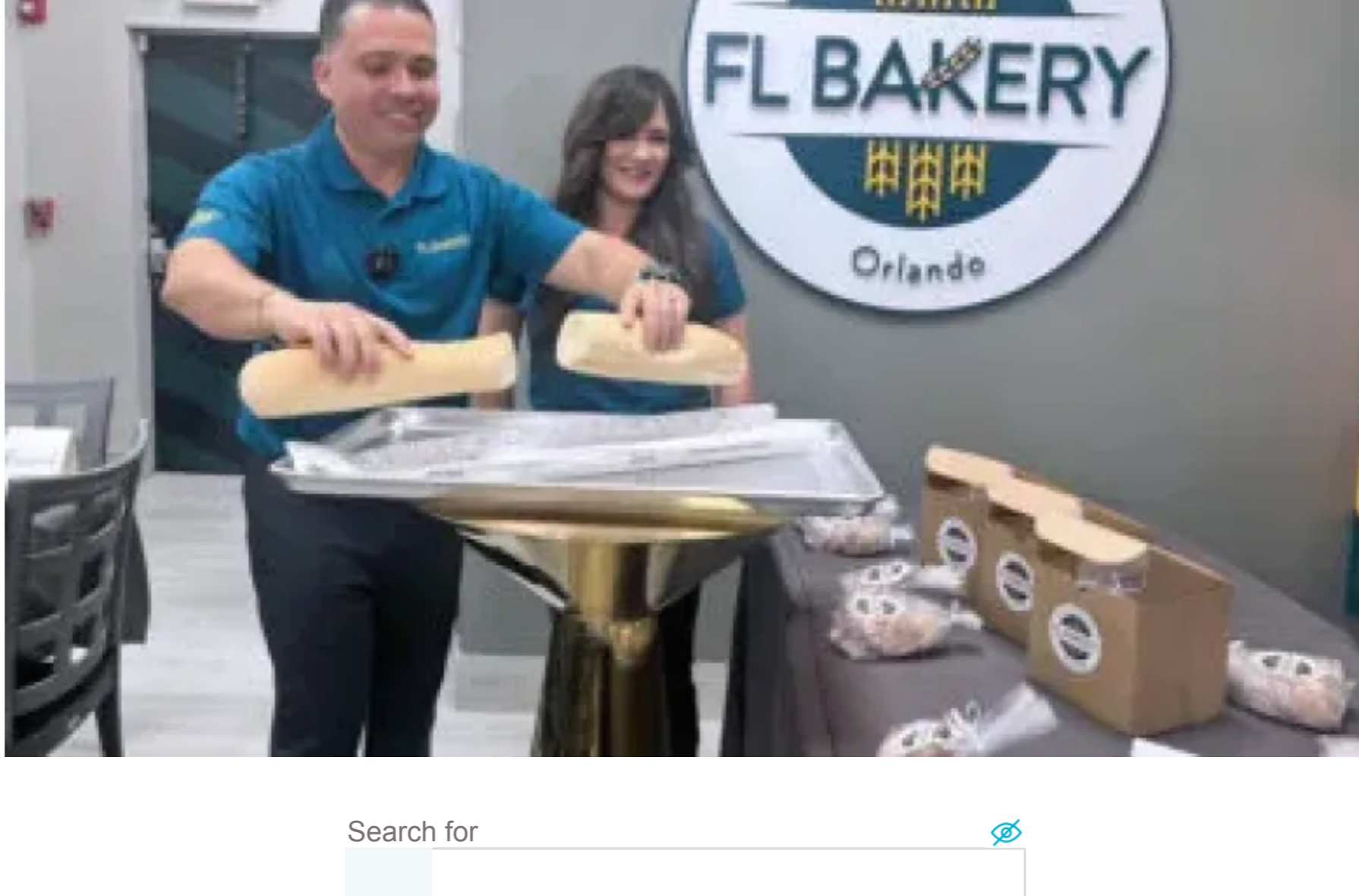


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FL Bakery & Restaurant opens second location in Orlando – News is my business

Delaney Johnston · August 25, 2022



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Rafael Román and his wife Kiara Delgado cut a loaf of sobao bread to symbolize the official opening of the bakery's second Orlando location.

ORLANDO, FL – The FL Bakery & Restaurant, a family-owned food company where Puerto Rico's rich cuisine and vibrant culture converge, has opened its second location in Orlando, and with these additions, the family-owned business will have four bakeries and a distribution warehouse in Central Florida and seven bakeries in Puerto Rico.

The new 3,500 square foot colorful facility is located at 1654 North Semoran Boulevard in Orlando. This location has 24 employees.

The location showcases Puerto Rico's long history of diverse culinary traditions—a unique blend of African, Spanish, and Taino Indian roots—that are felt from the moment a customer walks in and is greeted by the bakery's staff.

FL Bakery is the place for endless "frituras" (fritters), rice and beans, "cueroito" (pork belly), "mofongo," Puerto Rican coffee, and "pan sobao," Puerto Rico's popular sweet bread.

"There is strength in diversity. Florida Bakery has been around for a while. We're going to fill Florida with that dream," said Rafael Román after cutting a loaf of sobao bread to symbolize the official opening of the second location in Orlando.

Also read: [Restaurant Los Andes opens second location | Jax Daily Record | Jacksonville daily record](#)

There was also the traditional ribbon cutting, which drew area government and private officials, including Iliá Torres, special assistant in the office of Orange County Mayor Jerry Demings, who delivered a proclamation.

Attendees included Orlando City District 2 Commissioner Tony Ortiz, representatives from the offices of Florida Senator Rick Scott, Florida Senator Marco Rubio, and members of the Hispanic Chamber of Commerce of Metro Orlando (HCCMO), among others.

José A. Currás, owner of Valisa Bakery Café, a well-known Puerto Rican bakery in Orlando, was a special guest during the event as his former property is the FL Bakery & Restaurant.

"I think it was destiny, God does things at the perfect time. My wife and I had been talking about retiring in a year and one day this young man showed up," he said, referring to Román, "whom we knew and we had coffee and he told me if you would sell him I think of me one day.

After this conversation he consulted with his wife and they decided to accelerate their retirement plans and sell them to Román and his wife Kiara Delgado.

Currás said he was happy for two reasons. First, because the business passed into the hands of other Puerto Ricans, "because I think we Puerto Ricans come to Orlando to work, to make a name for ourselves, to make people feel like we Puerto Ricans are emphasizing our values, our work can , our culture, through this kind of business, which is a culture business. After all, it carries our taste, our 'sobao' bread, our Creole food, so I'm very satisfied."

"And second, because it's in good hands together with these hardworking and successful business people who are sure to continue to serve their and new clientele with care," he said.

Mark a "milestone". Meanwhile, Román said the FL Bakery Orlando location is "a milestone" for the company.

"We are grateful and incredibly fortunate to have the support of this amazing community. Central Florida welcomed us with open arms when we opened our first bakery and that's why we're celebrating today," said Román.

"FL Bakery pays homage to the cuisine of my beloved homeland, it's a place that celebrates the tastes, the way of life and the special moments that we all cherish in Puerto Rico," he said. "Once visitors get a taste of FL Bakery, they always crave more."

Roman opened the first FL Bakery & Restaurant on July 15, 2020 in Kissimmee, an 8,400 square foot location. This location employs 60 people.

"We have seen significant growth in both fresh produce retail at our Kissimmee location and in our wholesale distribution," added Román. "To meet continued demand, we opened an approximately 4,000 square foot warehouse in Orlando in June. This new addition brings new efficiencies to FL Bakery's distribution capabilities and demonstrates our company's commitment to Central Florida's economic growth."

Together, the company creates around 300 direct and 400 indirect jobs. With the addition of the Lake Nona and Altamonte Springs bakeries, which are expected to open in 2023, the company's estimated economic impact on the Central Florida economy exceeds the \$10 million mark, he said.

"We take our responsibility to lead FL Bakery & Restaurant into the future very seriously because we know this business supports the livelihoods of dozens of families," said Román. "We are committed to supporting the social and economic development of the communities where FL Bakery operates and where our employees live."

Delgado said she is "very excited to continue growing and becoming stronger in the region."

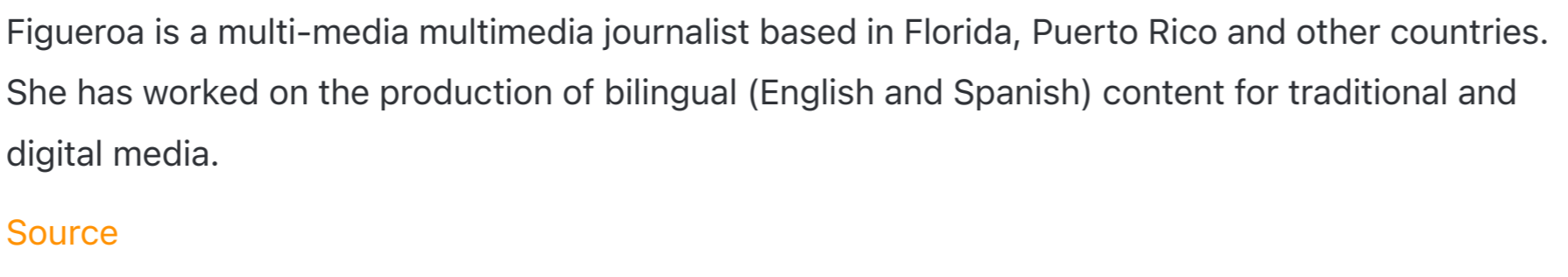
"That wasn't in the plans. We got the call from José and decided to do it. We thought Lake Nona would be the next location, and no, it was here in Orlando, and in three to four months we're already open," she said.

FL Bakery & Restaurant sells its signature "Pan Sobao" and traditional Puerto Rican pastries to dozens of Orlando area cafes and restaurants.

With nearly 20 years of experience in the world of communications and the digital world, Cecilia Figueroa is a multi-media multimedia journalist based in Florida, Puerto Rico and other countries. She has worked on the production of bilingual (English and Spanish) content for traditional and digital media.

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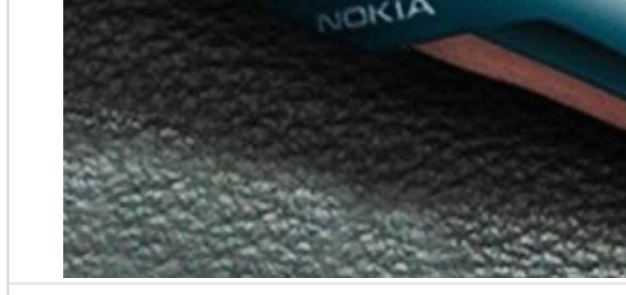


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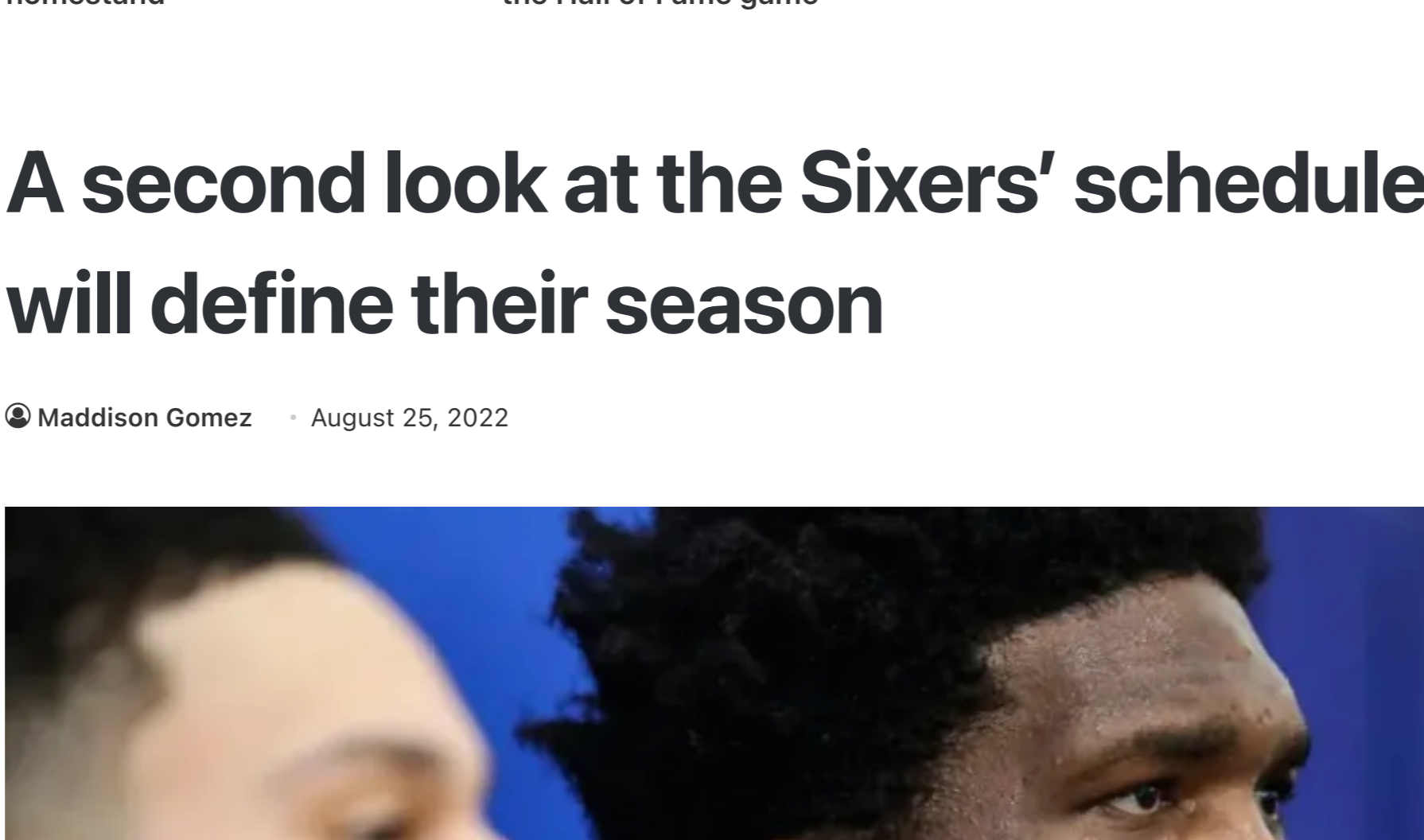


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A second look at the Sixers' schedule and 10 games that will define their season

Maddison Gomez · August 25, 2022



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The 76ers were a talented team with no true identity in the 2021-22 season. They lacked consistency as they transitioned from the pinnacle of the Ben Simmons saga to a revamped roster that included Joel Embiid, James Harden and Tyrese Maxey.

The 2022-23 season is now on the horizon and will leave a blank slate for a team knocked out of second round four of the last five postseasons. With this new opportunity comes a chance for the Sixers to become a cohesive entity capable of fighting in the Eastern Conference.

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But before they get there, the Sixers are playing out the 82-game schedule that was released a week ago. We analyzed each part of this schedule to find the most meaningful competitions and came up with 10 games that will define the Sixers' season.

When Harden was traded to the Sixers in February, the team had just a few months to mature from a collection of talented players into a cohesive entity. That never materialized as the Sixers battled the exhausted Toronto Raptors in the first round and fell to the Miami Heat in the second round. This national televised duel against the Celtics is the impetus for the Sixers to find solutions that eluded them last season. Ditto for the following game – also aired on TNT – against the Milwaukee Bucks.

Barring a change of heart during the offseason, this Toronto meetup against the Raptors will be the second in a two-game series without Matisse Thybulle, who likely won't be able to travel to Canada due to his unvaccinated status. That game would mirror the Sixers' experience in the 2022 playoffs when Thybulle was unable to travel to the first-round postseason meeting with the Raptors. This could be an early test for the Sixers, who will use Thybulle as a key fifth starter or sixth man.

Also read: [With the planned new arena for the Sixers, a look back at the team's history at the Wells Fargo Center](#)

This game offers more intrigue than any other game the Sixers will play in the regular season. The Simmons saga has been one of basketball's most prominent storylines and cannot be fully buried until the former Sixer steps onto court at the Wells Fargo Center. Essentially, the Sixers' trade with Simmons and settlement of the appeal to recoup the \$20 million he lost last season brought the end. But Philadelphia fans won't let that go entirely until Simmons gets between the four lines.

» READ MORE: [Sixers back on NBA merchandise shortlist as schedule heavily relies on Embiid, Harden](#)

Far behind Simmons as a storyline here sits the Sixers' interest in Kevin Durant. When his trading demand was active, front-office decision makers reportedly wanted to put together a package for Durant. There's also Durant's relationship with Harden, which appears to have been mended after they failed to rekindle their magic as teammates in Brooklyn.

The Sixers demolished the Hawks in their first regular-season matchup last year. But after that, Atlanta played them much closer. The last two games of the series were split, with only two points separating the winner from the loser. Now that the Hawks have added Dejounte Murray – who was looking unusually irritable in the off-season – this rivalry could be intensified. The game in question, which comes between six Sixers road games, is also a spot where Atlanta could catch Embiid and co. slipping if they're not careful.

In the eyes of the NBA, the Sixers have earned a place among the flagship franchises. The Knicks, popular as they are, rarely earn their stronghold on Christmas Day. After a disappointing 2021-22 season, this iteration set to play at MSG is no different. As such, it will be important for the Sixers to make a statement and show that there is a clear demographic line between the Knicks, a team hoping to make the postseason, and the Sixers, a franchise likely to compete in the East. are.

In the midst of the Sixers' longest West Coast journey comes their matchup with a Clippers team hoping for a rebound after a lost season with injuries to Kawhi Leonard and Paul George. Both players appear to be healthy now and the Clippers added John Wall during the off-season who will also be on a mission. The Clippers will also be energized for this matchup against the Sixers, a game coming at the end of their five-game home stand. It will be up to the Sixers to fight this rising tide.

The Sixers need to win that home game against the Heat before heading to Miami for a game that kickstarts a five-game trip that includes trips to Dallas, Milwaukee and Minnesota. The game has further significance as it is the last game before a particularly brutal stretch in March. As noted by *The Inquirer*, March is the Sixers' toughest month of the regular season and it will be imperative for them to step up that gauntlet at the end of a strong February.

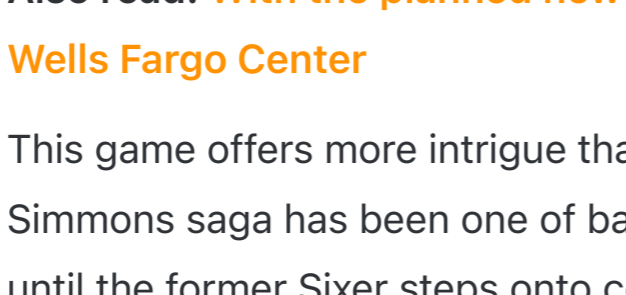
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The Bucks did not make the NBA Finals last season, falling to the Celtics in seven games in the Eastern Conference semifinals. Milwaukee have one of the best players in the world in Giannis Antetokoumpo, but his effort wasn't enough after Khris Middleton went down with an injury. The Bucks should be back in full force when they face the Sixers at home, with Antetokoumpo, Middleton and former Sixer Jrue Holiday, I really can't stress enough how tough the month of March is going to be for the Sixers.

This is one of those games that tests a team's capabilities. From March 22 through the rest of the season, things aren't letting up for the Sixers. That includes the toughest stretch of the season with three away games in four days against the Suns, Warriors and Nuggets. So the Sixers play the top two teams in the West – and two of the best in the league – and get a chance to take on the MVP in Nikola Jokic on the backend. Embiid will be key here, as he's probably pent up some frustration for ending up twice as the NBA's MVP runner-up behind Jokic.

The Sixers end their season with a well-timed trip to Brooklyn. Star players rarely appear in games this late in the season, and that will likely be the case for players with the injury history and ages of Embiid, Harden, Simmons and Durant. But the NBA still has an attractive finale lined up on the schedule, and when these stars step onto the court, there might be a little extra motivation given their shared history.

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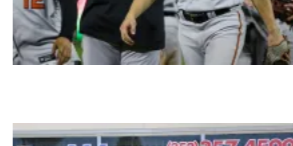
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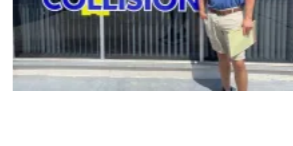
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