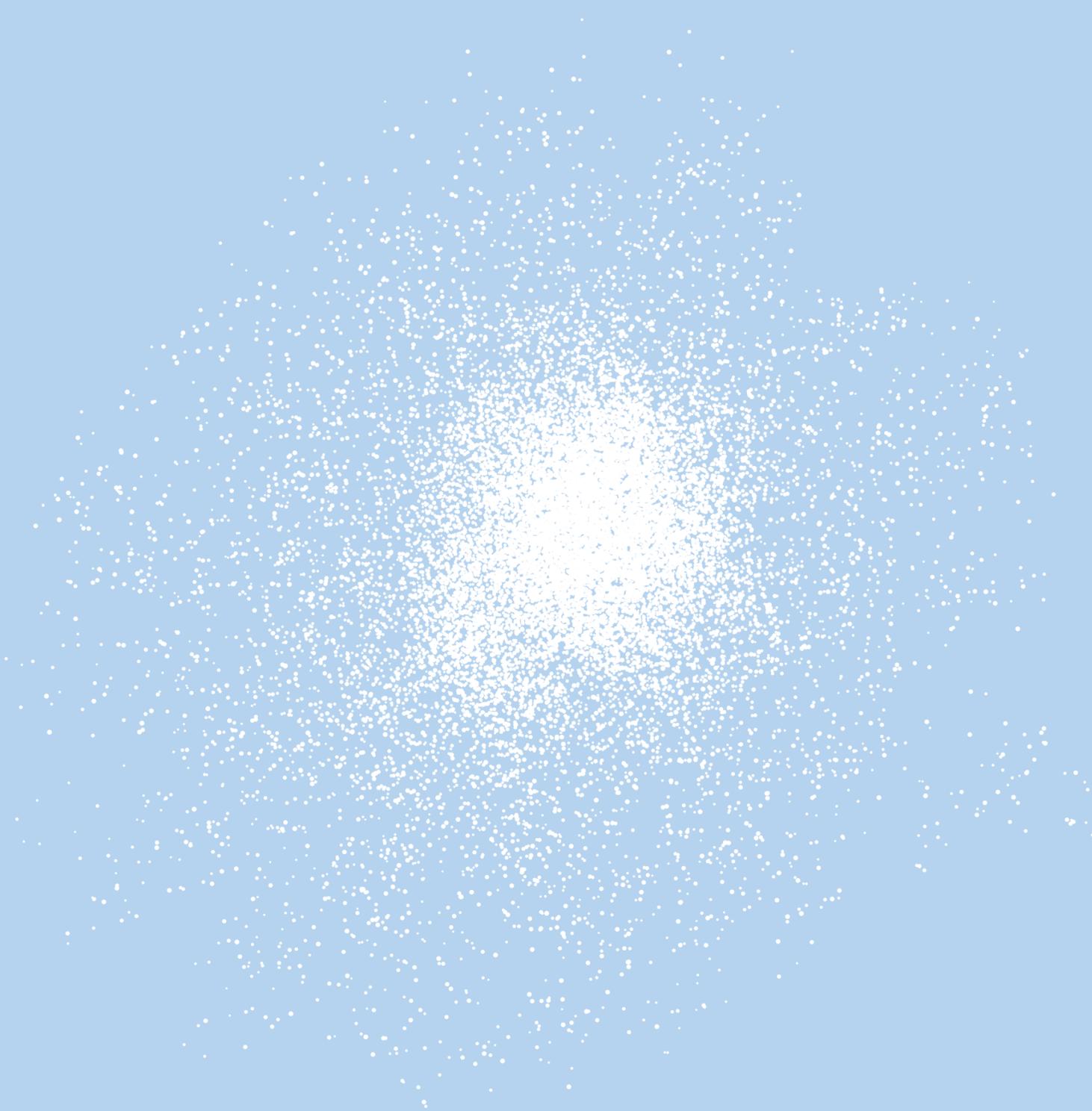


# Rising

Bread, Community,  
and Achondroplasia

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The book you hold  
in your hands was  
made with you in  
our hearts.

Make lots of bread,  
make lots of friends,  
and make lots of  
memories.

This world  
is for you.



To Leigh Ann,

You're a sun in the sky and  
candle in the dark whose  
light will inspire a generation.

Thank you.

Sofia

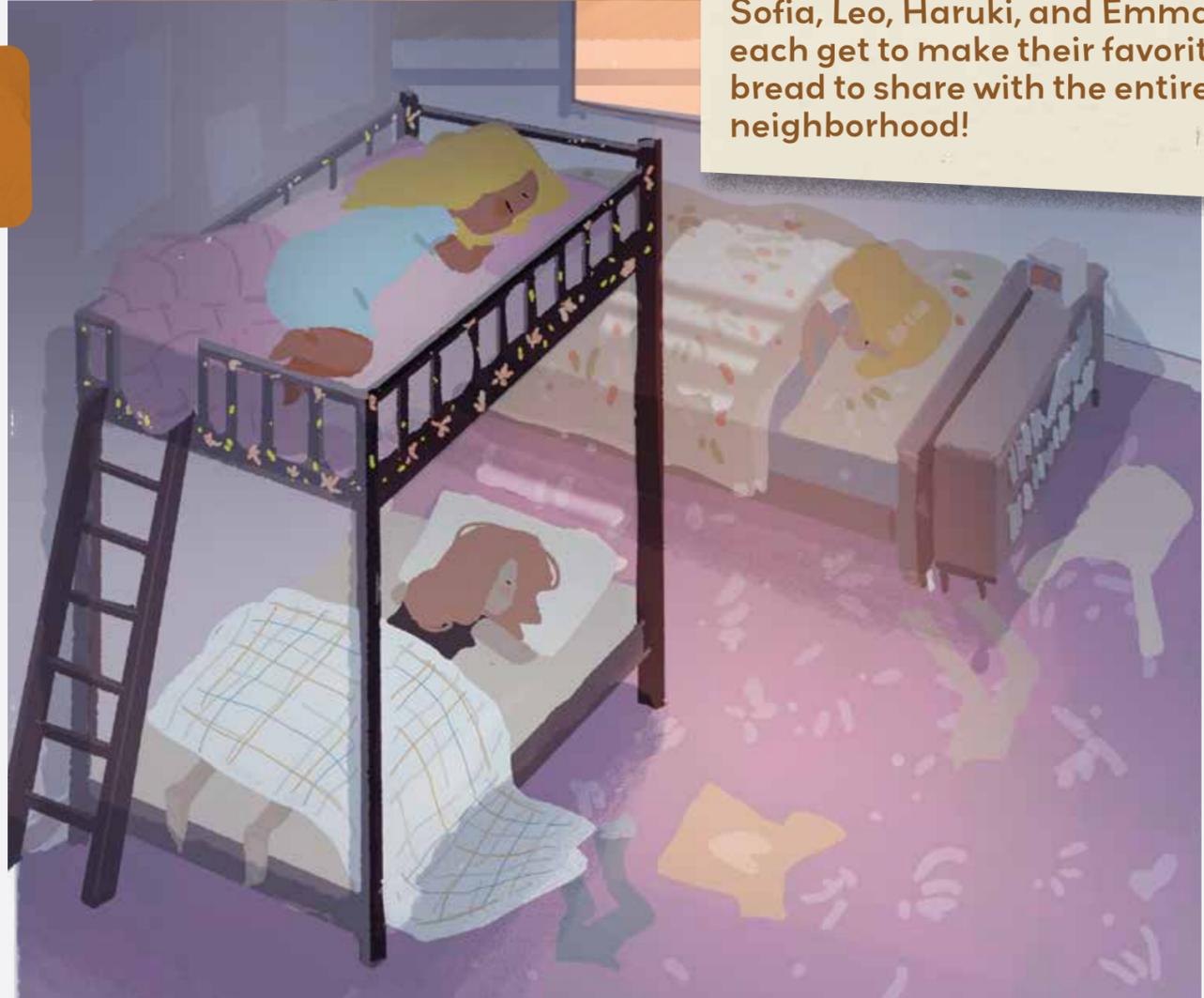


TODAY IS:  
**THE RISING LOVE**  
Community  
**BREAD**  
Festival!

Haruki



Emma



Sofia, Leo, Haruki, and Emma each get to make their favorite bread to share with the entire neighborhood!

Leo

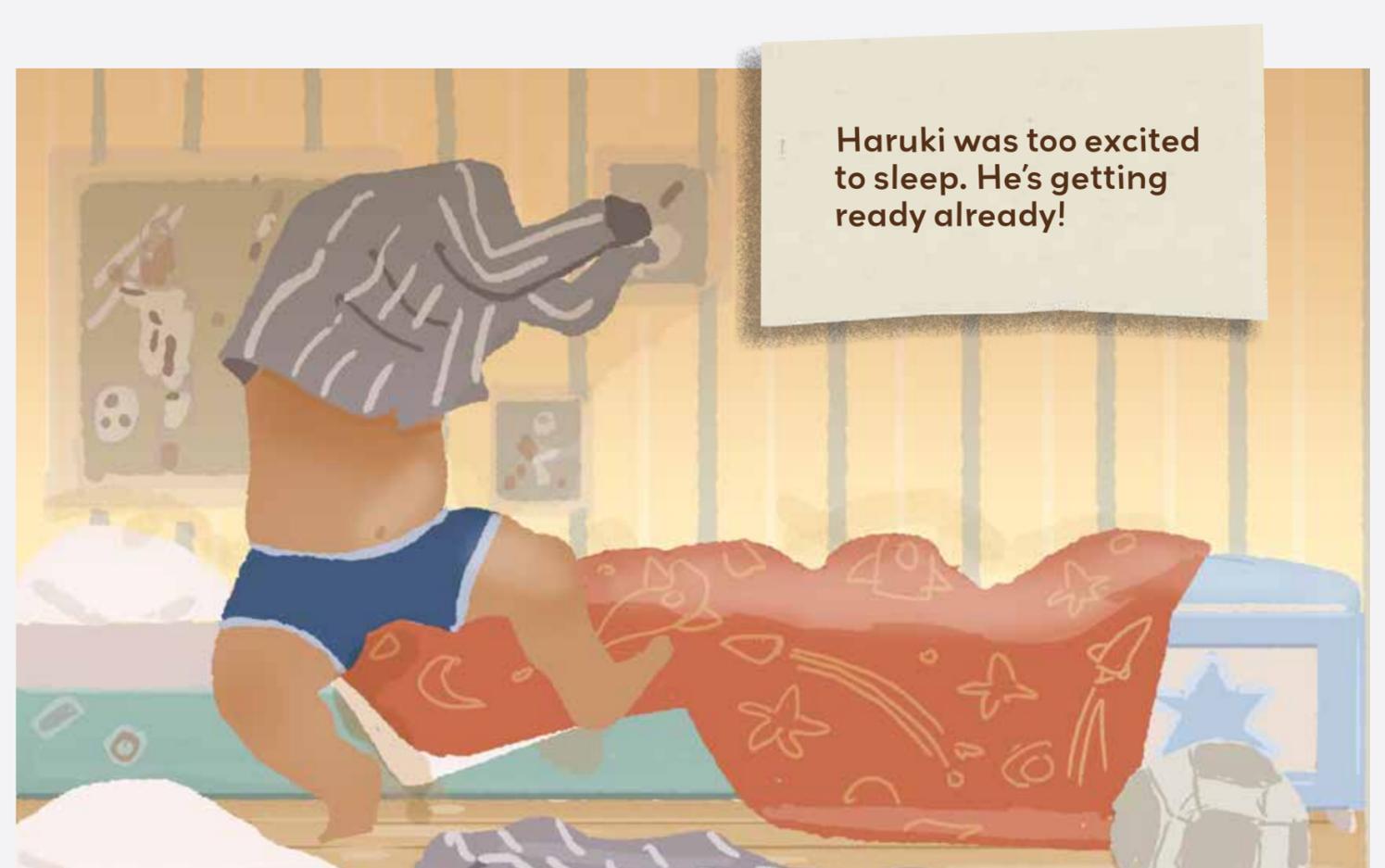




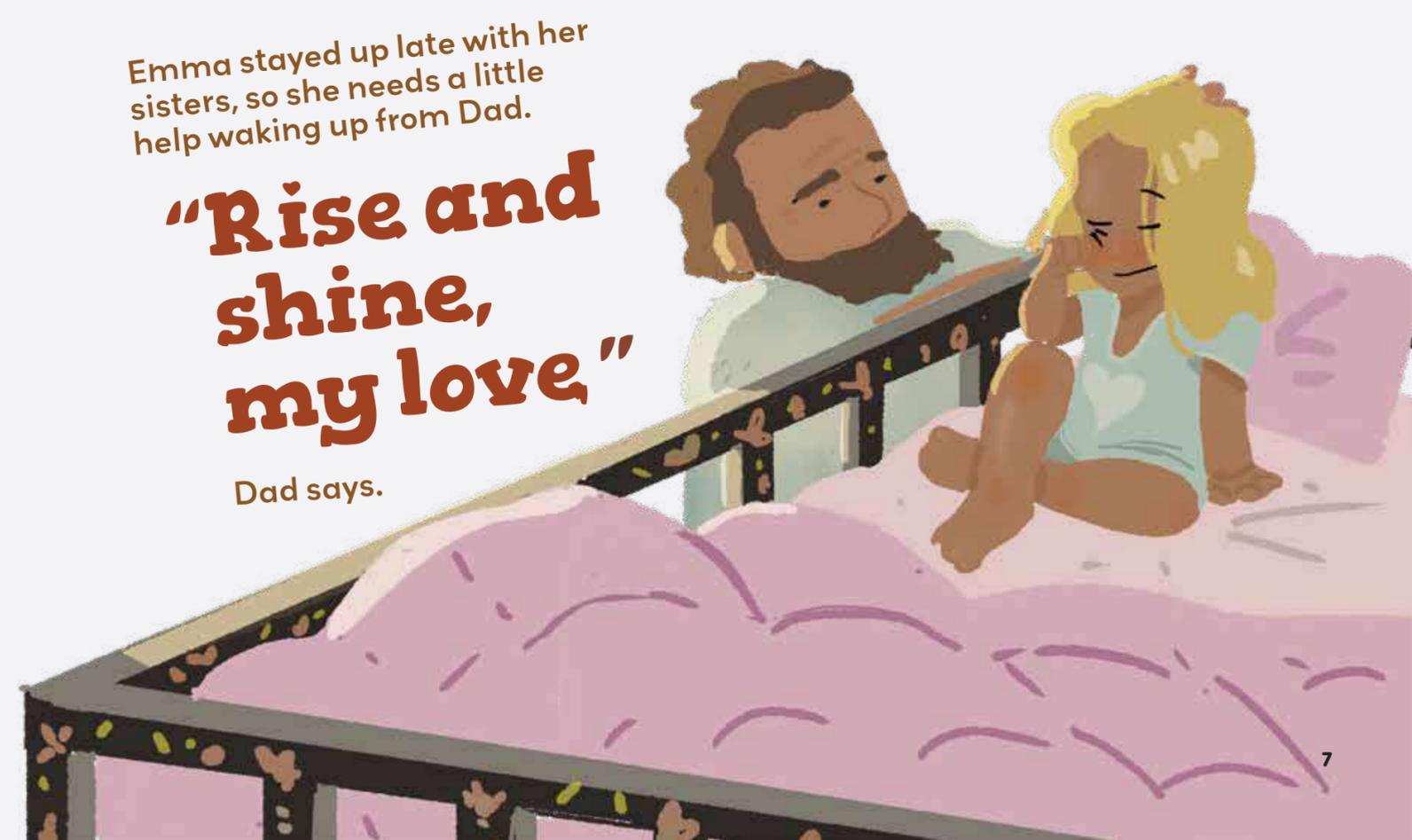
Sofia is excited to see her friends, but first she needs to make her bed.



Leo is a little nervous because he's never made bread before. His older, super cool brother Matt is going to help.



Haruki was too excited to sleep. He's getting ready already!



Emma stayed up late with her sisters, so she needs a little help waking up from Dad.

**"Rise and shine, my love"**

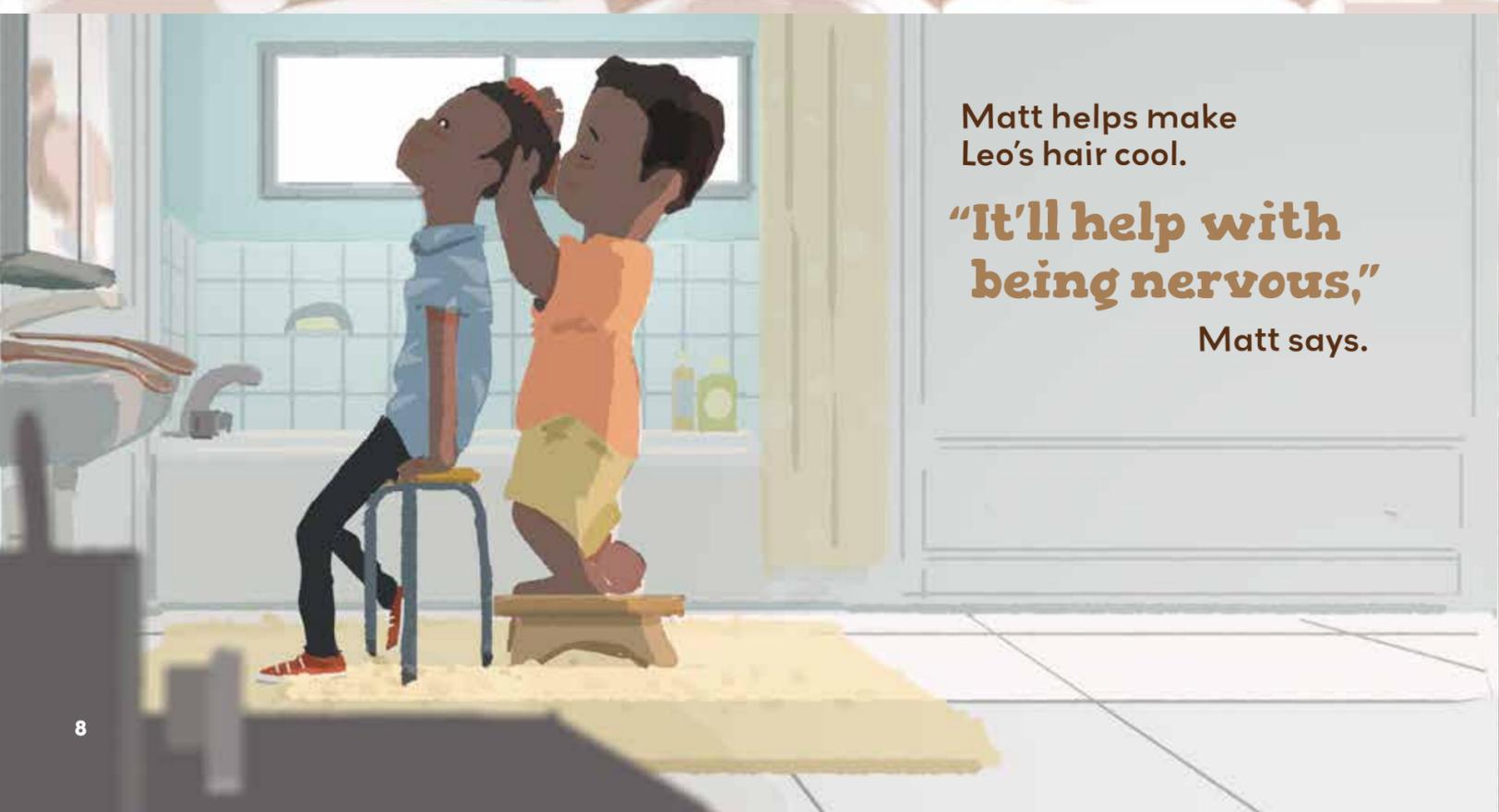
Dad says.



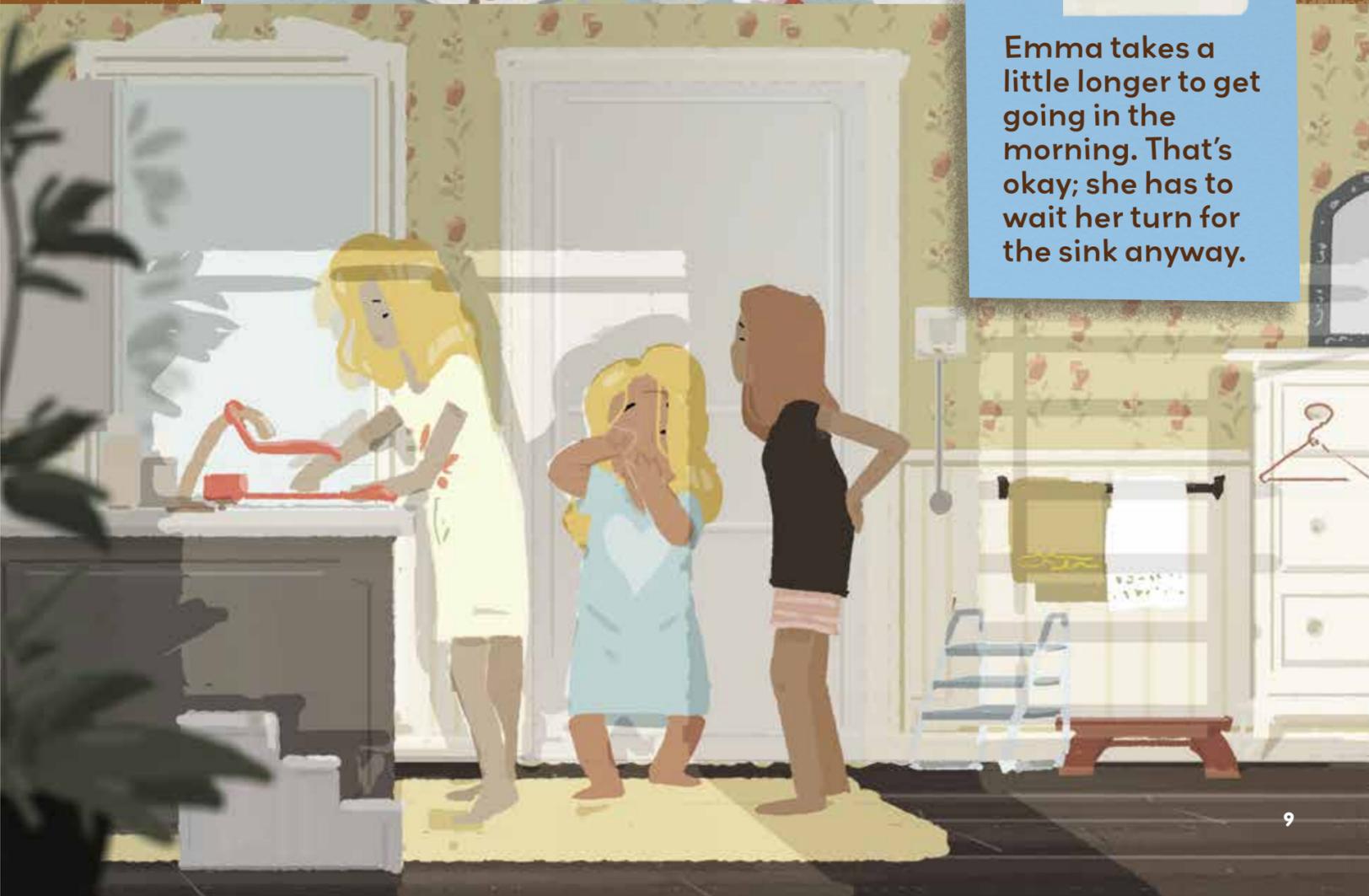
Sofia wants to pick the perfect bread for her friends. She's been trying to decide all week!



Emma takes a little longer to get going in the morning. That's okay; she has to wait her turn for the sink anyway.



Matt helps make Leo's hair cool.  
**"It'll help with being nervous,"**  
Matt says.



A young boy with dark hair, wearing a light-colored shirt and brown pants, is running happily through a kitchen. He is carrying a brown woven basket filled with books. The kitchen has wooden cabinets, a window with a view of a house, and a large potted plant on the left. The scene is brightly lit with sunlight streaming in.

**"WAKE UP!**

**It's  
bread  
day!"**

Haruki yells,  
on his way to  
the kitchen.

A young girl with long brown hair, wearing a purple dress, stands in a pantry. She is holding a recipe card and a small container. The pantry is filled with various food items, including jars and boxes. A blue lamp hangs from the ceiling. In the background, a woman is visible through a doorway, looking towards the girl.

**"What bread  
did you choose,  
Sofia?" her  
mom asks.**

Sofia smiles and  
turns to her mom  
with the recipe in  
her teeth!

**"Ooo,  
that's my  
favorite,"**  
Says mom.

**"I'll start  
up the  
clay oven."**

"Do we really need  
**that bowl?**"  
asks Matt.

"It's the one  
**Grandma**  
**uses!**"  
answers Leo.



Haruki was so excited he didn't  
wait for his parents to get started!

**What a mess!**



Now that everyone is awake  
and in the kitchen, it's time  
to make the dough!

Emma is making her  
family's famous pretzels.

**"Dad, can you  
take a picture  
from up high?"**

asks Emma.



All bread begins as dough.

Dough then turns into bread after spending some time in the oven.



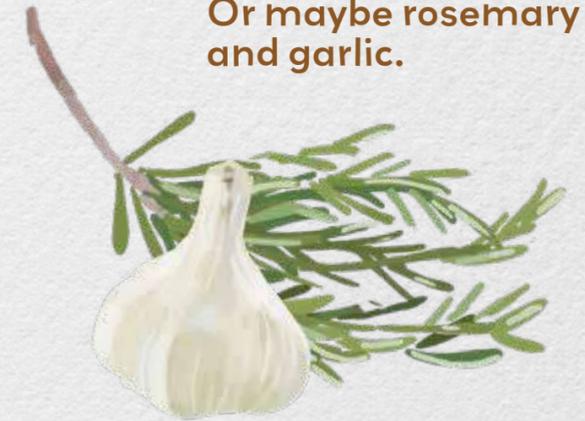
When making dough, recipes can use different amounts of different ingredients.

Most dough starts with flour and water...

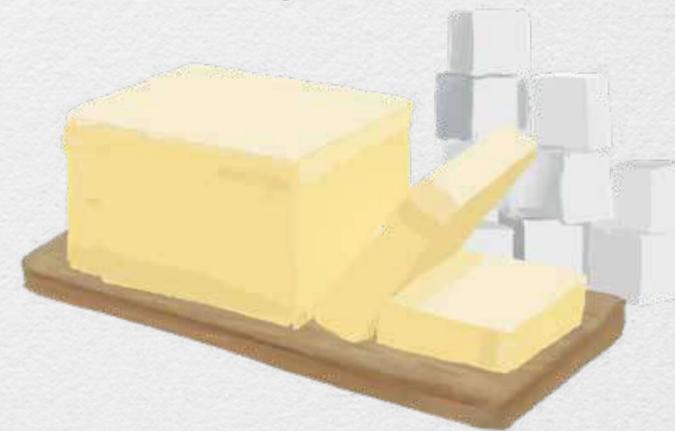
Then, some people add honey and cinnamon.



Or maybe rosemary and garlic.



Some bread uses butter and sugar.



And others use baking soda and salt.



Even when dough has more or less of something, it can still be delicious. That's why there are so many unique types of bread!

Now that all the dough is made, it's time to put it in the oven!



**Oh, no!**

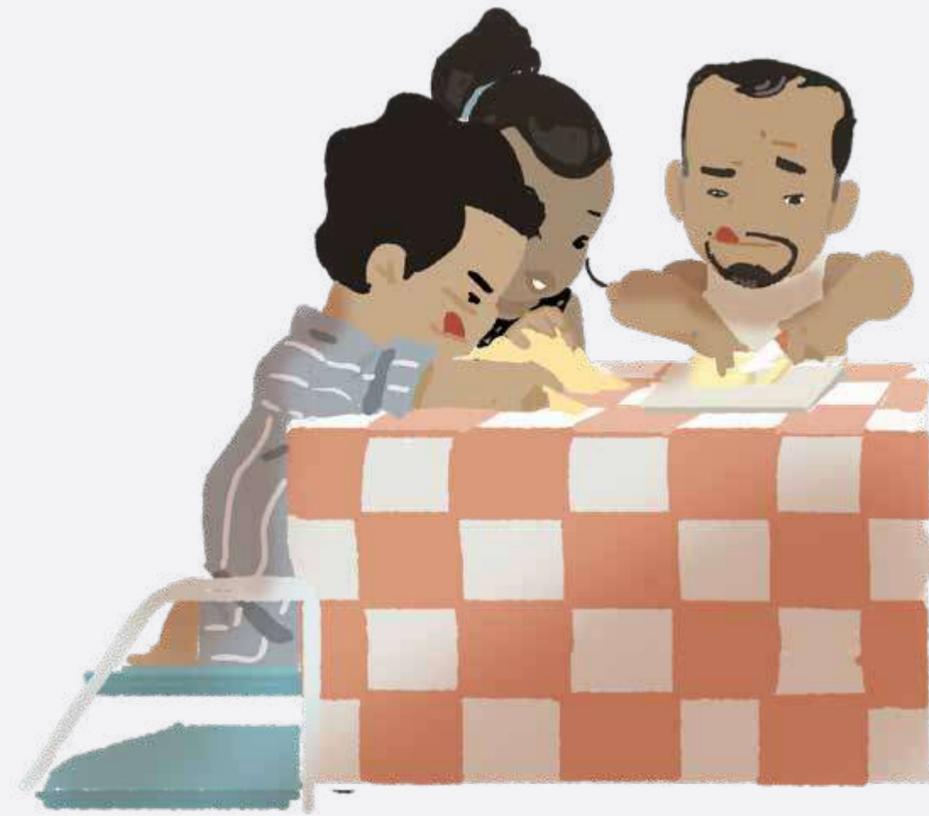
Leo accidentally dropped some dough on the floor!



**"That's okay,"**

says Matt.

"The best bakers probably drop lots of stuff."

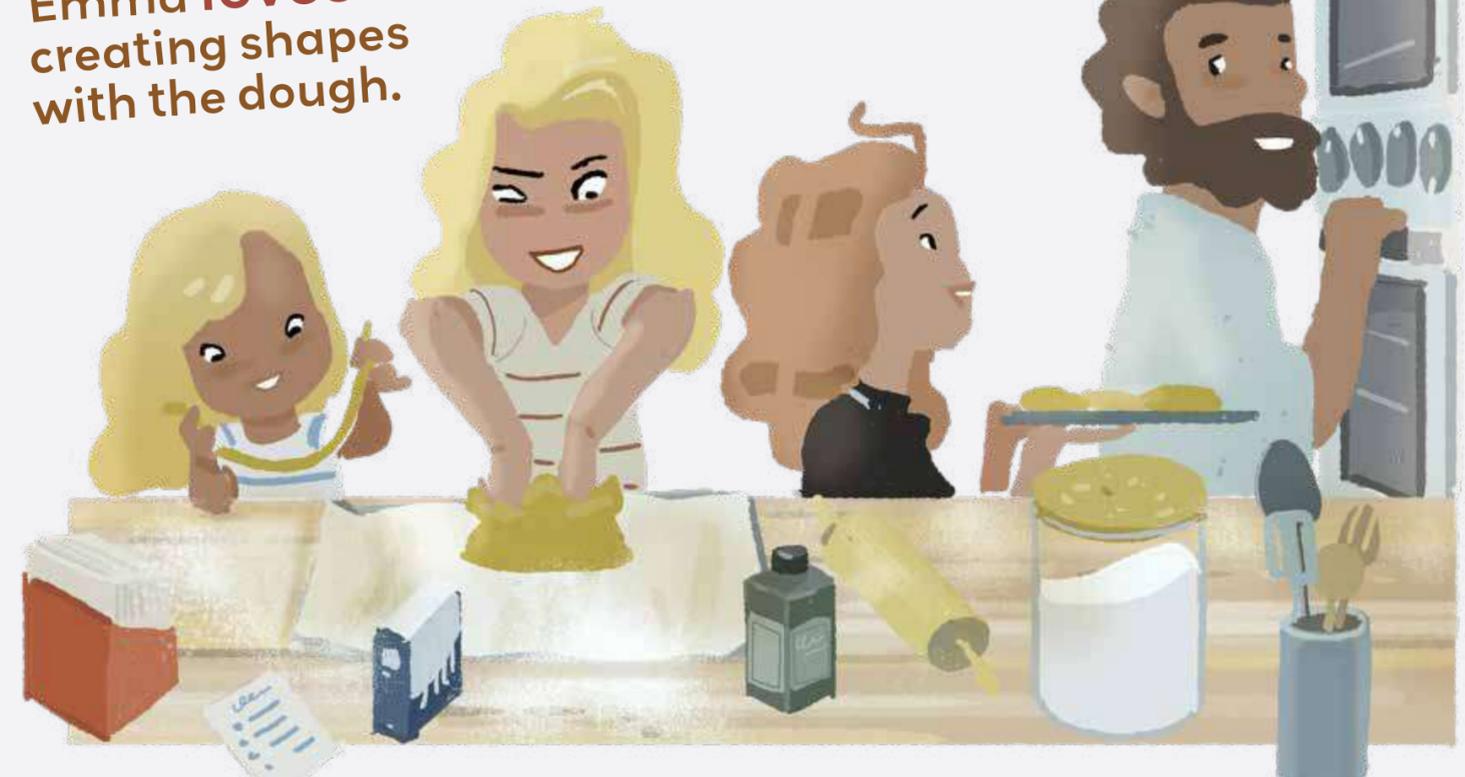


Haruki and his parents are rolling their dough into croissants.

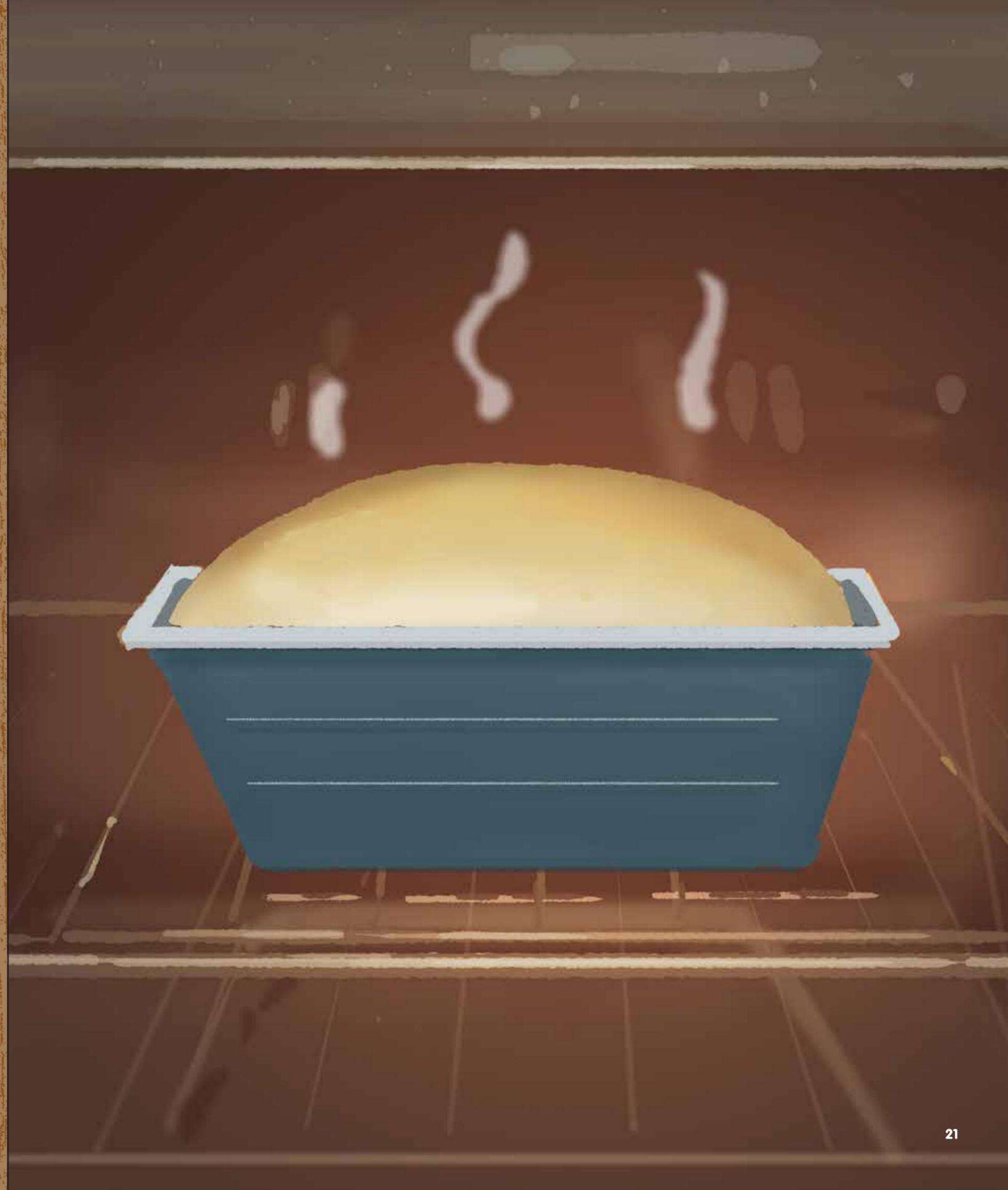
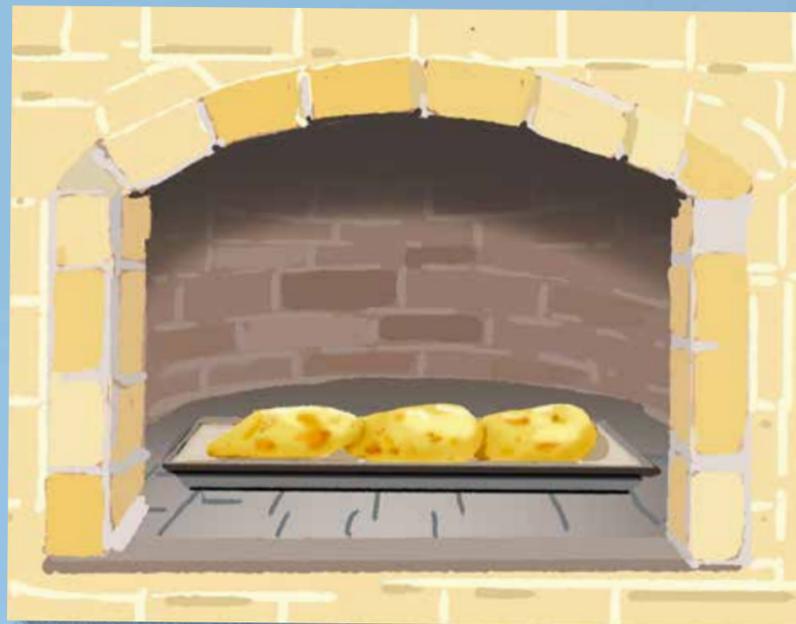
**"Like father, like son,"**

Mother says.

Emma loves creating shapes with the dough.



Because of the unique ingredients, if you put two types of dough in the oven for the same amount of time, they might rise and grow to be different shapes, sizes, and textures.



Now that the bread is made,  
**it's time to go  
to the festival!**



Leo can't wait to learn  
how to drive like Matt.

**"Good thing the park is  
just down the street!"**

jokes Leo.



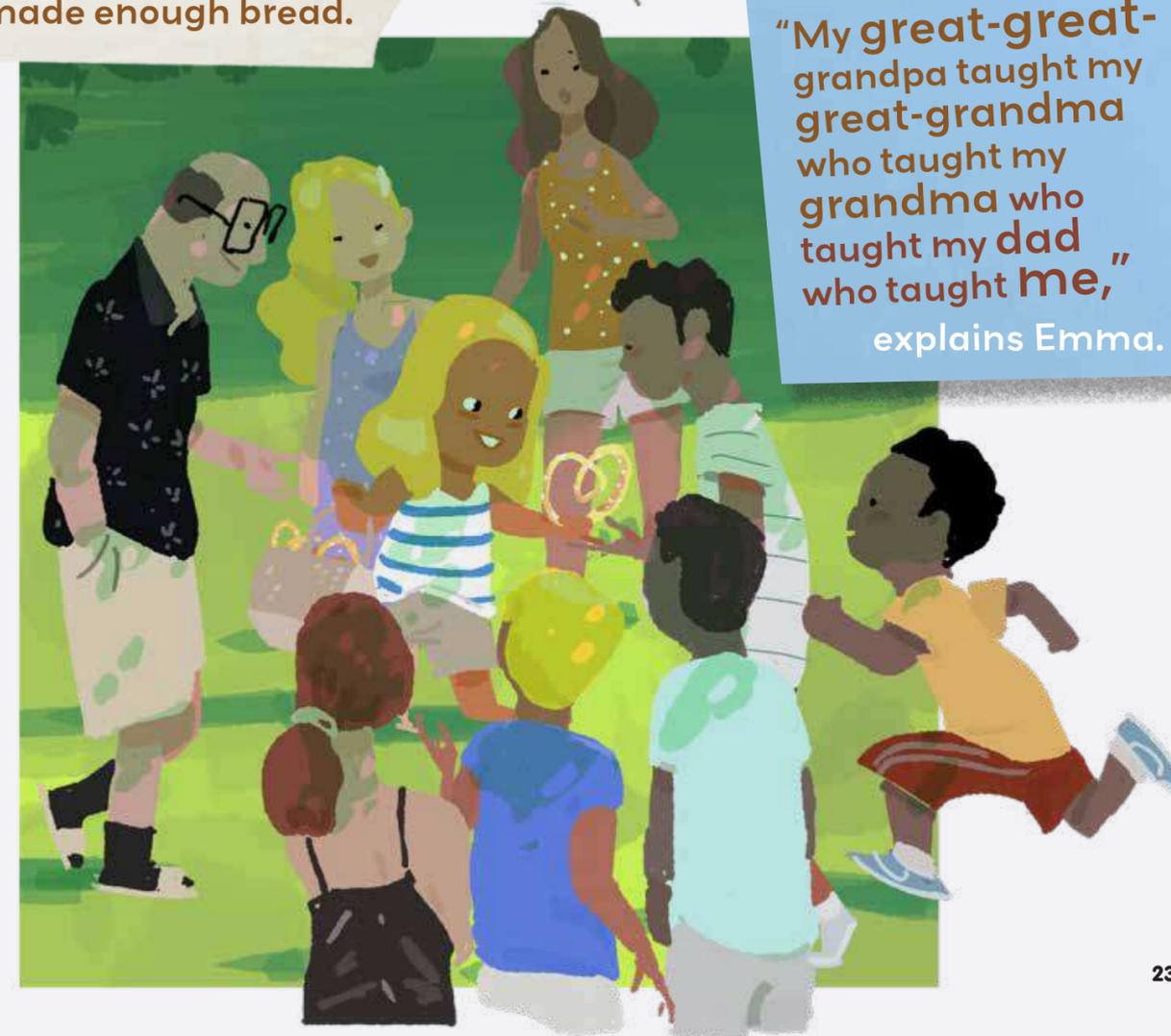
Sofia wonders if she  
made enough bread.

**"Croissants!"**



Haruki  
yells as  
he arrives.

**"My great-great-  
grandpa taught my  
great-grandma  
who taught my  
grandma who  
taught my dad  
who taught me,"**  
explains Emma.



**"I made cinnamon naan because it makes people happy,"** says Sofia

**"Oh!** And it's my mom's favorite."

**"Croissants are the best"**

because I could eat an entire basket all by myself!"

Haruki says through a mouthful of bread.

Emma is showing off her pretzel shapes.

**"I love pretzels because you can make shapes."**

This one is a flower,  
and this one is my big sister,  
and this one is my little sister,  
this one is Dad,  
and this one..."

**"We made focaccia because my grandma always makes some when we visit."**



Any type of bread can make people happy.

What makes bread truly special is the way we can share it with our loved ones, friends, and communities.



How can the Rising Love Bread Festival help the people in your life understand achondroplasia?

Meet Sofia, Haruki, Leo, and Emma. Four unique kids in families where achondroplasia is just a part of life. Today, our young heroes are each baking their favorite bread to share at the Rising Love Bread Festival.

With beautiful hand-drawn illustrations, dive into the details of the Rising Love world to connect, inspire, and educate anyone—no matter how they grow up.