

An illustration of a kitchen scene. At the top, a dark grey stove with four burners is visible. Below it, a white rectangular tray is held by two hands wearing bright yellow rubber gloves. The tray contains five pieces of bread: a long baguette, a heart-shaped loaf, and three other loaves of different shapes. The floor is made of red and blue diamond-shaped tiles. The background is a solid brown color.

# 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!**



Leo

Haruki



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

Emma





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.





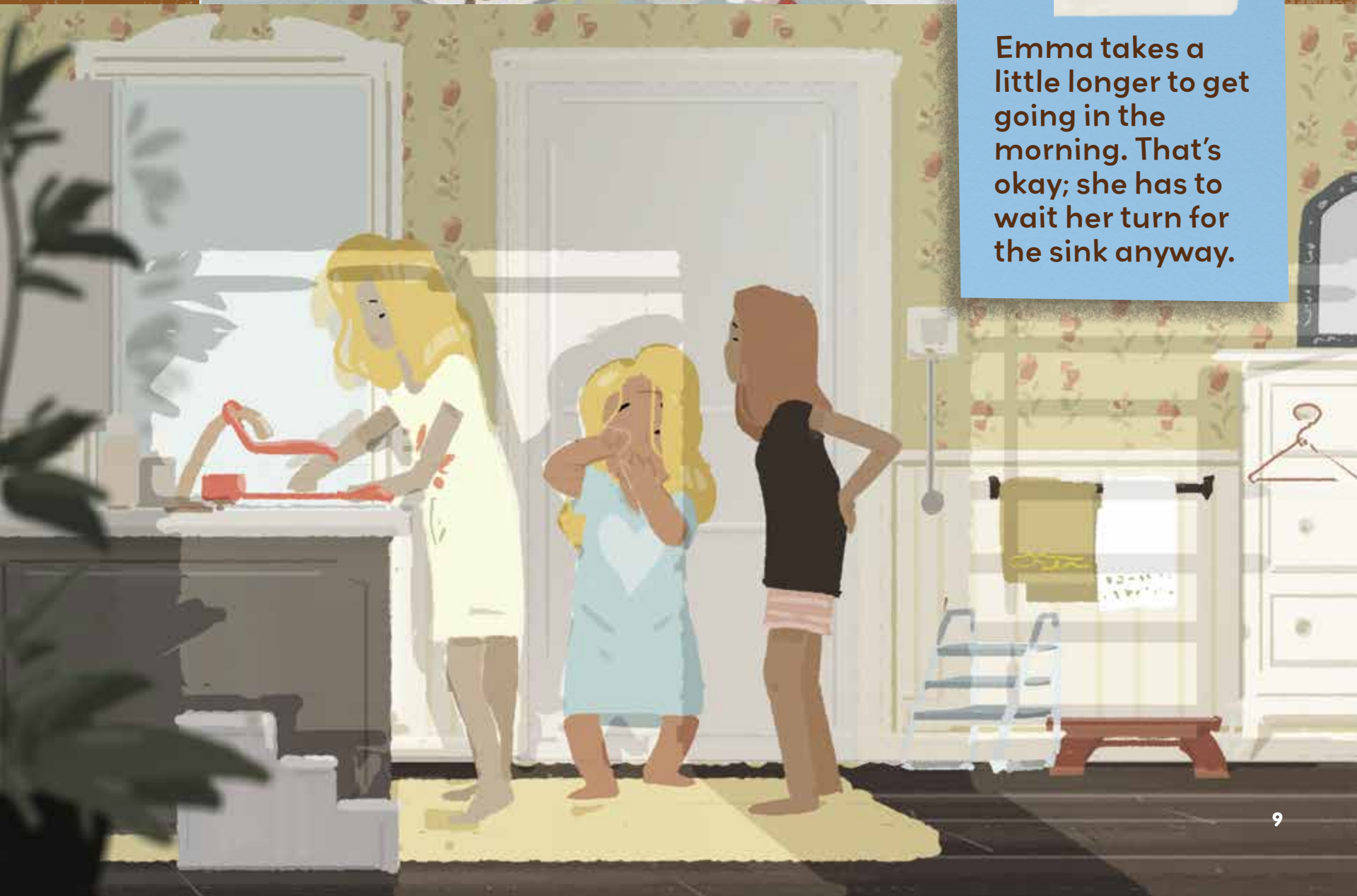
Sofia wants to pick the perfect bread for her friends. She's been trying to decide all week!



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.




An illustration of a young boy named Haruki running through a kitchen. He is wearing a striped shirt and pants, and has a backpack with a star on it. The kitchen has wooden cabinets, a window with a flower box, 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.

An illustration of a young girl named Sofia standing in a kitchen. She is wearing a purple dress and holding a recipe card. A woman, her mother, is standing in the doorway behind her, looking at her. The kitchen has a refrigerator, shelves with jars, and a window with a blue lamp hanging from it.

**"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...

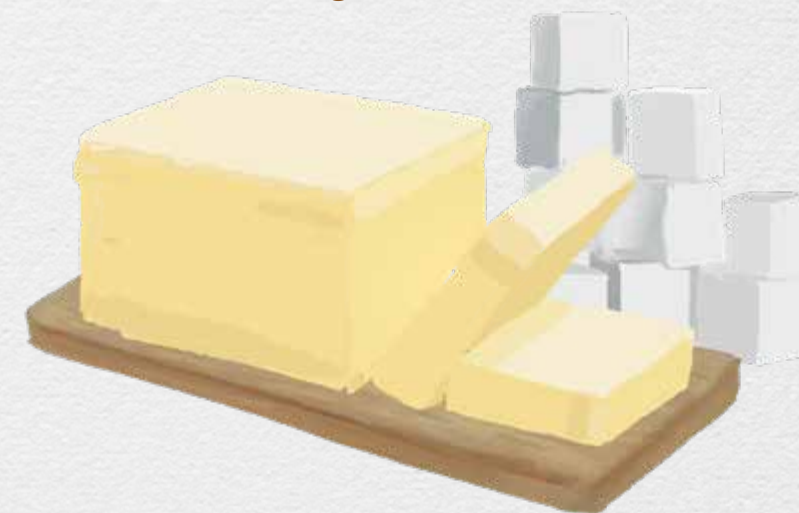
Then, some people add honey and cinnamon.



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,"**

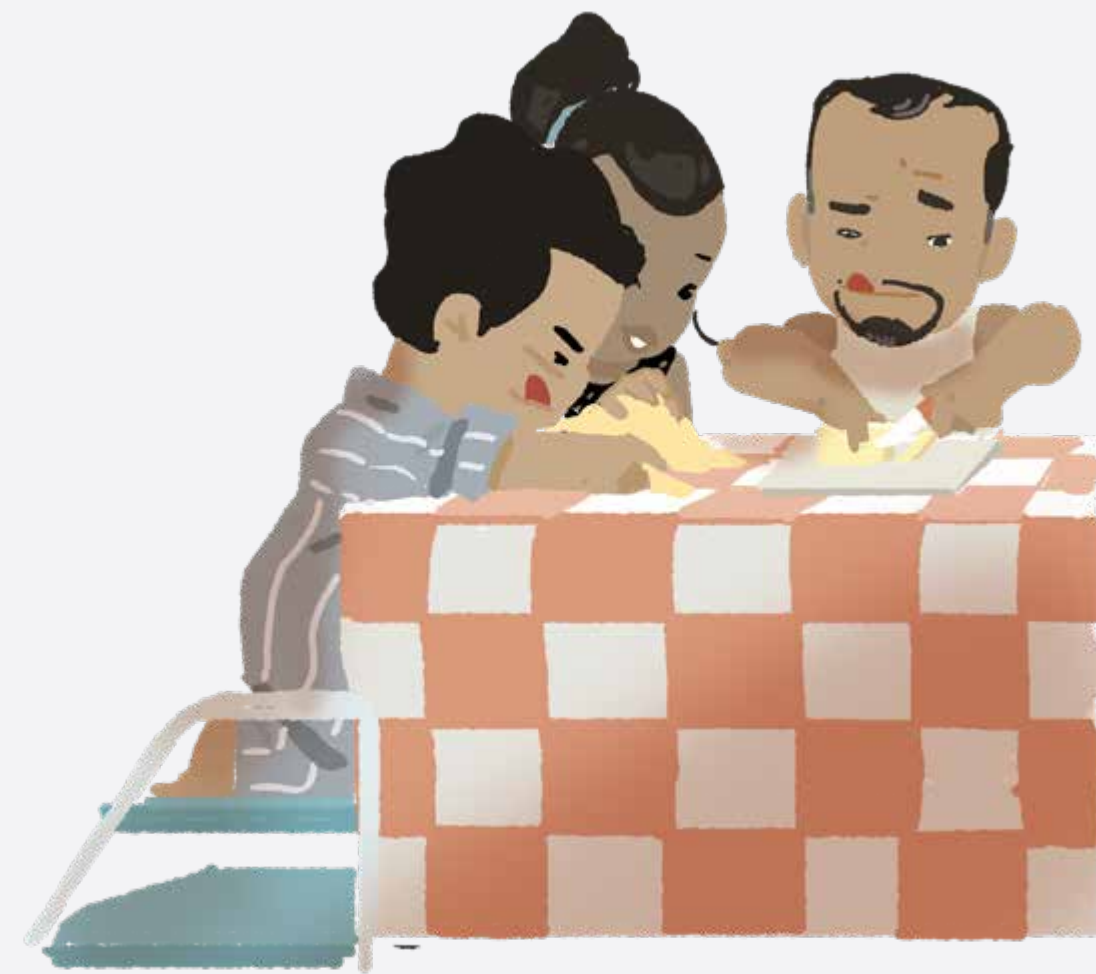
says Matt.

"The best bakers probably drop lots of stuff."

Haruki and his parents are rolling their dough into croissants.

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

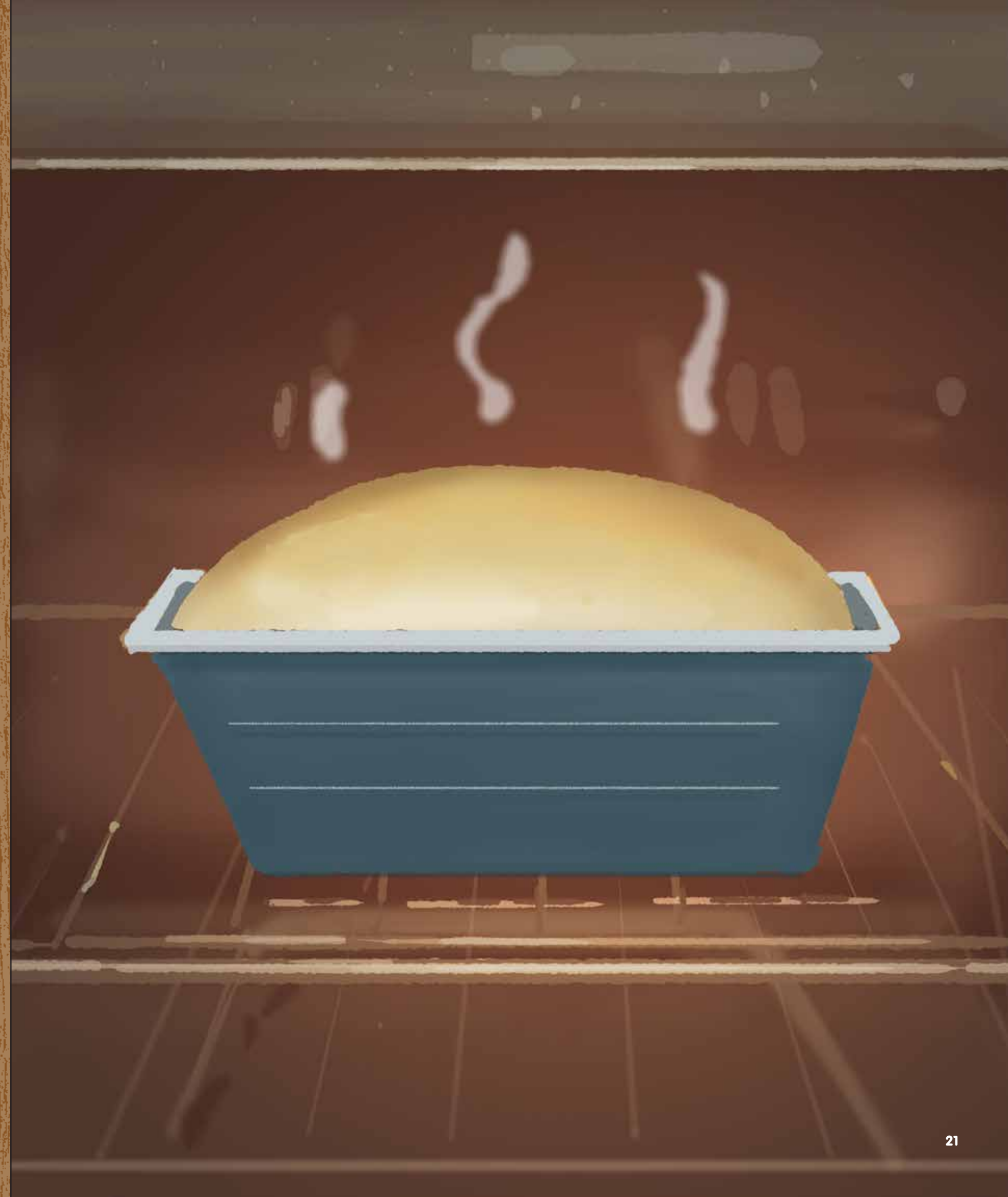
Mother says.



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.



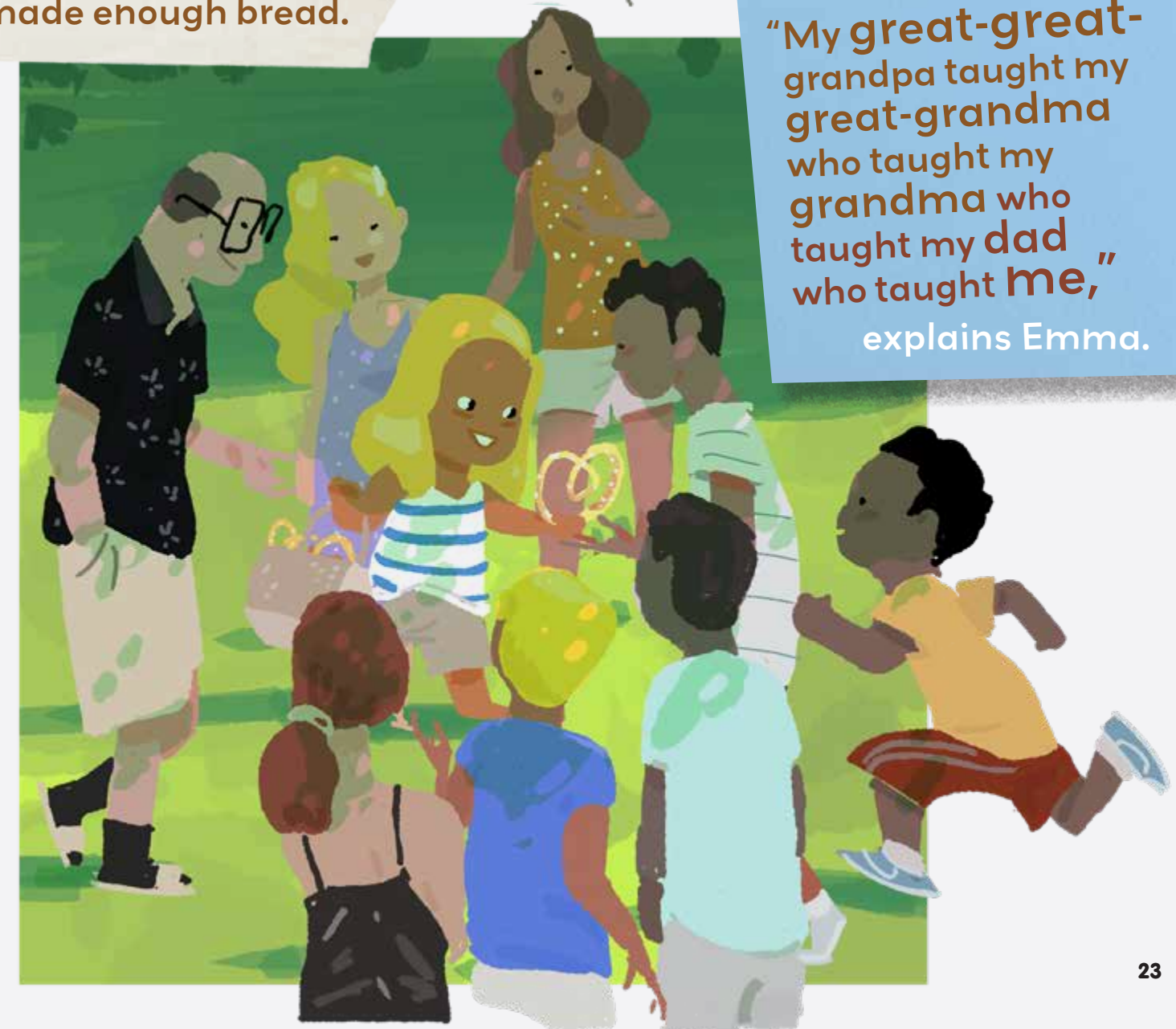
Sofia wonders if she  
 made enough bread.

**"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."**

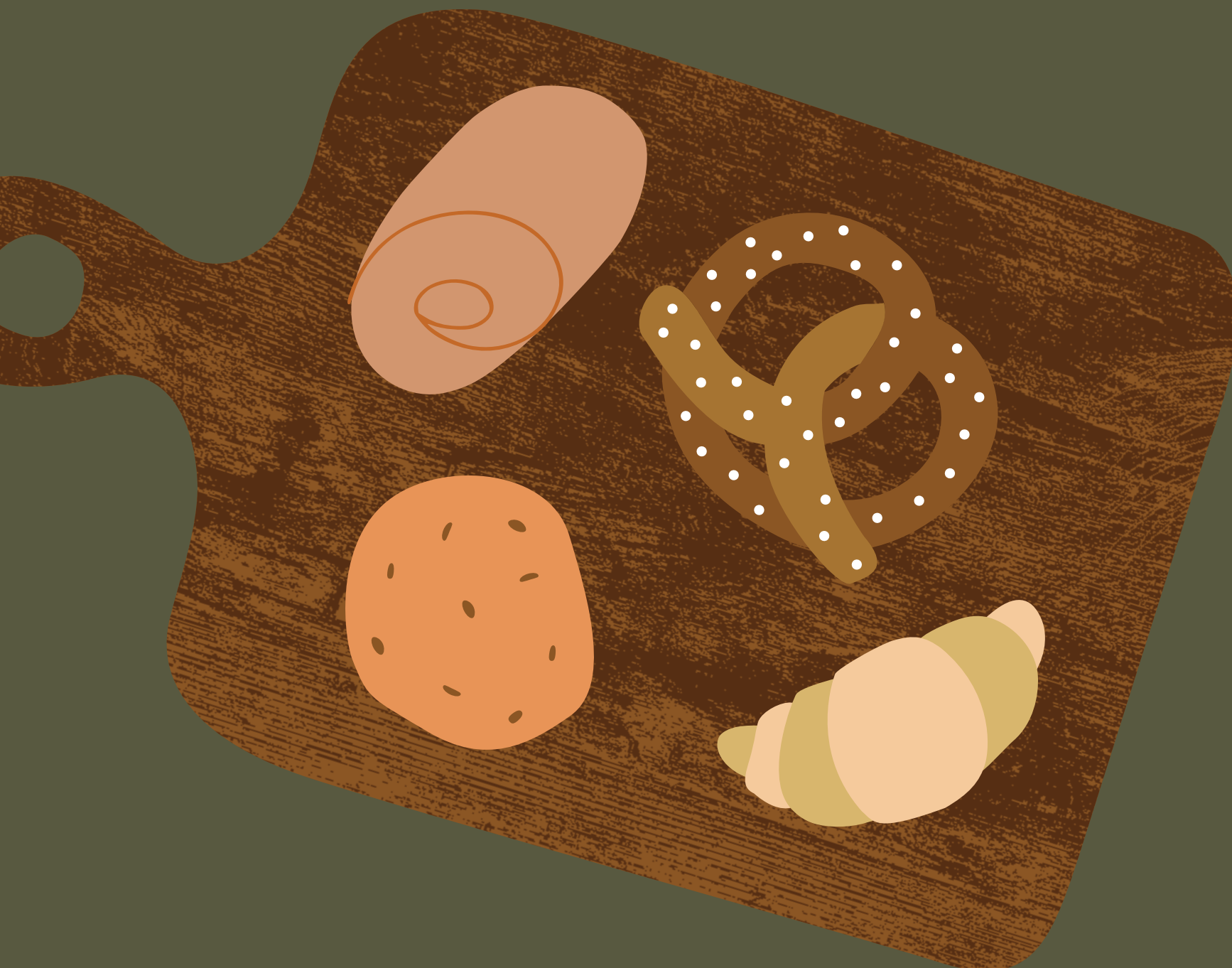
This one is a flower,  
and this one is my big sister,  
and this one is my little sister,  
this one is Dad,  
and this one..."

**"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.