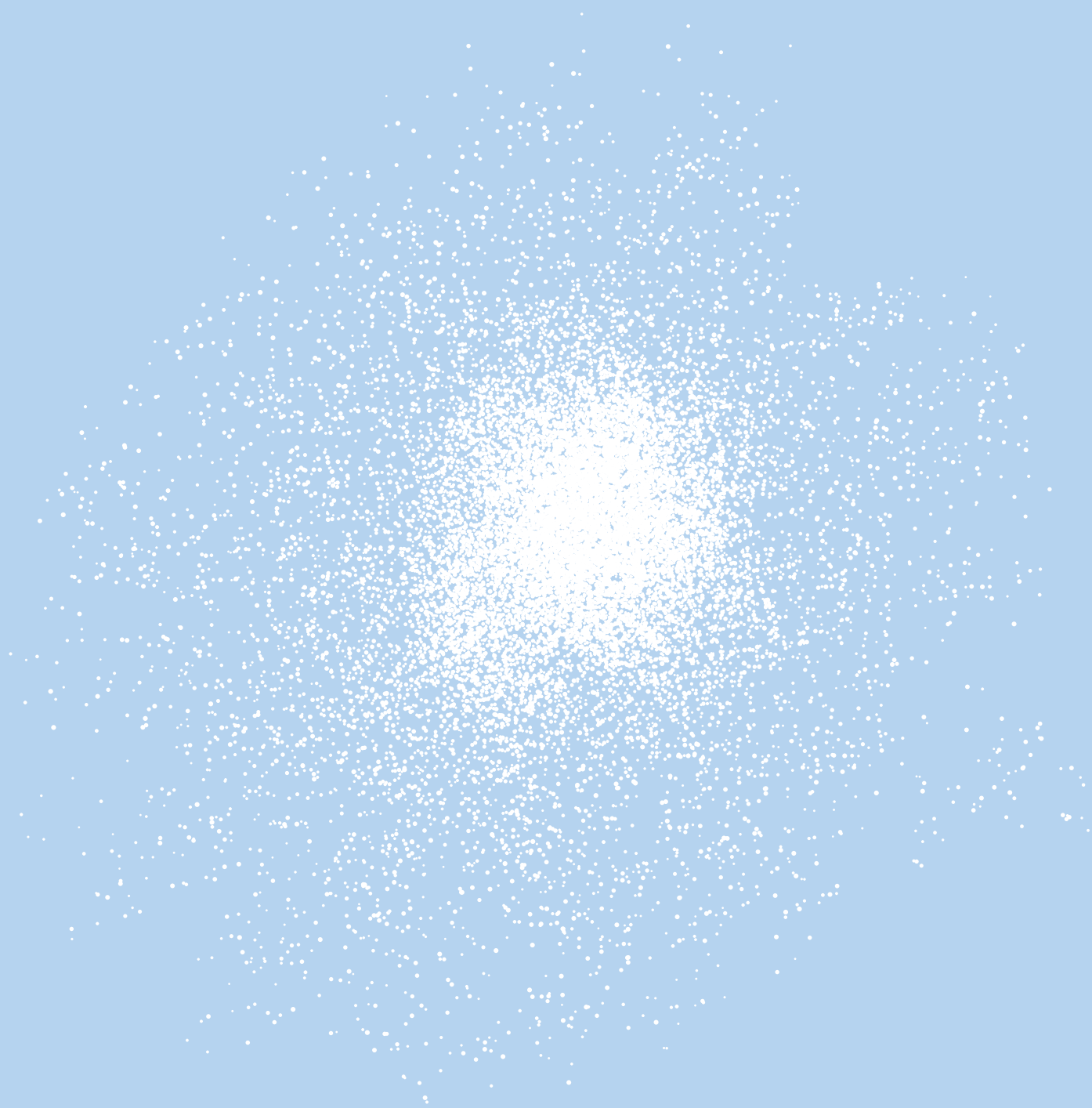


An illustration of a kitchen scene. At the top is a dark grey stove with four black burners. Below the stove is a white rectangular sign with a torn edge. The sign has the word 'Rising' in a large, brown, serif font, with a small heart above the 'i'. Below the word, the letters 'l', 'o', 'v', 'e' are formed by various breads: a braided loaf for 'l', a heart-shaped pretzel for 'o', two croissants for 'v', and a ring-shaped bread for 'e'. Below the breads, the text 'Bread, Community, and Achondroplasia' is written in a smaller, brown, serif font. At the bottom of the sign, there are faint, light brown stains. Two hands wearing yellow rubber gloves are holding the sign from the bottom. The background is a floor with a red and blue diamond pattern. The entire scene is set against a dark brown background.

# RiSiNG

Bread, Community,  
and Achondroplasia

Written by Aaron Hallaway  
Illustrated by Pascal Campion  
Designed by Jeremy Rosario





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.

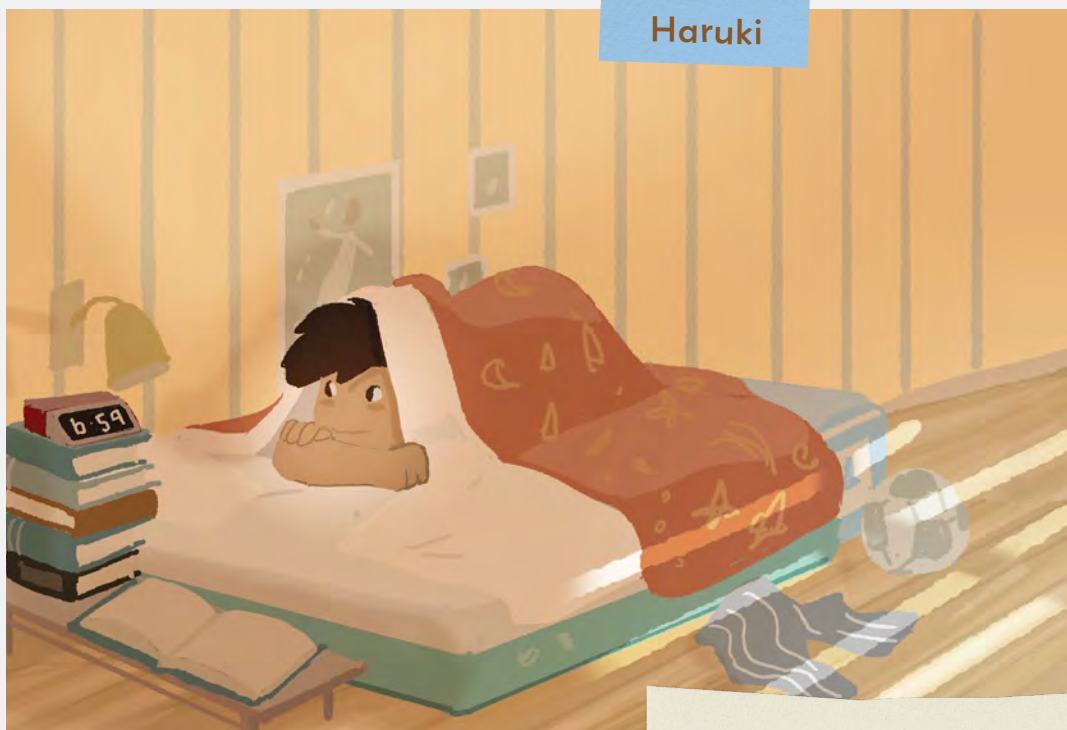
Thank you.

Sofia

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

Leo

Haruki



Emma



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



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.



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!



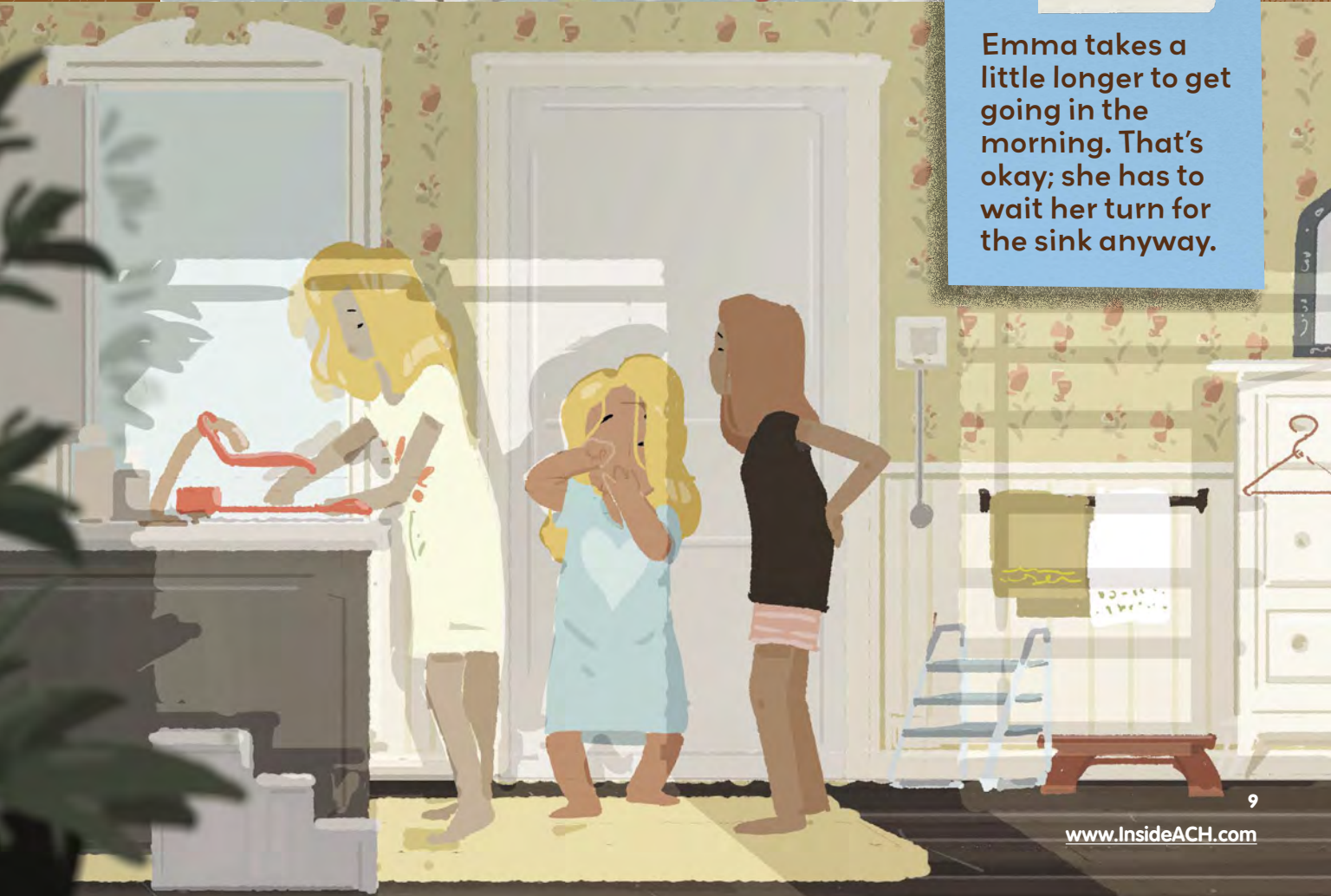
Matt helps make  
Leo's hair cool.

**"It'll help with  
being nervous,"**

Matt says.



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



An illustration of a young boy with dark hair and a striped shirt running across a checkered floor in a kitchen. He is carrying a brown satchel with a green book and a loaf of bread. In the background, there are wooden kitchen cabinets, a window with a flower box, and a large potted plant on the left.

**"WAKE UP!**

**It's  
bread  
day!"**

Haruki yells,  
on his way to  
the kitchen.


"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,"**

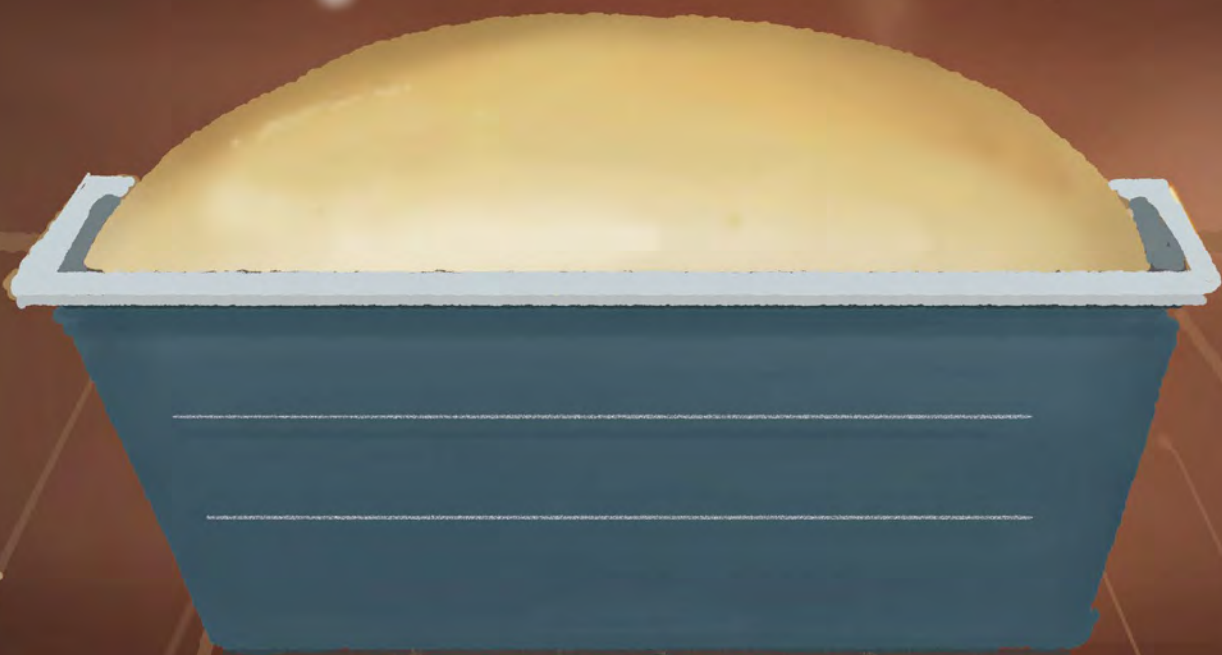
Mother says.

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.



**"Croissants!"**

Haruki  
yells as  
he arrives.

Sofia wonders if she  
made enough bread.



**"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."**

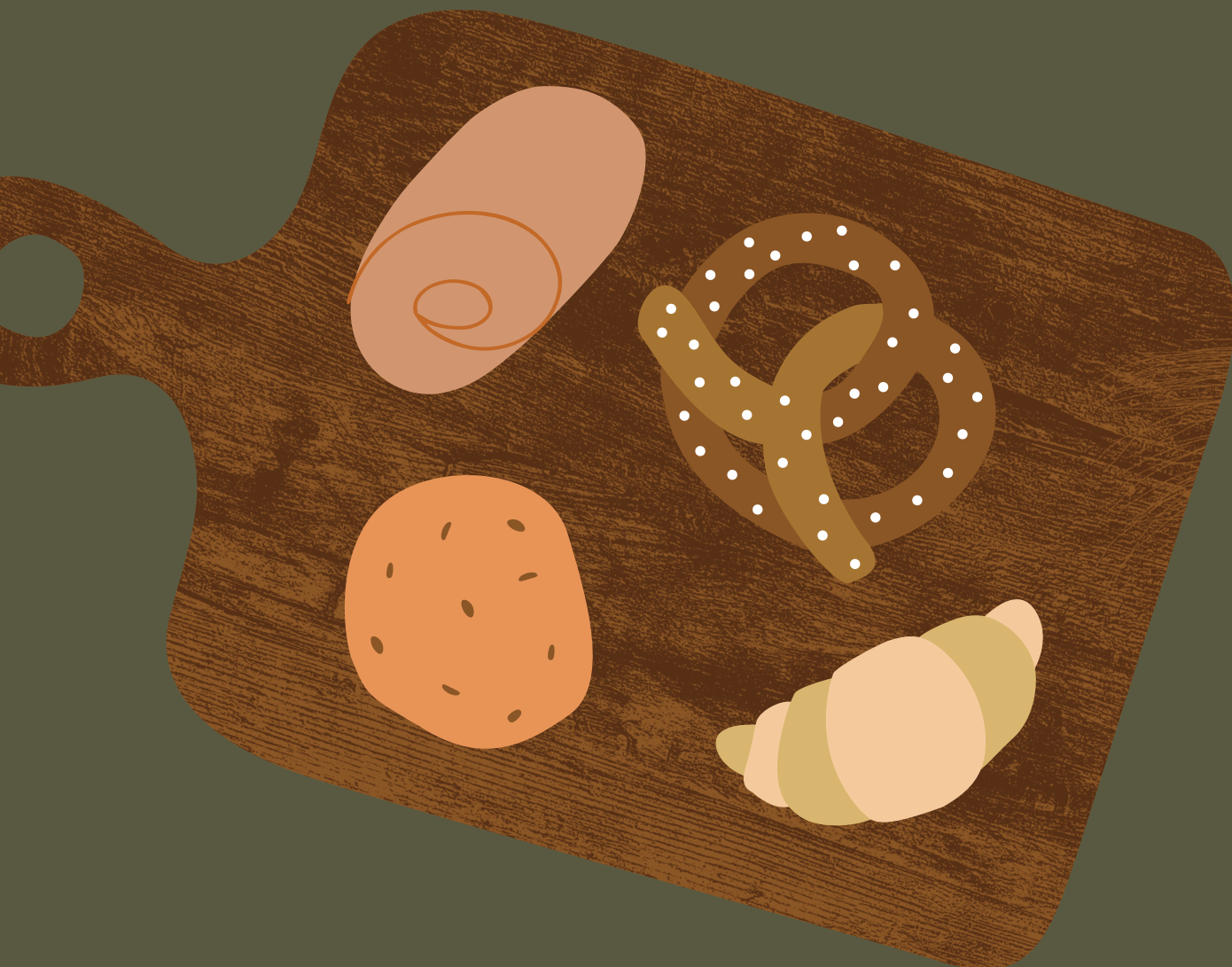


THE RISING LOVE  
Community BREAD Festival!

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.

[www.OutsideACH.com](http://www.OutsideACH.com)



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.

**BIO**MARIN

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