# RISING

## Bread, Community, and Achondroplasia

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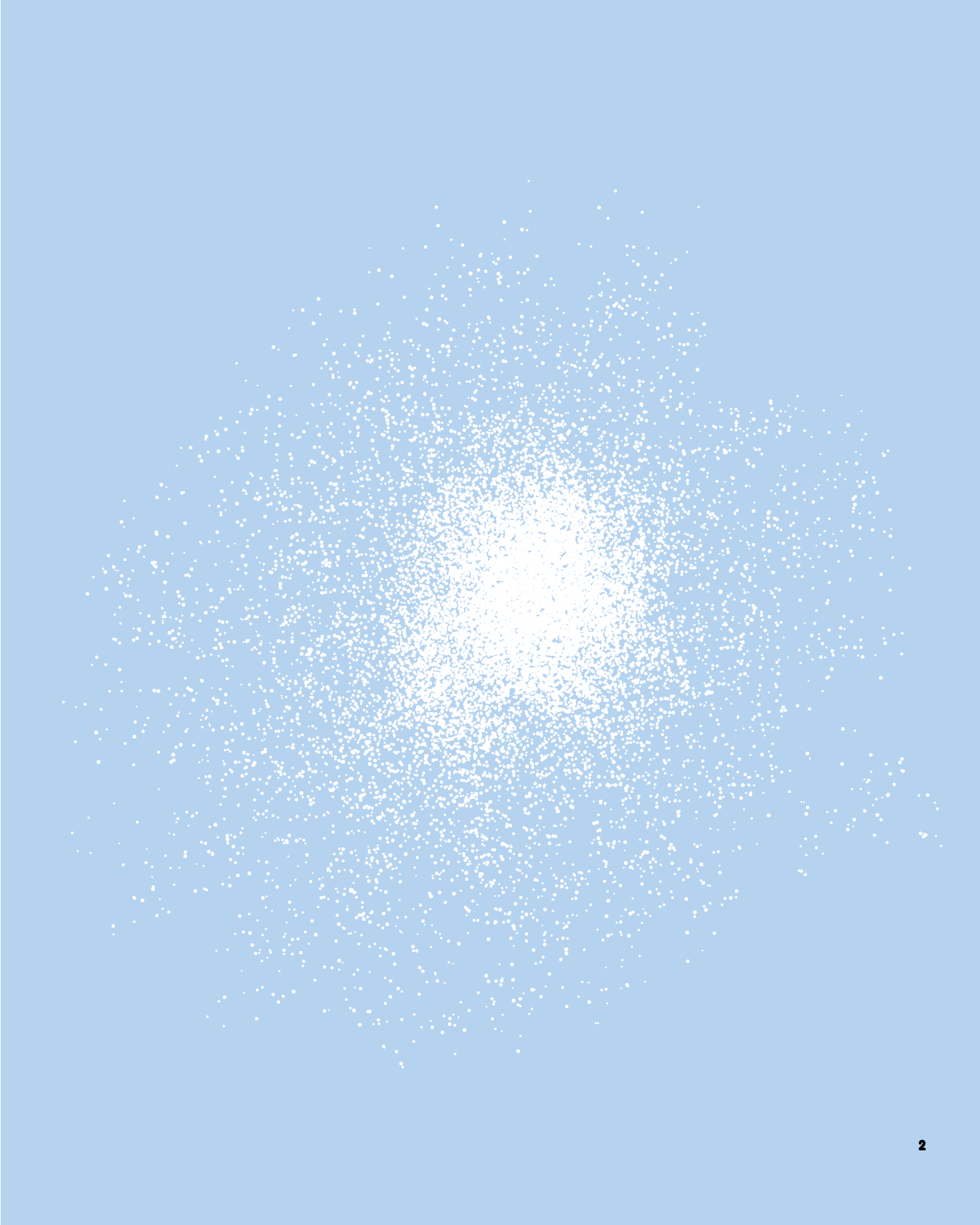
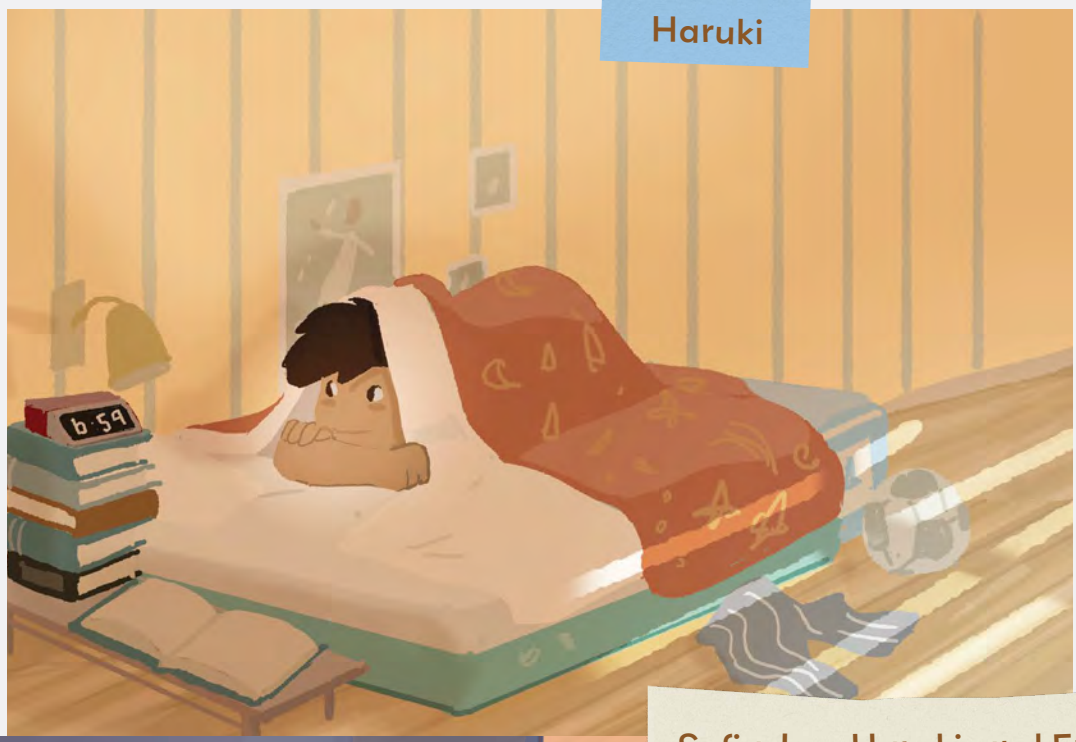


To Leigh Ann,

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




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.

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.

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."
Bread
Flour

"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!

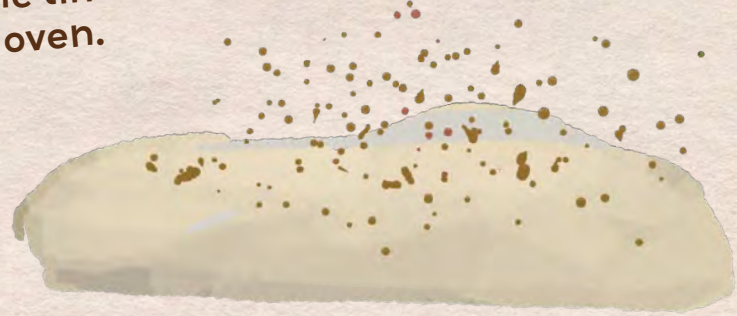
Emma is making her family's famous pretzels.

**"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.

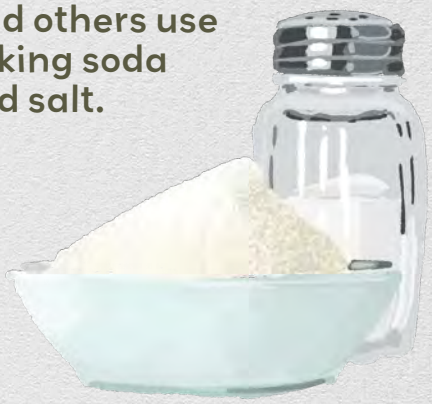
Most dough starts with flour and water...

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!

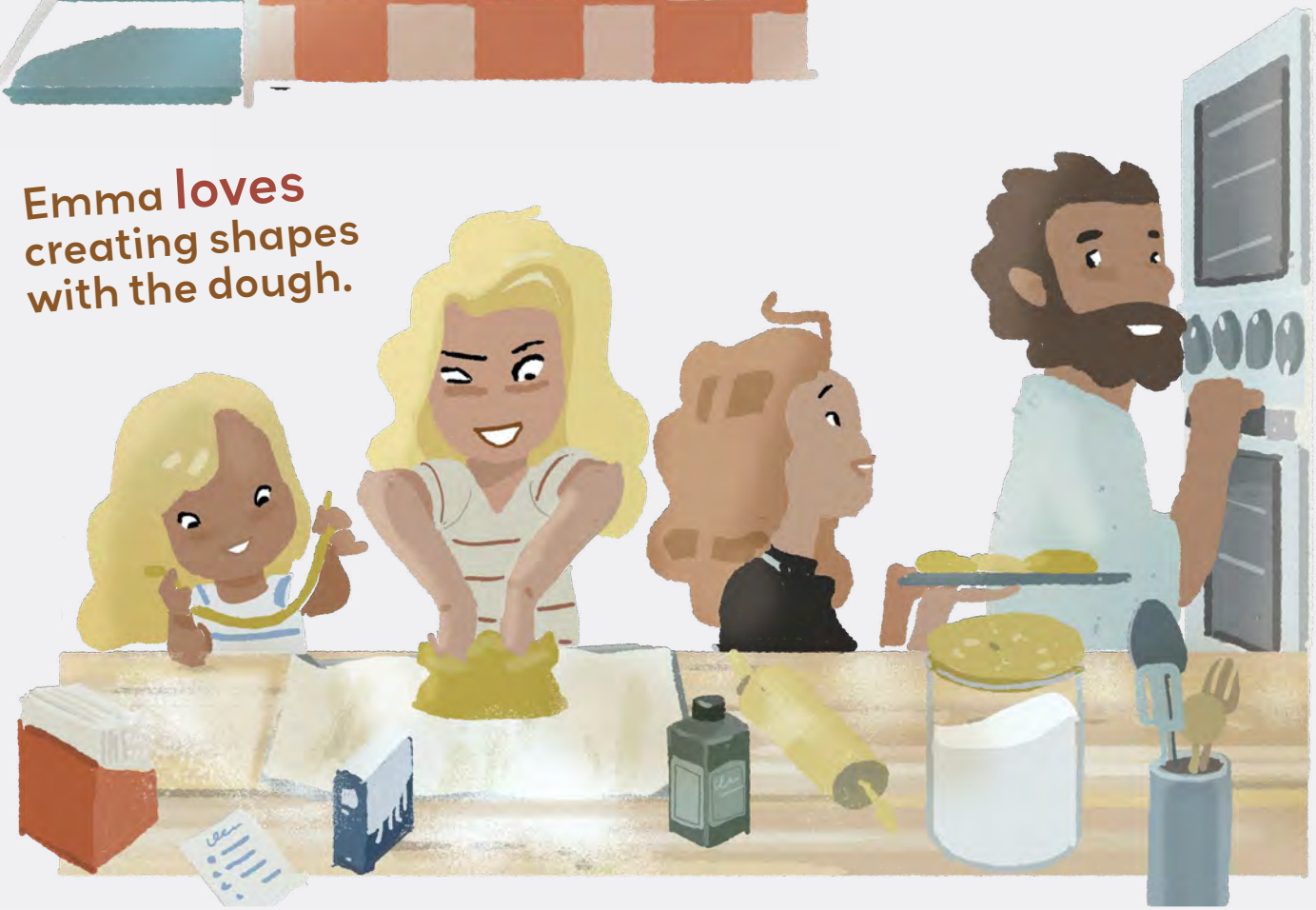
"That's okay," says Matt. "The best bakers probably drop lots of stuff."

Haruki and his parents are rolling their dough into croissants.

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

Mother says.

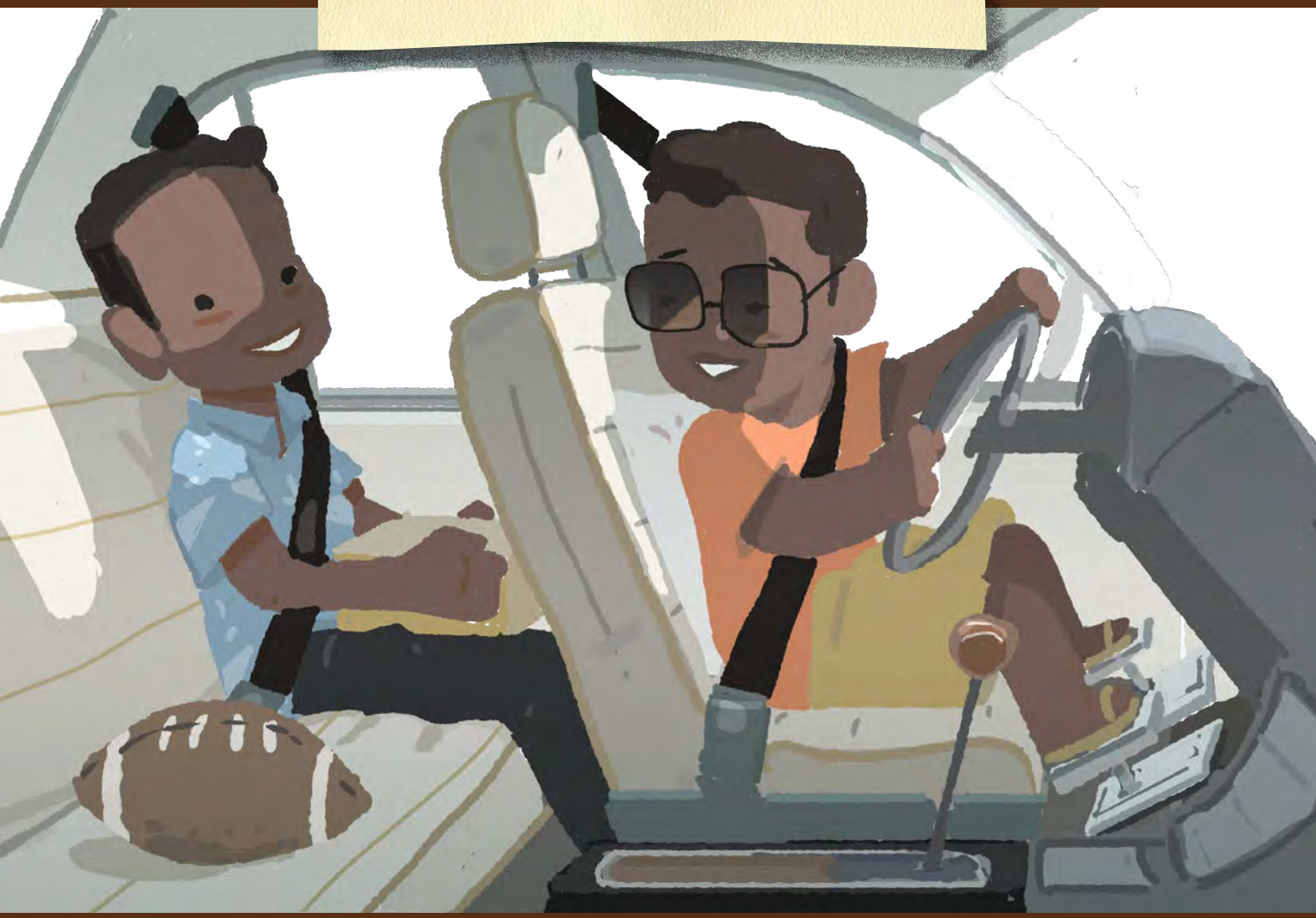
Emma **loves** creating shapes with the dough.



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.

Haruki yells as he arrives.

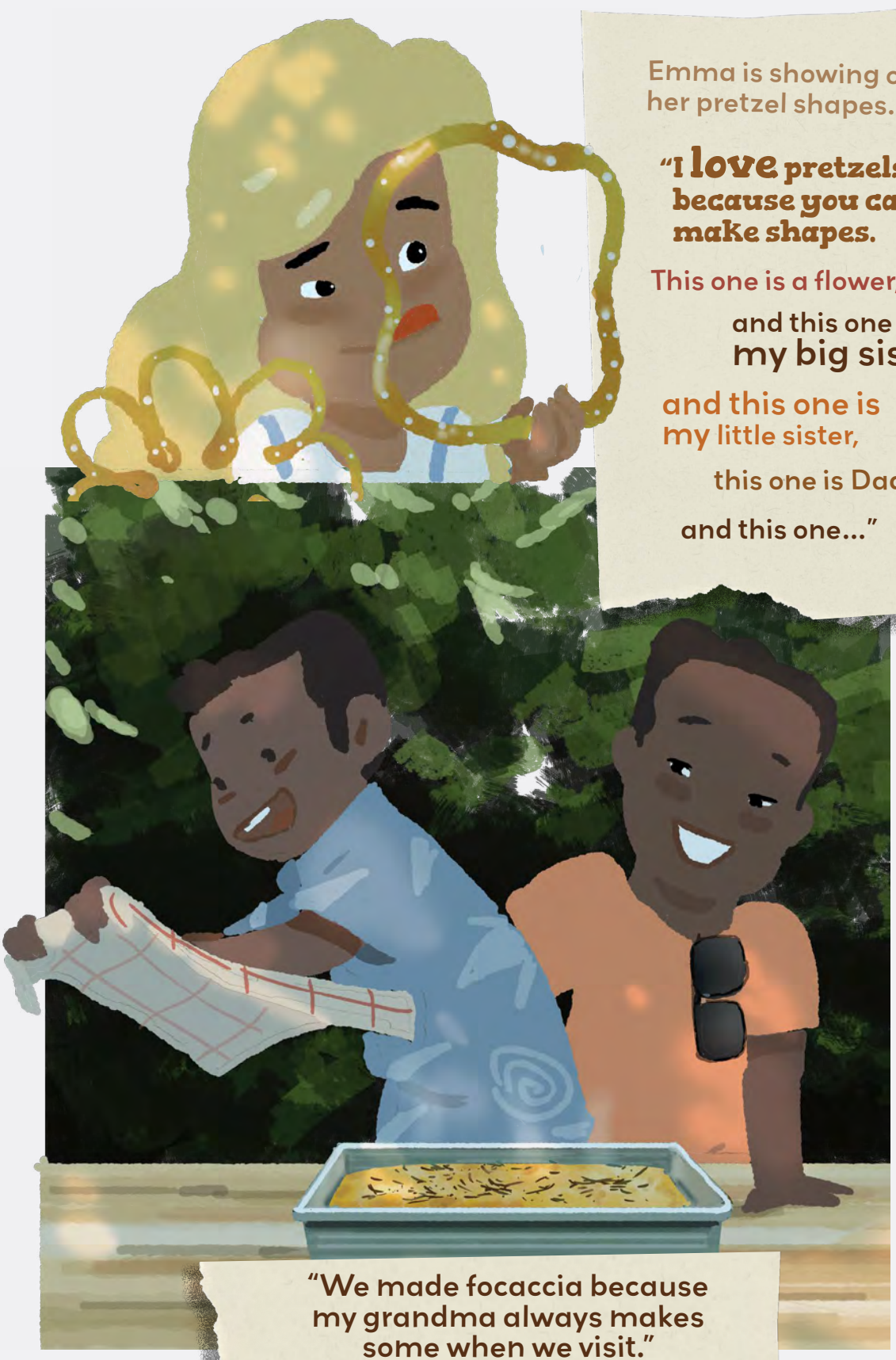
"My great-great-grandpa taught my great-grandma who taught my grandma who taught my dad who taught me," explains Emma.

"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,

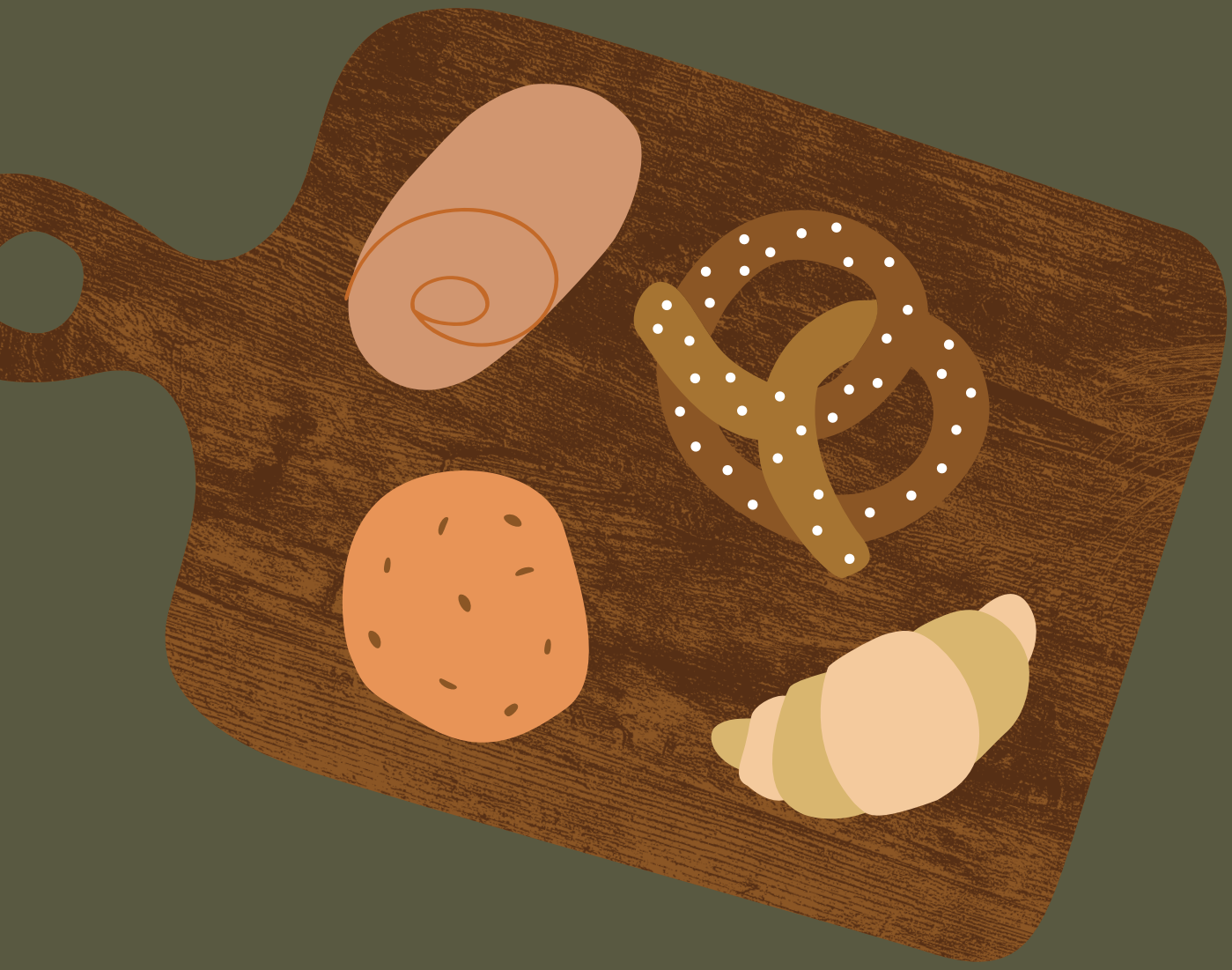
this one is Dad,

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.

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