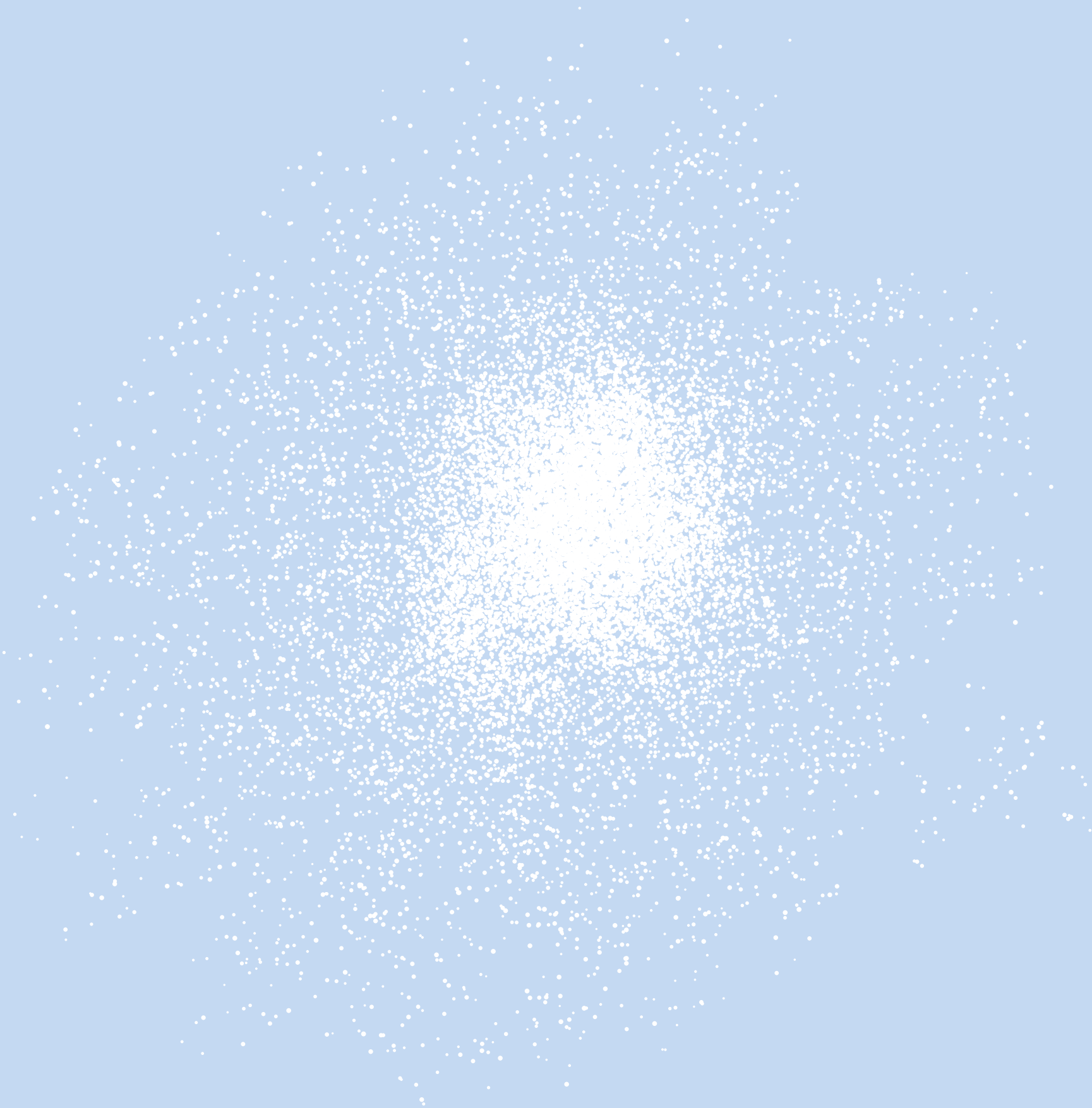




# Rising

Bread, Community  
and Achondroplasia

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Illustrated by Pascal Campion  
Designed by Jeremy Rosario





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 favourite bread to share with the entire neighbourhood!

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!



Matt helps make Leo's hair cool.

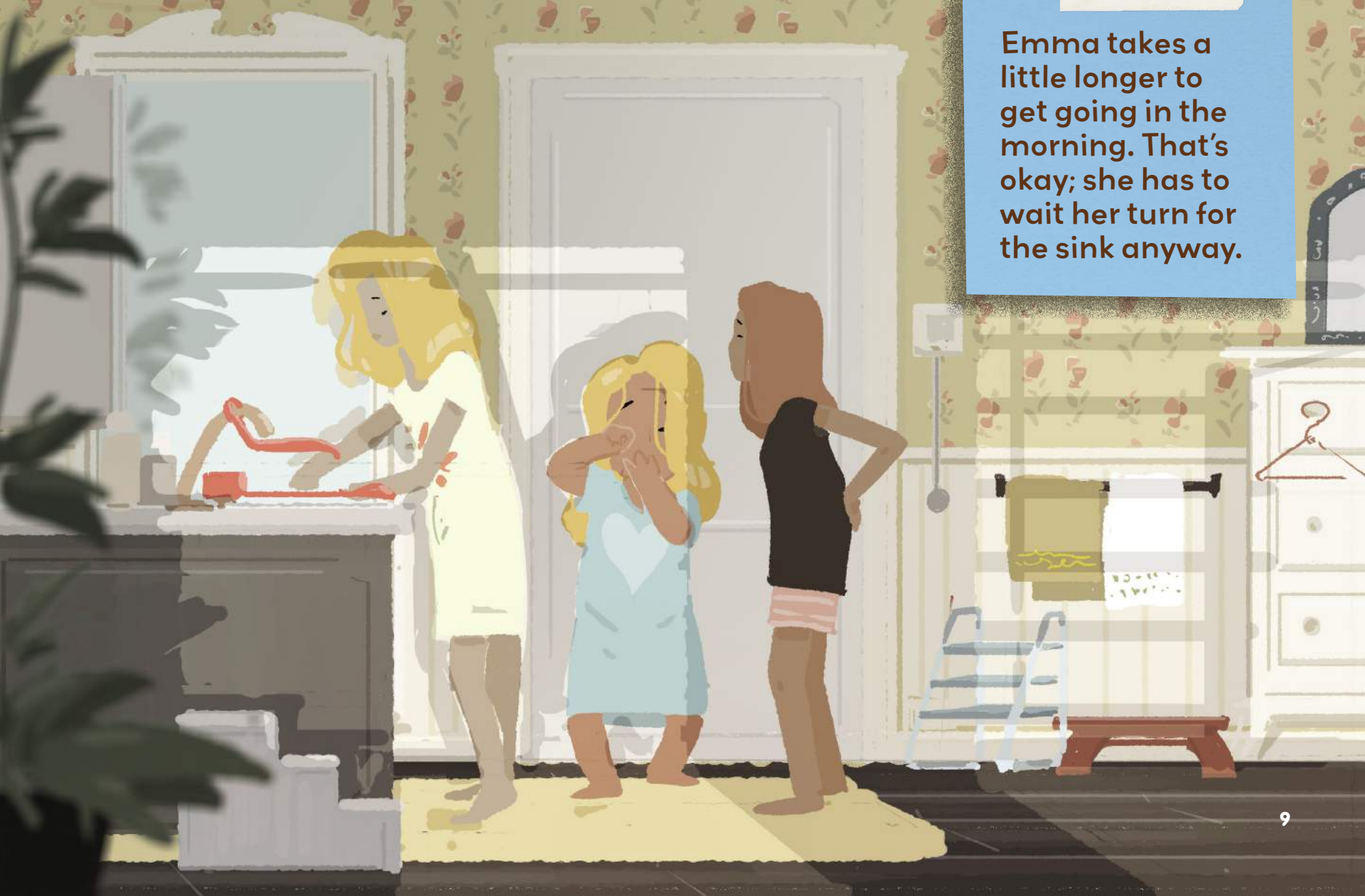
**"It'll help with being nervous,"**

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.



A young boy with dark hair, wearing a grey long-sleeved shirt and brown pants, is running happily across a tiled kitchen floor. 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 rainbow, and a large green plant in the foreground. The scene is brightly lit, suggesting morning.

**"WAKE UP!**

**It's  
bread  
day!"**

Haruki yells,  
on his way to  
the kitchen.

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

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

"Ooo, that's my favourite,"  
Says mum.

"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.

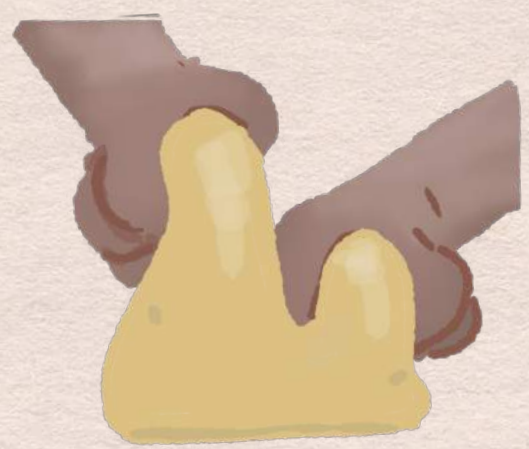
**"Dad, can you  
take a picture  
from up high?"**

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...



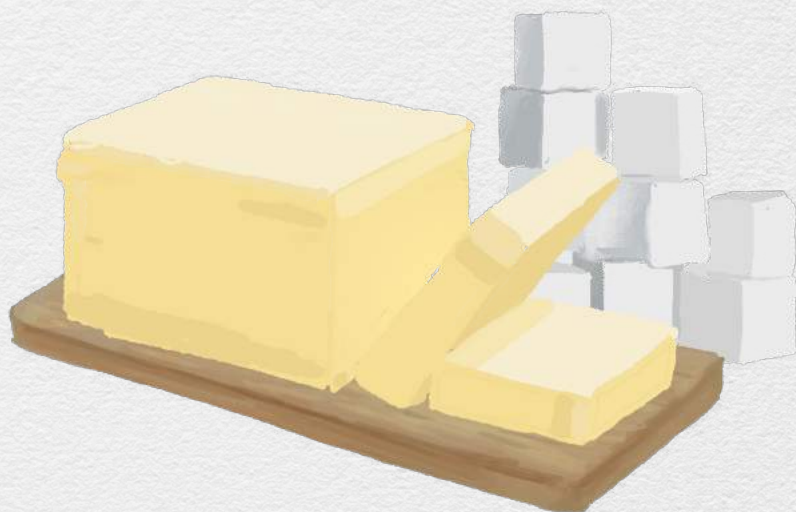
Then, some people add honey and cinnamon.



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!**

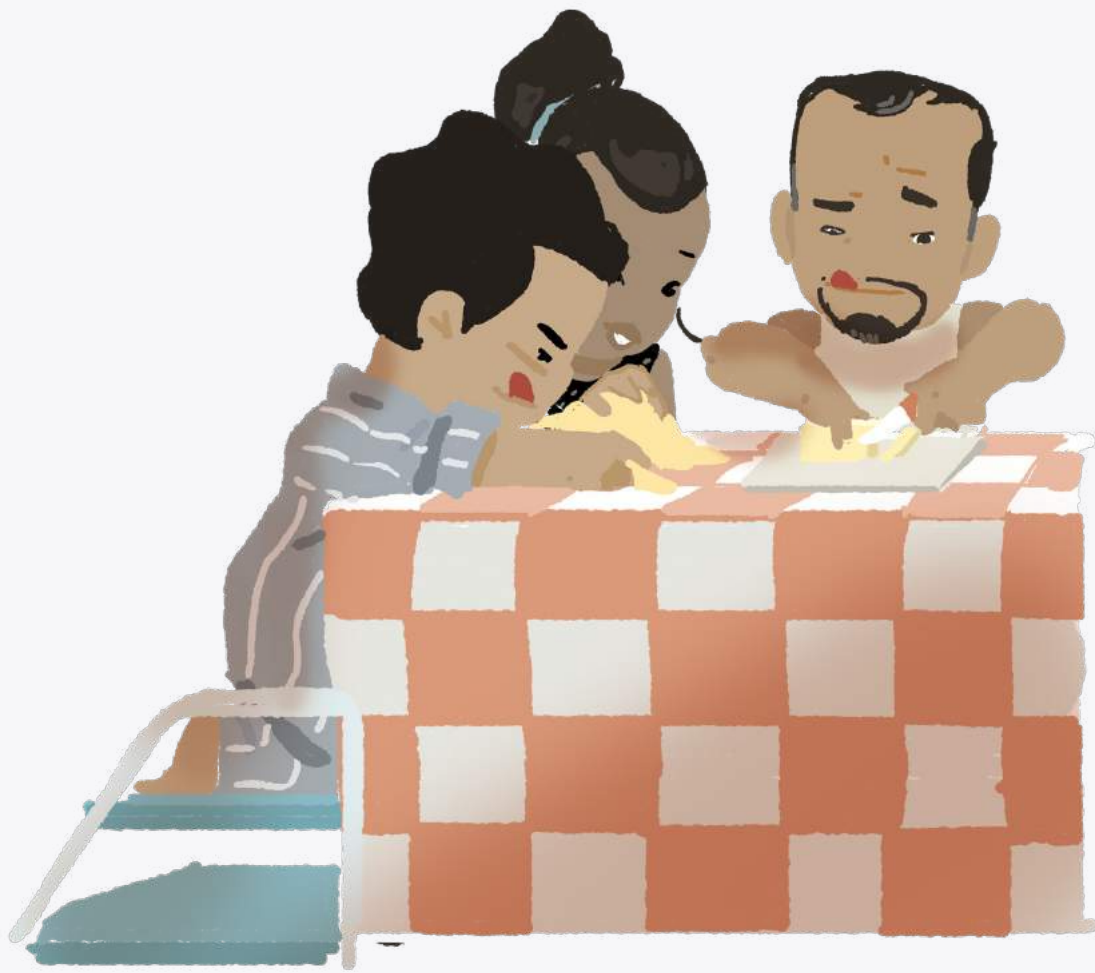
Leo accidentally dropped some dough on the floor!



**“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.



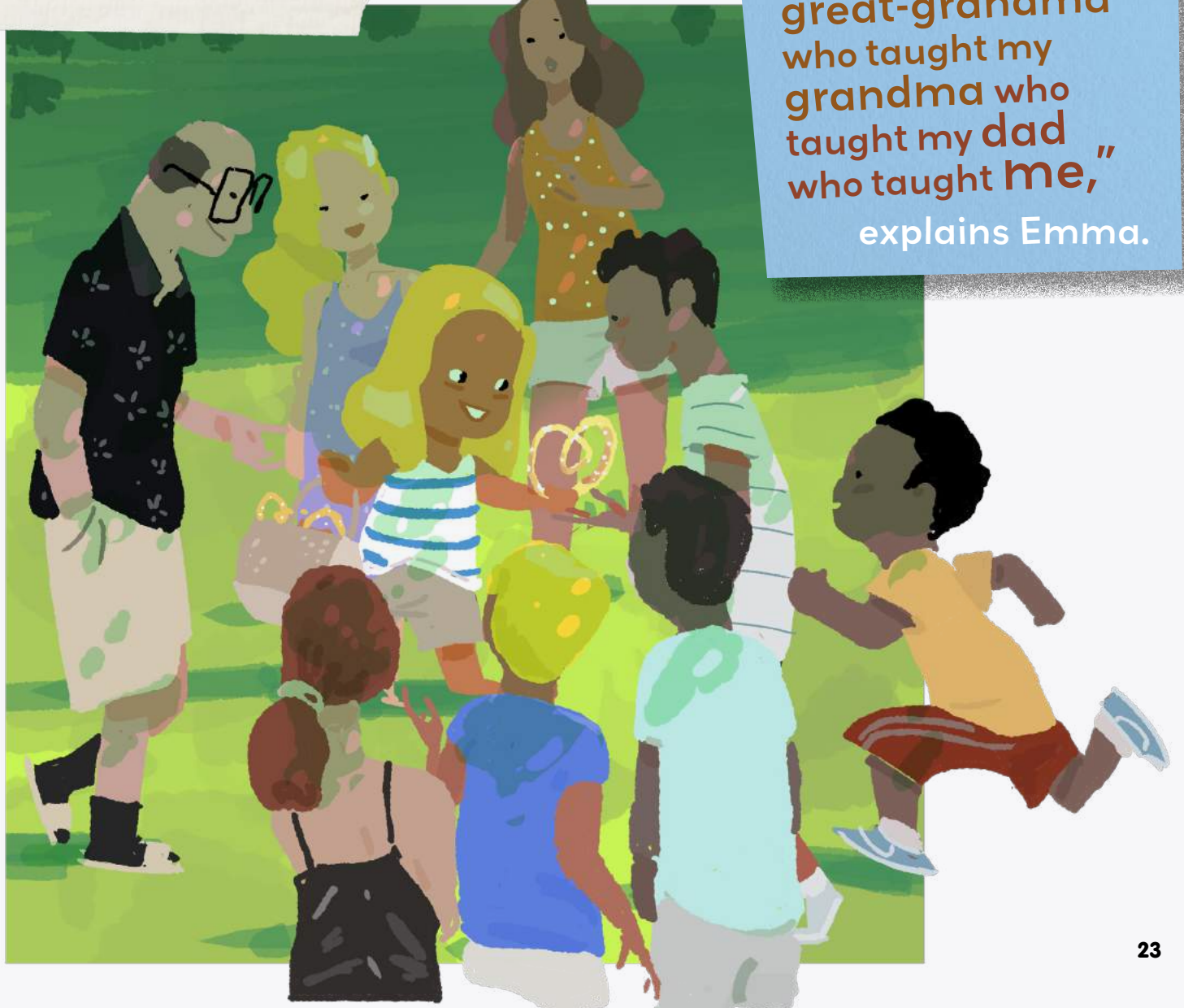
Sofia wonders if she made enough bread.

**"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 mum's favourite."



**"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.”

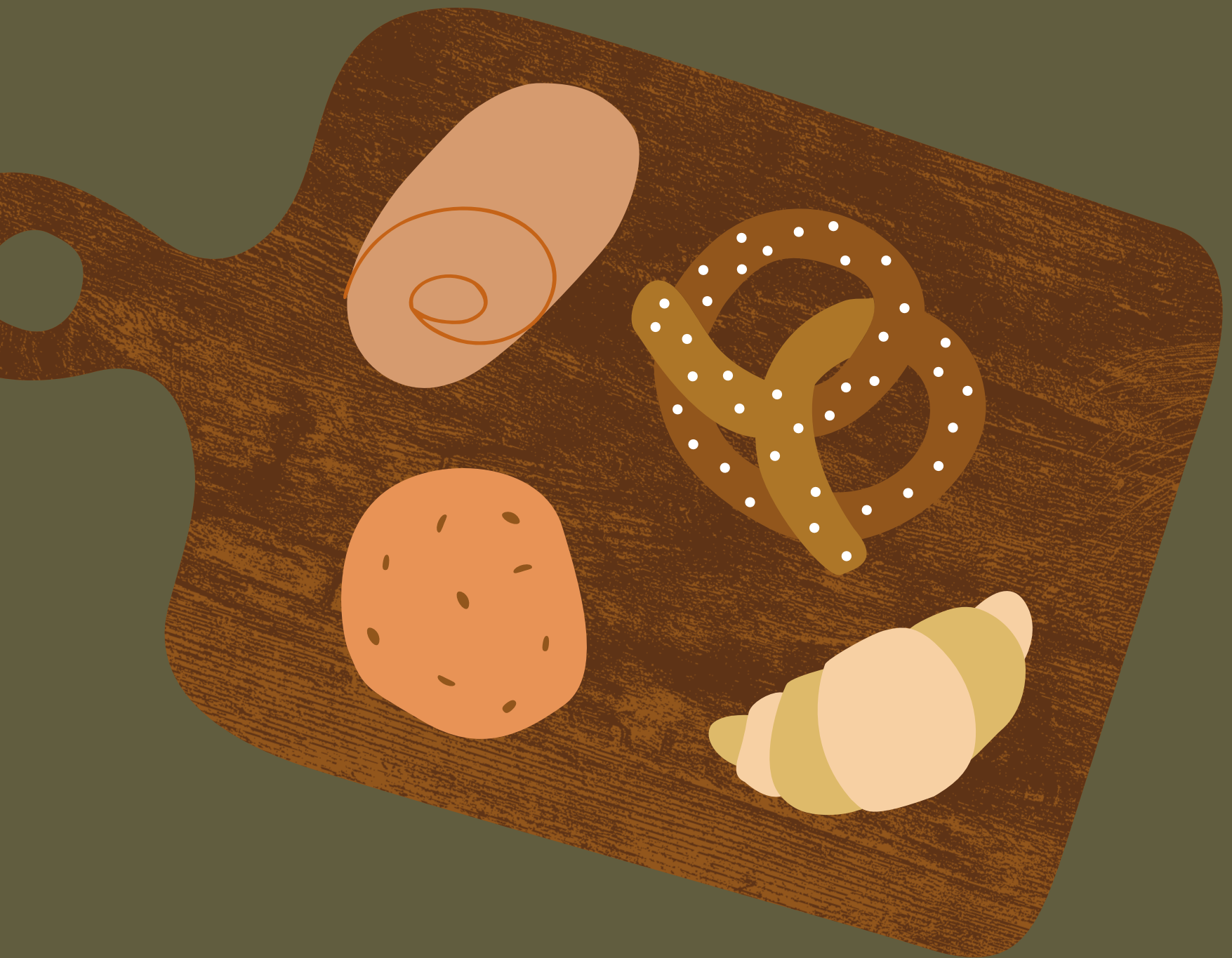
THE RISING LOVE  
Community BREAD Festival!





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.



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 favourite 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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