



Hello & Namaste!

My wife Maya (From South Korea) and I would like to thank you for visiting Everest Café & Bar and trusting us to prepare your meal. The Everest Café & Bar in St. Louis has been serving Nepalese, Indian & Korean cuisine since 2004.

I grew up in Manang, Nepal. When my parents passed away at age 16, I moved to Kathmandu in search of a better life. Instead, I became homeless in Kathmandu because I was too young and could not find a job. I remember every day; I was knocking on doors and looking for food in garbage cans. Many days, I had nothing to eat. Many nights, I could not sleep because of my fear of my safety and hunger.

Owning a restaurant is profoundly personal for me. After many months of my life struggles on the street of Kathmandu, I finally found a job as a dishwasher and busboy at K.C. restaurant. While I was working at K.C. Restaurant, I developed two dreams. One was to own a restaurant, and the other was to help children and women who are poor and suffering as I was. I met Dr. James H. States, M.D, at K.C Restaurant. Everest Cafe & Bar was named in honor of my father, Dr. James States, who had brought me to the United States after his successful climb of Mount Everest in 1983.

Heart disease, stroke, and diabetes are the leading causes of death in St. Louis. A healthy diet plays a vital role in preventing chronic diseases and maintaining a healthy lifestyle. **"The mission of Everest Café & Bar is to promote a healthy lifestyle by preparing fresh heart-healthy nutritious meals for our customers."**

I completed my graduate education in social work and public health at Saint Louis University (www.slu.edu). In addition, I have worked for many years in the fields of chronic disease prevention and health promotion. With my educational background and professional experience, I am uniquely the most qualified Chef to prepare the healthiest and nutritious meals in today's restaurant industry.

Again, thank you for supporting my dream by visiting Everest Café & Bar. Because of your support, Everest Café and Bar has been working in remote areas of Nepal to improve the health status of children and women who are poor and suffering as I once was.

For more information about our non-profit medical and educational mission in Nepal, please visit us @ www.himalayanhealthmo.org.

Best regards,

Devi States

Dr. Devi Gurung States, DHSc., MPH., MSW.
Chef & Owner