



## Hello & Namaste!

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

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

I grew up in Manang, Nepal. When my parents passed away at age 15, I moved to Kathmandu to seek a better life. Instead, I became homeless in Kathmandu because I was too young and could not find a job. I remember knocking on doors and looking for food in garbage cans daily. Many days, I had nothing to eat. Many nights, I could not sleep because of my fear of safety and hunger.

After struggling on the streets of Kathmandu for many months, 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 were poor and suffering as I was. Therefore, owning a restaurant is deeply personal to me. Everest Cafe & Bar was named in honor of my foster father, Dr. James States, M.D., who had brought me to the United States after his successful climb of Mount Everest in 1983.

I completed my graduate education in social work and public health at Saint Louis University. The mission of Saint Louis University of pursuing the truth of God and the service of humanity and the community further reinforced my dream of helping children and women who are poor and suffering as I was. To accomplish this, I founded the Himalayan Family Healthcare Project and registered in 2010 with Missouri State. The mission of the Himalayan Family is to provide health and medical services in remote areas of Nepal to improve the health status of children and women.

Thank you so much for supporting my dream of owning a restaurant and helping poor children and women in Nepal. For more information about our non-profit medical and educational mission in Nepal, please visit us @

Best regards,

***Devi States***

Dr. Devi Gurung States, PhD., MPH., MSW., MS.  
Chef & Owner

