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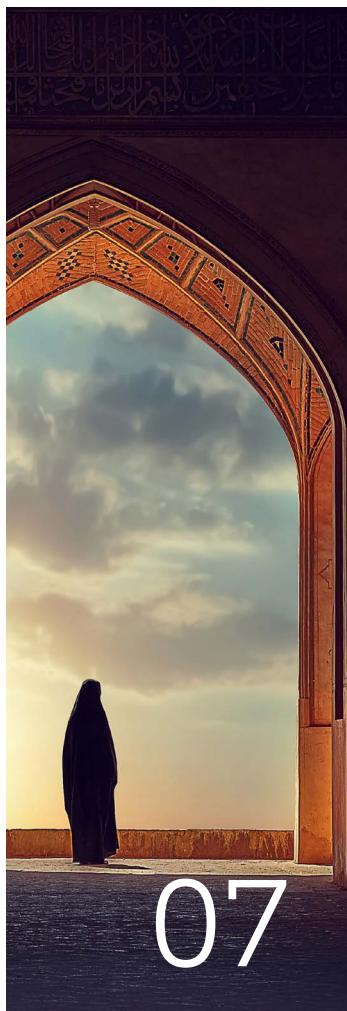
An Englishman named Henry Shaw ventured to...

ST. LOUIS' LONG-STANDING IMMIGRANT HISTORY POSITIONS THE CITY FOR THE NEXT GREAT REVITALIZATION

1980 the beginning...

IN ST. LOUIS, WE RECOGNIZE THE BEAUTY OF IMMIGRATION AND CREATE THRIVING OPPORTUNITIES FOR ALL





**CAPTURING COUNTLESS TALES
IN A SINGLE SNAPSHOT**



AFGHAN COMMUNITY CENTER

The Afghan Community Center is a vibrant and inclusive space in Saint Louis that serves as a hub for the Afghan community and fosters connections with the broader community.

The Afghan Community Center seeks to develop a center that reflects the diverse needs, aspirations, and cultural heritage of the Afghan community in the United States. The ultimate goal is to create a welcoming environment that promotes social integration, empowerment, and mutual understanding.

The Afghan Community Center aspires to create a dynamic and inclusive space that celebrates Afghan culture, fosters social cohesion, and empowers individuals and families to thrive within the St. Louis community.

CONTENTS

- 04 SOL LAUDON'S JOURNEY TO EMPOWER AFGHAN IMMIGRANTS
- 05 ST. LOUIS - WHERE DREAMS SOAR, AND LIVES THRIVE
- 06 ST. LOUIS SHOWCASES WHAT BEING WELCOMING REALLY MEANS
- 07 THE TRAILBLAZING MERCHANT OF ISLAMIC FINANCE
- 08 AFGHAN ENTREPRENEURSHIP GRANT PAVES THE WAY FOR FEMALE SUCCESS
- 09 THE REMARKABLE STORY OF HENRY SHAW AND THE BOTANICAL GARDEN
- 10 AFGHANISTAN'S TIMELESS OASIS OF HISTORY AND CULTURE
- 11 ANEMIA CRISIS TWO BILLION AFFECTED GLOBALLY
- 11 THE NIGELLA SATIVA ANCIENT MEDICINAL LEGACY
- 12 EXPLORING THE ENIGMA OF THE BERMUDA TRIANGLE
- 13 THE VISIONARY BEHIND KABUL MARKET & BAKERY
- 14 ST. LOUIS' LONG-STANDING IMMIGRANT HISTORY POSITIONS THE CITY FOR THE NEXT GREAT REVITALIZATION

SOL LAUDON'S JOURNEY TO EMPOWER AFGHAN IMMIGRANTS



In the wake of Afghanistan's tumultuous events in [2021](#), Sol Laudon, a seasoned software engineer and the Director for Refugee Technology Programs at the [Zomia Center](#), embarked on a remarkable mission. He set out to empower Afghan refugees arriving in the United States with the transformative skill of coding, offering them a path to secure, well-paying jobs in the tech industry.

Laudon's journey began with inspiration from his close friend, Tom Peter, who had dedicated two decades to journalism and humanitarian efforts in Afghanistan and the Middle East. Witnessing Peter's relentless commitment to assisting friends and colleagues evacuate Afghanistan in 2021 deeply moved Laudon. He saw an opportunity to make a difference in the lives of Afghan refugees, leveraging his skills and passion for technology.

Despite his lack of formal teaching experience or nonprofit management background, Laudon took a bold step by resigning from his senior engineering position at S&P. He teamed up with Zomia to establish tailored software education programs for Afghan newcomers. These programs not only taught coding but also guided participants through the entire job-search process, from resume writing to interview preparation.

Laudon's mission had a two-fold impact. First, it set an example for the St. Louis community, demonstrating the valuable contributions immigrants bring to the city. Second, it inspired innovative education models that could uplift underprivileged communities in the area.

His efforts bore fruit as many of his students secured jobs in the tech industry, setting their families on a path to long-term success. Tech jobs, known for their flexibility and high pay, provided these resettled immigrants with opportunities to rebuild their lives and achieve the American Dream.

One remarkable success story was that of a former World Bank employee from Afghanistan. Although he had managed to retain his job during the evacuation, it wasn't sufficient to support his family in the United States. Laudon's guidance helped him tailor his resume for American companies and prepare for technical interviews, ultimately landing him a job at a major healthcare company.

Laudon emphasized the importance of practical skills over certificates, ensuring that his students developed the actual skills needed for tech jobs. His program thrived through partnerships with refugee resettlement agencies, academic resources from [Arizona State University](#), and donations from tech companies.

Laudon proposed a shift in the dialogue surrounding education for immigrants and refugees, emphasizing its role as a tool for achieving specific economic outcomes. By fostering a sense of purpose, these programs could gain greater support from donors, grantmakers, and families.

In closing, Laudon called on the community to take action, whether through small acts of kindness or more substantial contributions. He emphasized the importance of avoiding divisive engagement on social media, highlighting that true kindness and generosity could make a lasting impact in the lives of immigrants and refugees.

Sol Laudon's journey exemplified the power of one individual's determination to make a difference, one line of code at a time, in the lives of those seeking refuge and hope in a new land.

ST. LOUIS - WHERE DREAMS SOAR AND LIVES THRIVE



In the bustling heart of the Afghan diaspora in America, a community shares a common dream – the dream of a life where possibilities are endless. Their yearning is simple yet profound: to turn their dreams into reality and to thrive like never before.

The Afghan Support Program asks a question that is about to change lives forever, “Do you want all the things to happen in your life?” This question ignites an extraordinary journey – the ASP Country Tour 2023.

This journey is more than a tale; it’s a real-time adventure, weaving its way from the stunning shores of San Francisco to the vibrant streets of Chicago and beyond. Each stop is more than a waypoint; it’s a chapter in a story that leads to a city where dreams soar higher than ever before – [St. Louis](#).

[St. Louis](#) is a city with a promise. It whispers to all who listen, think about all that St. Louis can do for you, where you can thrive.

Here, in this extraordinary city, a carefully crafted framework awaits newcomers. The Afghan Community Center serves as a beacon of culture and support. The United States [Afghan Chamber](#) of

Commerce provides a launching pad for economic growth and innovation. With [\\$15,000 grants](#) awarded to Afghan Entrepreneurs, dreams take shape, and businesses flourish.

But St. Louis is more than just a place of business; it’s a city of life. It’s a tapestry of diversity, where cultures intertwine, and traditions are shared. It’s a hub of education, where doors open to personal and professional growth.

The [Mayor’s Office](#) for New Americans in St. Louis stands as a testament to the city’s unwavering support for those seeking a fresh start, a symbol of hope in uncertain times.

As the ASP Country Tour 2023 unveils its chapters from August to late November, it carries with it the promise of dreams realized and futures rewritten. It’s a story of transformation, a reminder that in St. Louis, dreams don’t just take flight; they soar to new heights. So, in the pages of your own life story, think about St. Louis – where opportunities await, and your journey from dreams to thriving realities is just beginning.

ST. LOUIS SHOWCASES WHAT BEING WELCOMING REALLY MEANS

Each year across the United States, cities and towns celebrate Welcoming Week, a time aimed at showcasing the wealth of community that exists in every part of America. This time lends opportunities to host speakers with different perspectives, share a meal from somewhere you may or may not have ever travelled, and connect with those within your communities.

St. Louis hosted a [slew of events](#) across the region from cooking classes and tea celebrations to financial literacy support, and more. St. Louis knows how to celebrate our diversity, and knows that when we do, we offer a space for all to feel welcomed and included in the day to day.



As an ongoing offering of the Cup of Culture events hosted by the International Institute of St. Louis, the Arab Cultural Center presented Arabic Tea on September 17. The event was open to everyone who wanted to learn more about the strong cultural representation of different Arab communities in St. Louis and mingle with neighbors. More information about the [Arab Culture Center](#) can be found on their website.

On Saturday, September 23, staff members of Missouri Office of Refugee Administration ([MO-ORA](#)) and the International Institute of St. Louis' Youth Mentor Program partnered with Dutchtown neighbors to host a community soccer game, as well as other activities centered around youth in the area. The event was open to all, both clients of the International Institute and nearby community members.



The [Anna E. Crosslin Center for Multicultural Excellence](#) hosted its first multicultural mixer. Like-minded individuals gathered to learn about best practices for how employers can make their workspaces more welcoming.



THE TRAILBLAZING MERCHANT OF ISLAMIC FINANCE



Khadija bint Khuwaylid (RA) a woman of Remarkable Legacy. Khadija bint Khuwaylid (RA) remains a revered figure in Islamic history, celebrated for her unwavering character, generosity, and her remarkable success in trade. Not only was she the first wife of the **Prophet Muhammad (SAW)** and the first Muslim, but she also played a pivotal role in the world of Islamic finance. Her enduring legacy demonstrates the substantial impact women can have in the commercial sphere, making her a role model for generations to come.

Khadija's Flourishing Business Acumen

In an era known as the Jahiliyyah period, Khadija (RA) stood out as a shrewd merchant, a remarkable achievement for a woman in those times. Her business prowess earned her a reputation as a commercial genius, and her most notable partnership was with the Prophet Muhammad (SAW), forming the subject of our discussion—mudarabah partnership.

Mudarabah: Khadija's legacy extends beyond her personal attributes. She was a pioneer in Islamic finance, particularly through her mudarabah partnership with Prophet Muhammad (SAW). Despite limited studies focused on Khadija, our article sheds light on her commercial acumen and the historical significance of her mudarabah partnership.

Commercial Prowess in Mecca

Mecca, with its strategic location and strong commercial tradition, was a hub of trade in the Arabian Peninsula. Trade was the lifeblood of Mecca, and Khadija (RA) inherited significant wealth from her deceased merchant husbands. Over time, her trade caravans rivaled those of Quraysh, Mecca's prominent tribe.

Khadija's Unique Approach to Trade

Khadija (RA) conducted trade through partnerships with trustworthy individuals, seeking reliable partners to handle her goods. It was during this quest for a reliable partner that she encountered Muhammad (SAW), leading to the commencement of their partnership.

The Birth of the Khadija-Muhammad Mudarabah Partnership: Muhammad (SAW) was not only a prophet but also a trader in his own right. He had a reputation for honesty, trustworthiness, and good ethics, which made him an ideal partner. Khadija (RA) entrusted Muhammad (SAW) with her caravans and their partnership flourished. Their commercial success eventually led to their marriage.

The Essence of Mudarabah: Mudarabah is a partnership model in Islamic finance where one party provides capital, and the other offers labor and expertise. Profits are shared according to an agreed-upon ratio. In the Khadija-Muhammad partnership, Muhammad (SAW) provided labor while Khadija (RA) invested her capital, exemplifying the mudarabah concept.

Khadija's Entrepreneurial Spirit: Khadija (RA) was a remarkable entrepreneur who used her wealth to support the Muslim community and various charitable causes. She managed her business affairs independently, demonstrating her financial acumen and business leadership.

Khadija bint Khuwaylid (RA) serves as an enduring example of a strong, successful, and empowered woman in Islamic history. Her legacy extends beyond her time, emphasizing the importance of partnerships, trust, and integrity in the world of commerce. Khadija's mudarabah partnership with Prophet Muhammad (SAW) remains an exemplary model in Islamic finance, offering valuable lessons for contemporary finance systems.

AFGHAN ENTREPRENEURSHIP GRANT PAVES THE WAY FOR FEMALE SUCCESS



In an ever-changing world marked by challenges and uncertainties, it is the resilient spirit of entrepreneurs that continues to drive progress and prosperity. The Afghan Support Program is a shining beacon of hope and assistance for Afghan refugees and immigrants, offering them a unique opportunity to establish or expand their businesses in the United States. Now, it's time for Afghan females to step up, apply, and make history as the first Afghan female winner of the Afghan Entrepreneurship Grant.

Empowering Dreams, Transforming Lives: The Afghan Support Program is extending a helping hand to eligible candidates, inviting them to unlock their entrepreneurial potential through a generous [\\$15,000 grant](#). This grant not only provides essential financial support but also serves as a catalyst for empowering individuals to develop businesses that contribute to their communities. Whether you're nurturing a groundbreaking startup idea or aiming to expand your existing venture, this program stands ready to bolster your dreams and ambitions.

Why Afghan Females Should Apply: The Afghan Entrepreneurship Grant is more than just a financial boost; it's a vehicle for Afghan females to break barriers and redefine the narrative of entrepreneurship. Here are some compelling reasons why Afghan women should apply and strive to become the first Afghan female winner of the grant:

Empowerment: This grant is an empowering platform for Afghan females to turn their entrepreneurial dreams into reality. It provides the financial resources and support necessary to overcome obstacles and create thriving businesses.

Gender Equality: By applying and becoming successful grant recipients, Afghan women play a pivotal role in promoting gender equality in the entrepreneurial landscape. Your success will inspire other Afghan females to follow their aspirations.

Community Impact: Entrepreneurship isn't just about individual success; it's about community development. As a female grant recipient, you have

the chance to not only uplift yourself but also create employment opportunities for fellow refugees and immigrants in the Saint Louis City or County.

To be part of this groundbreaking opportunity, you must meet the following eligibility criteria:

1. Be an Afghan refugee, immigrant, asylee, green card holder, or parolee.
2. Have moved to the US after August 2021.
3. Intend to either start a new business or expand an existing one.
4. The business must be located in Saint Louis City or County.

Ensure you have a business license or [LLC](#), business entity registration, and an Employer Identification Number ([EIN](#)) in place.

Craft a thorough business plan that includes detailed financial statements. This plan should outline your vision, goals, and strategies for success.

Provide an overview of your business budget to demonstrate financial responsibility and planning.

Clearly breakdown how the grant funds will be utilized to drive the growth and success of your business. Showcase how this investment will benefit both your enterprise and the local community.

Seize the Opportunity and Create History

The Afghan Entrepreneurship Grant is more than just financial support; it's a chance for Afghan females to break barriers, challenge norms, and leave an indelible mark on the entrepreneurial world. By applying and becoming the first Afghan female winner of the grant, you can be a beacon of inspiration for countless others. So, unlock your potential, step into the world of entrepreneurship, and together, let's make history.

[APPLY NOW](#)



THE REMARKABLE STORY OF HENRY SHAW AND THE BOTANICAL GARDEN

In the early 19th century, an Englishman named [Henry Shaw](#) ventured to the burgeoning river town of St. Louis, perched on the edge of the untamed American wilderness. Fueled by curiosity and wonder, he embarked on a half-day horseback journey that would forever alter the landscape of this city.

Shaw's path took him through marshy terrain, past intriguing sinkholes, and ancient Native American burial mounds. However, it was a narrow trail hidden amidst the thick brush that led him to an elevated vantage point, revealing a breathtaking sight.

As the years passed, Shaw's affection for this land deepened. His fortunes grew, and with them, a desire to give back to his adopted city. Four decades after his arrival, he made a significant gesture by opening a botanical garden on this very land. This green oasis, the [Missouri Botanical Garden](#), has since become one of the United States' oldest and most distinguished botanical gardens, celebrated for its beauty, architectural heritage, and contributions to botanical research.

Henry Shaw's initial journey to St. Louis in 1819 had business motivations. He set up shop, specializing in hardware and cutlery. But as St. Louis thrived in the early 19th century, Shaw expanded his ventures into agriculture, mining, real estate, and the fur trade. In 1855, Shaw hired a bounty hunter to capture four individuals attempting to escape to freedom via the Underground Railroad. This group included Esther, a woman, and her two children, and their capture took place at a site now known as the Mary Meachum Freedom Crossing. The names of some of the individuals enslaved by Shaw, including Peach, Juliette, Bridgette, Joseph,

Jim, Sarah, Tabitha, her daughter Sarah, and Esther with her children, are preserved in archival documents. Shaw's entrepreneurial success allowed him to retire at the age of 39 in 1840. During the ensuing decade, he traveled extensively throughout the United States and Europe, continuously acquiring land. Among his property holdings was the cherished piece of land he encountered during his inaugural year in St. Louis, where he commissioned the construction of a country estate known as [Tower Grove House](#).

In 1851, inspired by his overseas travels, Shaw embarked on a transformative project to create a garden reminiscent of European estates. This philanthropic endeavor marked a prelude to the era of American philanthropy and the creation of iconic public parks in the United States. Shaw's philanthropic efforts extended beyond the Missouri Botanical Garden, as he played a pivotal role in supporting the development of other St. Louis institutions, including Tower Grove Park, the Missouri Historical Society, and the St. Louis Mercantile Library.

In 1859, the Missouri Botanical Garden opened its doors to the public, following the European tradition of blending horticultural displays, education, and the pursuit of new botanical knowledge. Today, 158 years since its inception, the Missouri Botanical Garden is not only a National Historic Landmark but also a hub for science, conservation, education, and the enchantment of horticultural displays. Henry Shaw's legacy endures, a complex tapestry that weaves together entrepreneurship, philanthropy, and a deep connection to the land he loved.

AFGHANISTAN'S TIMELESS OASIS OF HISTORY AND CULTURE



In the heart of [Kabul](#), Afghanistan, lies a living testament to the nation's rich history and cultural heritage - [Bagh-e Babur](#), also known as the Gardens of Babur. This enchanting oasis is a cherished treasure, drawing inquisitive visitors from all corners of the world. With its terraced structures, an elegant mosque, and vast green expanses, Bagh-e Babur has etched its name as a sanctuary of serenity amidst the hustle and bustle of Kabul's urban life.

The roots of Bagh-e Babur stretch back to the early 16th century, a testament to the visionary ambition of the first [Mughal emperor](#), Babur. In 1504, Babur ordered the creation of this remarkable "avenue garden" in Kabul, as meticulously detailed in his memoirs, the [Baburnama](#). Over the centuries, this historic garden has evolved under the influence of various Afghan rulers, weaving a vibrant tapestry of Afghan history.

Mughal rulers cherished the tradition of developing such serene retreats during their lifetime, eventually choosing one as their eternal resting place. For Babur's successors, Bagh-e Babur held immense significance. [Jahangir's pilgrimage](#) to the site in 1607 marked a turning point, leading to the construction of protective walls around Kabul's gardens, the establishment of a prayer platform at Babur's grave, and the installation of an inscribed headstone at its head.

The visit of the illustrious Mughal Emperor Shah Jahan in 1638 added further embellishments, including a marble screen surrounding Babur's tomb and a picturesque stone water channel weaving through avenues of trees, punctuated by serene pools.

The decision of Babur to find eternal repose within these gardens speaks volumes about



its significance. The transformation of Bagh-e Babur into a revered graveyard, marked by the enclosure around Babur's tomb, stands as a testament to the garden's pivotal role in history. Shah Jahan's screens, while enhancing its grandeur, also transformed it into a solemn resting place for a great emperor.

Bagh-e Babur's journey through time has witnessed transformative shifts. Over the years, it has evolved under the influence of external factors. In the late 19th century, [Amir Abdur Rahman Khan](#) added a pavilion and a residence for his beloved wife, Bibi Halima. By 1933, it had transformed into a public recreation space adorned with graceful pools and soothing fountains. The late 1970s brought a touch of modernity with the introduction of a greenhouse and a sparkling swimming pool.

Despite the absence of the enclosure around Babur's tomb, Bagh-e Babur endures as a symbol of historical significance in Kabul. Recent endeavors have focused on revitalizing Kabul's cityscape, including the meticulous restoration of Babur's tomb. These efforts seek to preserve the garden's traditional aspects while seamlessly integrating them into a contemporary global context.

Despite the tumultuous events of the [Afghan Civil War](#) in the 1990s, Bagh-e Babur has witnessed remarkable restoration efforts. The conservation of the white marble mosque built by Aurengzeb, repairs to the garden pavilion, and the reconstruction of [Tajbeg Palace](#) are just a few examples. The introduction of indigenous trees and a partially piped irrigation system have breathed new life into the garden's natural splendor.

ANEMIA CRISIS TWO BILLION AFFECTED GLOBALLY



In 2023, a new study has revealed that in 2021, a staggering two billion people worldwide suffered from [anemia](#) due to a lack of essential nutrients in their bodies. Anemia occurs when a person's body lacks an adequate amount of iron.

This study has also highlighted the severity of anemia in various regions, particularly in Sub-Saharan Africa and Central Africa, where the problem has been exacerbated. It has affected one out of every four individuals in these regions. [The World Health Organization](#) warns that anemia is a significant health concern as it can lead to various symptoms, including fatigue, headaches, and paleness. Doctors emphasize the importance of iron as a critical element in the body to combat anemia. Iron is vital for the production of hemoglobin, which is essential for carrying oxygen, and its deficiency can lead to anemia.

Furthermore, the study found that in some areas, the concentration of iron in staple foods like grains is as low as 12 grams per kilogram, and in certain regions, it drops to as low as 13 grams per kilogram. This low iron content in food is a major contributor to anemia.

Samira Naser, a nutritionist, commented on the issue, saying, "What I observe is that those who consume foods with low iron content are at a higher risk of suffering from iron-deficiency anemia. The main cause of this deficiency is a lack of diversity in our diets. Most people do not consume a balanced diet, and this leads to a depletion of their iron reserves over time."

The findings of this study underscore the urgent need for comprehensive measures to address anemia and improve access to iron-rich foods, especially in regions where it is prevalent.

THE NIGELLA SATIVA ANCIENT MEDICINAL LEGACY



Nigella sativa, commonly known as "Black Seed" in Afghanistan, possesses extraordinary properties that render it unique in Europe, the [Middle East](#), and [South Asia](#).

This medicinal plant is indigenous to Asia and the Mediterranean and is renowned for its beneficial attributes. People have been utilizing the seeds of this plant for over 2,000 years for various purposes, including in the burial tombs of ancient Egyptian pharaohs.

Throughout history, this plant has been employed to alleviate headaches, mitigate pain, and address various digestive disorders. *Nigella Sativa* is a diminutive flowering plant that completes its bloom cycle in one year. It thrives in regions such as India, Pakistan, Afghanistan, Eastern Europe, Bulgaria, Romania, Cyprus, Iraq, Turkey, and several European countries.

The seeds are delicate and typically black, although they can also be pale blue or white. They are commonly employed in cooking, particularly in Indian and Middle Eastern cuisines.

The extraction of oil from *Nigella sativa* is a valuable process that yields oil utilized for various purposes, including as a remedy for skin conditions such as itching or skin inflammation. In any case, the oil derived from these seeds can be applied topically to affected areas to alleviate itching or rashes, particularly in conditions such as eczema or hives, effectively reducing their intensity.



Fawzia Shahab
Afghanistan National Radio TV
Former Anchor



Elyas Mirzaee
Kabul - Afghanistan



EXPLORING THE ENIGMA OF THE BERMUDA TRIANGLE

The [Bermuda Triangle](#), also known as the Devil's Triangle, is a stretch of the [North Atlantic Ocean](#) off the southeastern coast of the United States. This area has earned a reputation for being a mysterious and perilous place where ships and aircraft mysteriously vanish. While it's often surrounded by legends and speculations, some genuine incidents have contributed to its allure.

One of the most well-known incidents linked to the Bermuda Triangle is Flight 19, which took place during [World War II](#) in 1945. On what appeared to be an ordinary day with clear skies and gentle breezes, Flight 19 was a routine training exercise involving five Avenger bombers and 14 crew members. Their mission was navigation and bombing practice. However, about 90 minutes after takeoff, the flight's leader, Lieutenant Charles Taylor, reported an unusual sight: they were entering white water, which was green, an unexpected and bizarre phenomenon. Taylor sounded disoriented and urgently requested assistance. Strangely, when offered help from the base, he declined, stating, "Don't send anyone after me." Shortly afterward, radio contact was lost, and Flight 19 disappeared without a trace.

Another eerie incident involves the SS Cyclops, a cargo ship carrying manganese ore. In 1918, during [World War I](#), the Cyclops played a crucial role in transporting coal and supplies worldwide. However, on one voyage carrying manganese ore, the ship vanished without a trace. No distress call or message for help was ever received. Even more baffling is that two other non-military ships transporting manganese ore to the Cyclops also disappeared in the same region at the same time.

These incidents, along with many others, have given rise to various theories about the Bermu-

da Triangle's mysteries. Some scientists believe that natural factors could be responsible for these unexplained events:

Hexagonal Clouds: The Bermuda Triangle is known for its hexagonal clouds, generating winds of up to 273 kilometers per hour and waves exceeding 14 meters in height, which can challenge ships and aircraft passing through.

Underwater Volcanoes: Large underwater volcanic craters have been discovered in the Bermuda Triangle's waters, capable of causing turbulence and increased pressure at the ocean floor, potentially leading to ship sinkings.

Hurricanes: The region is prone to severe hurricanes, causing extensive damage and endangering the safety of ships and aircraft.

Methane Gas: Some theories suggest that an abundance of methane gas in the area might make vessels buoyant and disrupt their navigational abilities, leading to sinking. This could also affect aircraft due to changes in air density.

Giant Sea Waves: Scientists propose that giant rogue waves, reaching heights of up to 30 meters, could explain the disappearance of ships and aircraft.

While these natural factors offer plausible explanations, the Bermuda Triangle continues to captivate our imaginations. It has inspired numerous books and films exploring its mysteries. Regardless of the various theories and speculations, the Bermuda Triangle remains a place of intrigue, where fact and legend are intertwined. It serves as a reminder that even in our modern age, there are still unexplained phenomena in the world, keeping the legend of the Bermuda Triangle alive.

The Visionary Behind Kabul Market & Bakery



In the heart of St. Louis, there's a remarkable entrepreneur whose story is as captivating as the flavors he serves at his beloved Kabul Market & Bakery. Meet Naqibullah Kabir, a man whose journey from humble beginnings to culinary excellence is a testament to passion, determination, and the American dream.

Naqibullah was raised in Pakistan, he embarked on a remarkable journey that led him to the bustling streets of the United States. In August 2012, he arrived with a vision and a taste for success. But his path to entrepreneurship was no cakewalk.

Naqibullah's love affair with the restaurant industry began in 1998, when he took his first steps into the world of hospitality. For 14 years, he honed his skills at the prestigious Kabul Restaurant in Islamabad, Pakistan. As a dedicated manager for nine of those years, he learned the ins and outs of the restaurant business, mastering the art of culinary excellence.

His dreams, however, extended beyond the walls of Kabul Restaurant. In Islamabad, he proudly opened his own establishment, the "New Pak Kabul Restaurant," a place where his culinary creations delighted the palates of locals and visitors alike. In 2012, Naqibullah took a bold leap of faith and set his sights on the United States. He arrived with a fervent desire to open his restaurant and share his Afghan-Pakistani cuisine with the world. But the road to success in the U.S. was paved with challenges, particularly when it came to finances. His first attempt to realize his dream led him to northern Virginia, where the dream of opening his

own restaurant was met with the harsh reality of high rent and unfavorable locations. Undeterred, Naqibullah decided to pack his culinary ambitions and head back to his new home, St. Louis.

It was in St. Louis that the story of Kabul Market & Bakery truly began. Despite facing financial hardships, including paying rent, bills, his own home mortgage, and daily expenses, Naqibullah's unwavering determination shone brightly. He knew that his dream of sharing his culinary heritage with the world was worth every sacrifice.

With resilience in his heart and a recipe book full of family secrets, Naqibullah Kabir opened the doors of Kabul Market & Bakery. The aroma of freshly baked bread, the sizzle of savory kebabs, and the warm hospitality of Naqibullah himself created an experience that captivated the hearts and taste buds of St. Louis residents.

Today, Kabul Market & Bakery stands not only as a testament to Naqibullah's culinary talent but also as a symbol of the immigrant spirit. His journey from Pakistan to the United States, from restaurant manager to restaurateur, is a story that inspires all who hear it. Remember that every bite tells a story—the story of Naqibullah Kabir, the entrepreneur who turned his dream into a thriving reality.

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ST. LOUIS' LONG-STANDING IMMIGRANT HISTORY POSITIONS THE CITY FOR THE NEXT GREAT REVITALIZATION



Since its founding in 1919, the International Institute of St. Louis has served as a pillar amongst the immigrant communities and populations who have come to call St. Louis home. As outlined in the 2015 publication [Ethnic St. Louis](#), St. Louis itself has a long-standing theme of welcoming different communities from around the world.

Immigration and population growth during the 1800s spurred many international communities to view and adopt St. Louis as a welcoming and attractive city for their families. During this time, St. Louis welcomed German, Jewish, English, Scottish, Welsh, Irish, Italian, Serbian, Hungarian, Greek, Chinese, Russian, Czech, Slovak, Croatian, Polish, Romanian, Dutch, Swedish, Danish, and Lebanese and Syrian immigrants with open arms. This set the city up on the global stage for all to see as St. Louis approached the 1904 World's Fair. As St. Louis moved through the 20th century, it quickly was able to take on diverse populations with robust manufacturing and production industries present, as well as established neighborhoods like Kerry Patch and The Hill.

The Refugee Act of 1980 began to reshape the ways that individuals moved internationally. Refugee status was now something granted by the U.S. federal government and funds distributed to organizations looking to serve refugees

within their cities and communities. While the International Institute had been assisting immigrants already for sixty-one years, this new program brought new opportunities.


Today, in its 104th year, the International Institute on average helps provide services for six thousand foreign-born individuals coming from eighty different countries. Volunteers and staff members help provide support in things like citizenship and language classes, job training and placements, small business development, and more. As we live in a global era, to prosper we, as St. Louisans, must attract and welcome greater numbers of immigrants and refugees. You can learn more about our recent efforts and impact with newly resettled populations by reviewing our most recent 2022 [Annual Report](#).

As the Institute remains a beacon of support for our new neighbors, we also are a beacon of hope, a place of welcoming. We welcome opportunities, courage, bravery, reinvention, revitalization, determination, perseverance, enterprising, new beginnings.



Afghan Journal is thrilled to announce that our newspaper is now open to submissions from talented local authors. Share your captivating stories with us and let your voice be heard. Send us your articles today!

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