

**Summer 2020**



**BLACK  
PAGES**

**Seattle, WA**

*In loving memory of Summer Taylor.*

The Black Pages™  
Seattle, WA  
2020

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Jamel M., owner of Huskies Movers, a family-owned business that operates locally and interstate (p.10).



Prisilla Ray, entrepreneur and founder of Consult Connections (p.18).

## Art & Literature

**Estelita's Library**.....(415) 342-9009  
2533 16th Ave S, Seattle, WA 98144 *Beacon Hill*

**L.E.M.S. Bookstore**.....(206) 722-1700  
5023 Rainier Ave S, Seattle, WA 98118 *Columbia City*

## Bars & Lounges

**Africa Lounge**.....(206) 277-0200  
17801 International Blvd, SeaTac, WA 98158 *SeaTac*

**Ballard Beer Company**.....(206) 783-0179  
2050 NW Market St, Seattle, WA 98107 *Ballard*

**Footprint Wine Tap**.....(206) 485-7175  
1222 E Madison St, Seattle, WA 98122 *Capitol Hill*

**Jerk Shack**.....(206) 441-7817  
2510 1st Ave, Seattle, WA 98121 *Belltown*

**Kaffa Coffee & Wine Bar**.....(206) 453-3558  
8136 Rainier Ave S, Seattle, WA 98118 *Rainier Beach*

**Poco Wine & Spirits**.....(206) 322-9463  
1408 E Pine St, Seattle, WA 98122 *Capitol Hill*

**The Rhino Room**.....(206) 258-3900  
1535 11th Ave, Seattle, WA 98122 *Capitol Hill*

## **Grocery, Beer, Wine, Spirits**

**Altha's Cajun Spices**.....(206) 323-0534  
201 E Meeker St, Kent, WA 98032 *Kent*

**Clean Greens Farm & Market**.....(206) 323-0534  
116 21st Ave, Seattle, WA 98122 *Central District*

**Downtown Spirits**.....(206) 812-6591  
2300 7th Ave, Seattle, WA 98121 *Denny Triangle*

**Dukem Market**.....(206) 453-3699  
215 SW 152nd St, Seattle, WA 98166 *Burien*

**East African Imports**.....(206) 322-7717  
306 23rd Ave S #104, Seattle, WA 98144 *Central District*

**Quick Pack Food Mart**.....(206) 328-2127  
2616 S Jackson St, Seattle, WA 98144 *Leschi*

## **Health, Beauty, Fitness**

**Andro Barbershop**.....(206) 631-9207  
219 James St, Seattle, WA 98104 *Pioneer Square*

**City Sweats**.....(206) 402-5417  
1928 43rd Ave E, Seattle, WA 98112 *Madison Park*

**Columbia City Fitness Center**.....(206) 725-7894  
4860 Rainier Ave S Suite B, Seattle, WA 98118 *Columbia City*

**Columbia City Fitness Center - Jackson**.....(206) 322-1008  
2609 S Jackson St, Seattle, WA 98144 *Central District*

**Coven Salon**.....(206) 323-9010  
2719 E Madison St, Seattle, WA 98112      *Madison Valley*

**Down To Reiki!**.....(206) 669-7268  
3400 Harbor Ave SW #322, Seattle, WA 98126      *West Seattle*

**Dr. Lisa A. Price, ND**.....(209) 791-3669  
3876 Bridge Way N, Seattle, WA 98103, USA      *Fremont*

**Earl's Cuts & Styles**.....(206) 322-2687  
1162 23rd Ave, Seattle, WA 98122      *Central District*

**Good Hair Salon**.....(206) 709-7699  
1918 E Yesler Way, Seattle, WA 98122      *Central District*

**In Bloom Salon & Beauty Boutique**.....(206) 682-7768  
101 Cherry St, Seattle, WA 98104      *Pioneer Square*

**iNfinitely Well LLC**.....(206) 682-7768  
3021 S Willow St, Seattle, WA 98108      *Rainier Valley*

**Junction Fitness Open 24/7**.....(206) 492-7974  
4714 42nd Ave SW, Seattle, WA 98116      *West Seattle*

**MassageFit**.....(678) 871-9490  
3250 Airport Way South Unit 322, Seattle, WA 98134      *SoDo*

**New Roots Counseling**.....(253) 249-1284  
7214 Linden Ave N Seattle, WA 98103      *Greenlake*

**Project 968**.....(206) 504-7661  
4617 37th Ave SW, Seattle, WA 98126      *West Seattle*



Erik Norwood MSPT, physical therapist & owner of Renew Physical Therapy (opposite page).

### **Featured Business: Renew Physical Therapy**

Renew Physical Therapy is a black owned business that opened in 2012. We opened with the hopes of providing physical therapy services for the people and by the people of South Seattle. Our mission is to serve this community by providing individualized and consistent one on one care, empowering patients to better health.

Our goal is to help clients return to the activities they love without medications, injections or surgery. Treatments utilize manual therapy techniques, individual exercise prescription and patient education. We teach patients how to move, lift and sit and provide self-treatment techniques. At Renew PT our job is simple, we listen, guide, and prevent further injury.

***-Erik Norwood MSPT***



- QueenCare**.....(206) 403-1266  
3702 S Hudson St Ste. 103, Seattle, WA 98118 *Columbia City*
- Renew Physical Therapy**.....(206) 535-8061  
5620 Rainier Ave S #102, Seattle, WA 98118 *Hillman City*
- Rival Fitness**.....(206) 257-1507  
510 E Pine St, Seattle, WA 98122 *Capitol Hill*
- Seattle Knockemballs**.....(253) 391-5195  
1644 Occidental Ave S, Seattle, WA 98134 *SoDo*
- SHY Wellness**.....(253) 973-9642  
1812 S Mildred St, A, Tacoma, WA 98465 *Tacoma*
- Stretch 22 – Downtown Seattle**.....(206) 441-4143  
1913 2nd Ave, Seattle, WA 98101 *Downtown*
- Stretch 22 – Madison Ridge**.....(206) 325-6479  
2313 E Madison St, Seattle, WA 98112 *Madison Valley*
- Stretch 22 – South Lake Union**.....(206) 258-4110  
826 Lenora St, Seattle, WA 98121 *South Lake Union*
- The Lounging Barber**.....(206) 437-0869  
1123 34th Ave, Seattle, WA 98122 *Madrona*
- The Ride**.....(206) 453-3518  
112 E Lynn St, Seattle, WA 98102 *Eastlake*
- The Wellness Firm**.....(206) 707-9112  
100 Wall St, Seattle WA 98121 *Downtown*

**Vasuda Salon**.....(206) 525-0870  
12317 15th Ave NE #106, Seattle, WA 98125 *Pinehurst*

**Yeabsira Salon**.....(206) 801-7415  
16053 Aurora Ave N, Shoreline, WA 98133 *Shoreline*

### **Law & Insurance**

**Kreider Hughes Law**.....(206) 457-2610  
800 Fifth Ave, Suite 4100, Seattle, WA 98104 *Downtown*

**State Farm Insurance - Central District**.....(206) 485-7464  
2213 E Madison St, Seattle WA 98112 *Central District*

### **Postal & Shipping**

**Huskies Movers**.....(206) 946-5993  
9803, S248th St, Kent, Washington, 98030 *Kent*

**The Postman**.....(206) 257-4623  
1143 MLK Jr Way, Seattle, WA 98122 *Central District*

**Yes the Mailroom**.....(206) 623-1204  
1548 1st Ave S, Seattle WA 98143 *SoDo*

## Restaurants, Cafes, Bakeries

- Agelgil Ethiopia Restaurant**.....(206) 324-6402  
2800 E Cherry St A, Seattle, WA 98122 *Central District*
- Ahadu Ethiopian Restaurant**.....(206) 440-3399  
1508 NE 117th St, Seattle, WA 98125 *Pinehurst*
- Amy's Merkato**.....(206) 324-2527  
5710 Rainier Ave S, Seattle, WA 98118 *Hillman City*
- Bana Ethiopian Restaurant**.....(206) 723-3587  
4423 Rainier Ave S, Seattle, WA 98118 *Columbia City*
- Bananas Grill**.....(206) 420-4839  
4556 MLK Jr Way S, Seattle, WA 9810 *Columbia City*
- Brown Sugar Baking Company**.....(206) 538-0881  
308 22nd Ave S Ste 101, Seattle, WA 98144 *Central District*
- Cafe Avoles**.....(206) 359-1271  
6630 Rainier Ave S, Seattle, WA 98118 *Rainier Valley*
- Cafe Campagne**.....(206) 728-2233  
1600 Post Alley, Seattle, WA 98101, USA *Downtown*
- Cafe Selam**.....(206) 328-0404  
2715 E Cherry St, Seattle, WA 98122 *Central District*
- Catfish Corner Express**.....(206) 735-7084  
11805 Renton Ave S, Seattle, WA 98178 *Skyway*

- Central Cafe and Juice Bar**.....(206) 538-0380  
2509 E Cherry St, Seattle, WA 98122 *Central District*
- Cheech 'N Changas**.....(202) 422-4805  
food truck *Capitol Hill*
- City Teriyaki**.....(206) 723-2489  
5400 Rainier Ave S, Seattle, WA 98118 *Hillman City*
- Chef Cafe**.....(206) 568-2681  
2200 S Jackson St, Seattle, WA 98144 *Atlantic*
- Conscious Eatery**.....(206) 659-4098  
5620 6th Ave S, Seattle, WA 98108 *Georgetown*
- Corte Fino**.....(206) 687-7491  
6721 MLK Jr Way S, Seattle, WA 98118 *Beacon Hill*
- Cortona Cafe**.....(206) 327-9728  
2425 E Union St, Seattle, WA 98122 *Central District*
- Delish Ethiopian Cuisine**.....(206)-723-3821  
5701 Rainier Ave S Ste A, Seattle, WA 98118 *Hillman City*
- East African Restaurant**.....(206) 322-7717  
306 23rd Ave S #104, Seattle, WA 98144 *Central District*
- Emerald City Fish & Chips**.....(206) 760-3474  
3756 Rainier Ave S, Seattle, WA 98144 *Rainier Valley*
- Emma's BBQ**.....(206) 413-1523  
5303 Rainier Ave S, Seattle, WA 98118 *Hillman City*

**Enat Ethiopian Restaurant.....**(206) 362-4901  
11546 15th Ave NE, Seattle, WA 98125 *Pinehurst*

**Ezell's Famous Chicken – Central District.....**(206) 324-4141  
501 23rd Ave, Seattle, WA 98122 *Central District*

**Ezell's Famous Chicken – Columbia City.....**(206) 686-3772  
4436 Rainier Ave S, Seattle, WA 98118 *Columbia City*

**Ezell's Famous Chicken – Wallingford.....**(206) 453-5250  
2300 N 45th St, Seattle, WA 98103 *Wallingford*

**Fats Chicken & Waffles.....**(206) 602-6863  
2726 E Cherry St. Seattle, WA 98122 *Central District*

**FOODArt.....**(470) 402-9544  
501 2nd Ave W #100, Seattle, WA 98119 *Lower Queen Anne*

**Heaven Sent Fried Chicken – Lake City.....**(206) 363-1167  
14330 Lake City Way NE, Seattle, WA 98125 *Lake City*

**Island Soul Rum Bar & Soul Shack.....**(206) 329-1202  
4869 Rainier Ave S, Seattle, WA 98118 *Columbia City*

**Jebena Cafe.....**(206) 365-0757  
1510 NE 117th St, Seattle, WA 98125 *Pinehurst*

**Jemil's Big Easy.....**(206) 641-6551  
5604, Seattle, WA 98106 *Delridge*

**Jerk Shack.....**(206) 441-7817  
2510 1st Ave, Seattle, WA 98121 *Belltown*

- Joyce's Market & Cafe**.....(206) 322-9140  
2717 E Union St, Seattle, WA 98122 *Central District*
- JuneBaby**.....(206) 257-4470  
2122 NE 65th Street, Seattle, WA 98115 *Ravenna*
- Kaffa Coffee & Wine Bar**.....(206) 453-3558  
8136 Rainier Ave S, Seattle, WA 98118 *Rainier Beach*
- Kezira Cafe**.....(206) 588-1024  
5100 Rainier Ave S, Seattle, WA 98118 *Columbia City*
- King Philly Cheesesteaks**.....(206) 722-2434  
7820 Rainier Ave S unit a, Seattle, WA 98118 *Dunlap*
- KJ's Cakery Bakery Sweet Shop**.....(253) 277-2516  
204 Central Ave N #102, Kent, WA 98032 *Kent*
- Lil Red Takeout & Catering**.....(206) 760-2931  
4225 Rainier Ave S, Seattle, WA 98118 *Columbia City*
- Lucinda Grain Bar**.....(206) 457-8180  
2120 NE 65th St, Seattle, WA 98115 *Ravenna*
- Marjorie**.....(206) 441-9842  
1412 E Union, Seattle, WA 98122 *Capitol Hill*
- Meskel Ethiopian Restaurant**.....(206) 860-1724  
2605 E Cherry St, Seattle, WA 98122 *Central District*
- Momona Cafe & Restaurant**.....(206) 766-0607  
6754 MLK Jr Way S, Seattle, WA 98118 *Hillman City*

**My Sweet Lil Cakes**.....(206) 265-3002  
food truck *Seattle*

**Nate's Wings & Waffles**.....(206) 629-2051  
1224 E Jefferson St, Seattle, WA 98122 *Central District*

**Osteria la Spiga**.....(206) 323-8881  
1429 12th Ave, Seattle, WA 98122 *Capitol Hill*

**Pam's Kitchen**.....(206) 696-7010  
1715 N 45th St, Seattle, WA 98103 *Wallingford*

**Plum Bistro**.....(206) 838-5333  
1429 12th Ave, Seattle, WA 98122 *Capitol Hill*

**Plum Chopped**.....(206) 402-6861  
1419 12th Ave, Seattle, WA 98122 *Capitol Hill*

**Plum Pantry**.....(206) 428-6337  
305 Harrison St, Seattle, WA 98109 *Queen Anne*

**Queen Sheba Ethiopian Restaurant**.....(206) 322-0852  
916 E John St, Seattle, WA 98102 *Capitol Hill*

**Ras Dashen**.....(206) 709-7626  
2801 E Cherry St, Seattle, WA 98122 *Central District*

**Safari Njema**.....(206) 723-3058  
5041 Rainier Ave S, Seattle, WA 98118 *Columbia City*

**Salare**.....(206) 556-2192  
2404 NE 65th St, Seattle, WA 98115 *Ravenna*

- Scoop Du Jour Ice Creamery**.....(206) 325-9562  
4029 E Madison St, Seattle, WA 98112 *Madison Park*
- Seattle Cinnamon Roll Co**.....(206) 708-7417  
13410 NE 175th St, Woodinville, WA 98072 *Woodinville*
- Seattle Chicken Express**.....(206) 708-7417  
3621 33rd Ave S, Seattle, WA 98144 *Mount Baker*
- Simply Soulful**.....(206) 474-9841  
2909-B E Madison St, Seattle, WA 98112 *Madison Valley*
- Soulful Dishes**.....(206) 485-7123  
1800 E Yesler Way, Seattle, WA 98122 *Central District*
- Taste of the Caribbean**.....(206) 323-9112  
1212 E Jefferson St, Seattle, WA 98122 *Central District*
- The Barbeque**.....(206) 325-3205  
2000 23rd Ave S, Seattle, WA 98144 *Central District*
- The Comfort Zone**.....(206) 246-2800  
5016 Rainier Ave S, Seattle, WA 98118 *Columbia City*
- The Station**.....(206) 453-4892  
1600 S Roberto Maestas Festival St, Seattle, 98144 *Beacon Hill*
- Tougo Coffee**.....(206) 860-3518  
1410 18th Ave, Seattle, WA 98122 *Capitol Hill*
- Zagol Ethiopian Restaurant**.....(206) 322-1019  
2722 E Cherry St, Seattle, WA 98122 *Central District*



**Zuri's Donutz**.....(425) 582-8803  
 7600 196th St SW #850, Lynnwood, WA 98036      *Lynnwood*

## **Retail**

**Exclusive Boutique**.....(206) 359-2692  
 1141 Martin Luther King Jr Way, Seattle, WA 98122      *Madrona*

**Flowers Just 4-U**.....(206) 324-1440  
 701 23rd Ave, Seattle, WA 98122      *Central District*

**Jacob Willard Home Furniture**.....(206) 290-8619  
 5600 Rainier Ave S Suite-D, Seattle, WA 98118      *Hillman City*

**Lika Love – Queen Anne**.....(206) 384-1710  
 535 Warren Ave N, Seattle, WA 98109      *Queen Anne*

**Lika Love – West Seattle**.....(206) 384-1710  
 6031 California Ave SW c, Seattle, WA 98136      *West Seattle*

**Ola Wyola**.....(206) 651-4604  
 4427 Rainier Ave S, Seattle, WA 98118      *Columbia City*

**Our Fabric Stash**.....(206) 330-4196  
 Pike Place Market, Seattle, WA      *Downtown*

**Platinum Plush Fashions**.....(206) 579-2651  
 6511 MLK Jr Way S, Seattle, WA 98118      *Beacon Hill*

**Valerie Madison Fine Jewelry**.....(206) 395-6359  
 1411 34th Ave, Seattle, WA 98122      *International District*

## COMMUNITY INDEX

Krea.....@krea.mah  
*Artist, Digital*

Essence Mercer.....pnwbailbonding.com  
*Bail Bonding Agency*

Jordan Jones.....noj0966@gmail.com  
*Barber*

Lecia Lashes.....@lecia\_lashes  
*Beauty, Eyelashes*

Tiffany Taylor.....tiffanytaylor.net  
*Beauty, Permanent Makeup Artist*

Sizan Skincare.....sizan-skincare.myshopify.com  
*Beauty, Skincare*

Aaron Carr.....(248) 497-1248  
*Business Consulting*

Consult Connections.....consultconnectionsllc@gmail.com  
*Business Consulting*

Jawan Harris.....@kingsdreamconsulting  
*Business Consulting*

Sean Watts.....smwattsconsulting@gmail.com  
*Business Consulting*

Heart Financials.....connect@heartfinancials.com  
*Business Consulting, CPA*

## COMMUNITY INDEX

Follow Twice.....(904) 718-5936  
*Business, Marketing*

Family Ties.....(206) 992-5895  
*Cleaning Service*

Koeles Clothing.....@koelesclothing  
*Clothing*

MAC Fashion.....@macfashionhouse  
*Clothing*

Jaylin.....@creationsbyjaylin  
*Clothing, Ascots*

Kate S. Mensah.....@kate.s.mensah  
*Clothing, Bags*

Gustavo Apiti.....@gustavo.apiti.couture  
*Clothing, Couture*

Rossairo George.....@rossario\_george  
*Clothing, Couture*

Ashaunti Monique.....@ashauntimonique\_customs  
*Clothing, Fashion Design*

Helene Glover.....@nomihelene  
*Clothing, Fashion Design*

African Print Takeover.....@africanprinttakeover  
*Clothing, Fashion Design, Fabric*

## COMMUNITY INDEX

Chayah.....@chayahfashion  
*Clothing, Vintage*

Jennifer Henderson.....jhendersoncounseling.weebly.com  
*Counseling Services (LMHC, ATR, EMMHS)*

Catrice Dennis.....teachingwithloveandcare.com  
*Educational Services*

Arts Corps.....@artscorps  
*Educational Services, K-12 Art Teacher*

Bell's Pastries.....(520) 370-0646  
*Event Catering*

Healthy Creations.....healthycreationsseattle.com  
*Event Catering*

Mama Ruth's.....@mamaruthscatering  
*Event Catering*

Mety's Events.....metysevents.com  
*Event Catering*

Naija Buka.....(206) 602-9413  
*Event Catering*

That Brown Girl Cooks.....thatbrowngirl.com  
*Event Catering*

The Sugah Shack.....sugahpushah@gmail.com  
*Event Catering*

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Photos, clockwise from upper-left: Isaiah Hanna, martial arts & fitness coach (p.22), ascot by Jaylin (p.19), jewelry by Lunaversoul (p.23), Nathan Nice, podcast broadcaster (p.23).

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Umami Kushi.....umamikushi.com  
*Event Catering*

Arel Watson.....@reigningcloud  
*Event DJ*

Cozell Wilson.....(253) 273-0530  
*Event DJ*

SydneyRo Designs & Rentals.....@sydneyro\_shop  
*Event Planning*

Tricia Diamond.....seattletwerkshop.com  
*Fitness, Dance*

Kate S. Mensah.....@kate.s.mensah  
*Fitness, Kickboxing/Boxing, Yoga*

Isaiah Hanna.....(206) 376-6399  
*Fitness, Martial Arts*

Erin McIntire.....@erinflorisflows  
*Fitness, Yoga*

Jacque Treat.....(206) 419-8751  
*Hair Stylist*

Jaminah Shannon.....@3crownssalon  
*Hair Stylist*

Rubi Pearl Virgin Hair Store & Salon.....@rubipearlhair  
*Hair Stylist*

## COMMUNITY INDEX

Skillz Hair Studio.....@skillzhs  
*Hair Stylist*

Snip Its.....snipits.com  
*Hair Stylist*

Lunaversoul.....@lunaversoul  
*Jewelry*

Beading Beauty.....@beading\_beauty  
*Jewelry, Waist Beads*

Sheldon Gray.....@grays\_landscaping\_painting  
*Lawn, Homecare*

Curtis Seals.....@curtique  
*Musician, Composer*

KJ Jones.....mrkjones75@hotmail.com  
*Musician, Karaoke Jockey*

Jordan Hankins.....@jordymulatto  
*Musician, Music Producer*

Sasha V DeSalvo.....(312) 237-7258  
*Pet Sitter*

Legacy Photography.....(253) 737-0546  
*Photography, Videography*

Nathan Nice.....@thekitchencouch  
*Podcast*

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Derek Ward.....incomepropertyseattle.com  
*Realtor*

Nile Broady.....(206) 822-2609  
*Relator*

Rachel Ramseur.....(206) 931-9366  
*Realtor*

Amen Gibreab.....marakey.com  
*Retail, Custom Clothing*

Markus Lovell.....@markus.lovell  
*Retail, Custom Clothing*

Ideas by CeCe.....@ideasbycece\_llc  
*Retail, Custom Party Favors*

Nicole Collie Cole Williams.....happyleaftea.com  
*Retail, Organic Tea*

Reginald Gaines.....qrshop.io  
*Retail, Restaurant POS*

Kamaria Daniel.....staysoftfilms.com  
*Videographer, Editor*

Jada "JC" Brazil.....cakeniron.com  
*Writer, Voice Over*



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## NOTES

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COMMENTS, QUESTIONS OR SUGGESTIONS?  
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