Community Luminary

continued A from front

vibe they once had.

For 19 years, Knauls was a major force in the nightclub business, a considerable feat in itself but especially telling considering the political and social climate of the city.

After the Columbia River Flood at Vanport in 1949, many African-Americans were uprooted from the housing constructed for the Kaiser shipbuilding days of World War II, and were forced into inner north and northeast neighborhoods by racist zoning laws.

The African-American population hovered around 1 percent during the time in which the Knauls' operated their nightclubs, but were subject to much of, if not all the same prejudices that were happening across country.

His venues offered a sense of relief to many in the community during a particularly turbulent time.

A number of years later, Knauls and his wife, who is also a seasoned barber and hair stylist, took another round at operating a business. They bought a building in 1991 on the newly renamed Martin Luther King Jr. Boulevard and started Geneva's Shear Perfection and Beauty.

To this day the shop, located on 5601 N.E. Martin Luther King Blvd., remains a magnet for people, some get their hair and nails done, others just come in to chat with other patrons and celebrities who still make it a point to come visit.

Besides his business successes, Knauls has served on various boards and coalitions and generally been recognized as one of the most prominent figures in Portland's history.

His honorary title of "Mayor of North and Northeast Portland" was



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER Paul Knauls, the honorary "Mayor of North and Northeast Portland," celebrates 50 years of entrepreneurship in Portland.

among the public and has remained some guys named Chicken Wing, with him since.

ing too seriously though, "You know coined by a friend, but soon spread alot of guys give themselves names,

Boo-Boo, I don't take it seriously, Knauls doesn't take the crown- it's nice to be called, but I know I'm Paul Knauls," he said with a reassured confidence.

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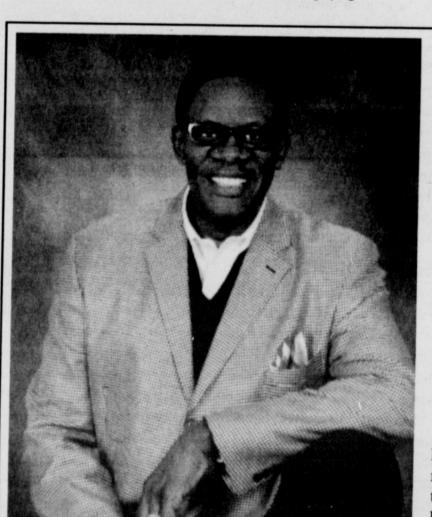
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Part 24. Osteoarthritis: you needn't be frightened about a frightening problem anymore

of pain in my neck. The doctor said that it was osteoarthritis and that I would have learn to live with it. What is your opinion?

: As you might know, there is a tremendous amount of health research going on today Much relates to the spine and nervous system. You might ask your doctor if he has read the latest study on osteoarthritis. The study showed that there was no correlation between the amount

: I have been having a lot of osteo-arthritis and the amount of pain a person suffers. In fact it has been found that pain and osteo-arthritis are both caused by the same problem. Mechanical stress on the bone and joints is the biggest cause of pain and also the cause of that deformity of the joint your doctor calls osteoarthritis.

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the joint and bones are stresses. Our chief purpose then is to remove the stress or irritation from the joint (and nerves) - not only to reduce pain but to allow the bones to be as healthy as possible as well. If you have joint pain, isn't it time you stepped up to, effective Chiroprac-

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