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By SAM ROBERTS  JUNE 30, 2014

Kevin Gallagher and Sharon Almog, both teachers, considered moving to New Jersey with their two children several years ago when they were squeezed out of the apartment they were subletting in Stuyvesant Town, the sprawling complex that has long been a haven for working- and middle-class families in Manhattan. They considered moving again just recently while debating whether to renovate the 850-square-foot loft they own in Greenwich Village.

“We just didn’t want to think about leaving,” Mr. Gallagher said, “and we both said no.”

“The city is so attractive,” he said. “We go to a lot of theater and take the kids. My daughter played Little League. They go to public school. It’s a totally different vibe in the suburbs: Everything is spread out and you’re driving everywhere.”

The couple’s decision personifies a census benchmark that suggests another tiny step toward racial equilibrium in a city that had been challenged economically and socially by decades of white flight.

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During that same period, the city gained more people than it lost through migration. Neither of those gains has probably happened since the 1960s, according to demographers.

The gains were all the more striking because in many cases they reflected the mirror opposite of change in some suburban counties, which historically have followed a different demographic trajectory from the city.
While the city’s non-Hispanic white population rose since 2010 (by a modest 24,000, or 1 percent, with the biggest gain in Brooklyn), it declined in the New York suburbs by 54,000, or 2 percent.

The black population stagnated in the city, but rose 4 percent in the suburbs. The growth rate among Hispanics was less in the city than in the suburbs (4 percent compared with 9 percent). Among Asians, it was about the same (8 percent in the city and 9 percent in the suburbs).

“The changing populations of New York City and its suburbs represent a sea change from major postwar trends, where blacks and Hispanics grew very rapidly in the city, while non-Hispanic white population declined,” said Andrew A. Beveridge, a sociologist at Queens College of the City University of New York.

Trends among young people often suggest future patterns, and for the city this seems to portend a vibrant and growing metropolis.

“What pops out in the latter three years compared with the prior decade are gains for all boroughs except Staten Island for total Hispanic, Asian and white toddlers, and gains in black toddlers for all boroughs except the Bronx,” said William H. Frey, a Brookings Institution demographer.

“New this decade are Hispanic toddler gains for Manhattan and Brooklyn,” he said. “The young child population is less white than the total population in all boroughs, but especially in Manhattan and Staten Island.”

Since 2010, the number of children under age 20 living in the city declined much more slowly than it had in the preceding decade. The number under age 5 in the city increased by 7 percent and dropped in the suburbs by 15 percent.

While the census found 555,555 children younger than 5, it also recorded more than 480,000 people 75 and older. The median age in the suburbs was higher than in the city.

Mr. Gallagher said that even with the planned renovations, the couple’s apartment would be smaller than a suburban house, but the city was more compact and he could avoid driving, which he disliked.

“We sacrificed space,” he said, “but everything is within reach.”
Seeds Are Planted at Baruch
Amy Hagedorn Gives $1 Million to Baruch's School of Public Affairs

By MELANIE GRAYCE WEST  CONNECT
June 30, 2014 10:26 p.m. ET

To Amy Hagedorn, not much has changed over the years about the kinds of students who attend New York's Baruch College. They still tend to be the "hardworking and earnest" types, she said—like those she graduated with in 1958.

But unlike then, they face much more daunting costs. For Ms. Hagedorn, tuition was free and she paid a small student fee. She bought used books, packed a bag lunch every day and managed on a shoestring budget, she said.

Today's students "deserve a break," she said. "Many of them are struggling with a full-time job and family responsibilities."

To that end, Ms. Hagedorn is giving $1 million to support Baruch's School of Public Affairs. The gift will go toward general support and to scholarships, paid internships and fellowships. Part of the gift is a challenge to the college to grow its scholarship endowment.

Baruch, part of the City University of New York, has about 17,500 students, 64% of whom attend full-time. Some 164 nationalities are represented in the student population. The most popular majors are business-related.

Internships are a particular focus for Ms. Hagedorn. Hagedorn-sponsored interns work at social-service organizations and major cultural institutions around New York—serving as an enhancement to classroom education, she said, and opening up career possibilities.

"When I was a student, you could either go into business or become a teacher. I didn't know about the sector of social welfare," she said.

Ms. Hagedorn, 77 years old, was born in Queens. Now retired, she taught prekindergarten classes for more than two decades. She currently leads the Long Island-based Hagedorn Foundation, which grew out of the assets of her late husband, Horace Hagedorn. The Hagedorns were married for nearly 20 years, until his death in 2005 at the age of 89. It was a second marriage for both.

Mr. Hagedorn was the founder of plant-food maker Miracle-Gro Co. and oversaw its merger with the lawn-care company Scotts. He was a noted philanthropist in Long Island and elsewhere, with interests in the environment, education, economic development, immigration, social equality and children's programs.

Ms. Hagedorn said she met Mr. Hagedorn through a lonely hearts newspaper advertisement. Her ad said she liked to read seed catalogs, listen to reggae and had dreams of sailing. (Mr. Hagedorn was an avid sailor.)

"Where is the kindhearted man with a cool head and a gracious manner who will share his life with me?" she wrote.

"Hagedorn"
The pitch worked, she said. Mr. Hagedorn responded to the listing and they were married after about a year of dating.

"I guess I could give credit to Baruch for my advertising prowess," she joked.

Write to Melanie Grayce West at melanie.west@wsj.com
A holding area houses hundreds of immigrant children at a U.S. Customs and Border Protection center in Nogales, Ariz., on June 18. (Pool / Getty Images)

By CAROLYN KELLOGG

JUNE 30, 2014, 7:48 AM

A New York bookstore is launching a book drive for unaccompanied immigrant children on July 10. The shop, La Casa Azul Bookstore, asks that the books be new or gently used, for pre-kindergarten through 8th grade, culturally appropriate and in Spanish.

About 50,000 unaccompanied minors from Mexico and Central America have arrived at U.S. facilities on the border of Mexico since Oct. 1. The understaffed immigration facilities are not prepared to handle that volume of children crossing the border alone.
Some of these unaccompanied minors are being moved to other parts of the country. It's those who are being transferred to New York for deportation proceedings that La Casa Azul book drive will benefit.

La Casa Azul is collaborating with the Unaccompanied Latin American Minor Project (U-LAMP) at John Jay College of Criminal Justice/Safe Passage Project to make sure the books reach the children facing deportation.

"Bookstore staff will deliver books to local shelters and provide them directly to children and teenagers who are currently in deportation proceedings," the site explains.

Books for the drive can be purchased at La Casa Azul, in East Harlem. New and gently used books can also be shipped there. The book drive will take place from July 10 to Aug. 10.

The bookstore does not have an online storefront, but e-mail inquiries about the book drive, in English or Spanish, can be sent to info.lacasaazul@gmail.com.
What's Blocking Your Peak Career Performance?

By Debra Woog

Often we think of peak career performance in terms of momentous events, like publishing research or closing a huge sale. These are commendable high points. Yet by keeping our focus solely on a few accomplishments, we can miss out on developing the key skills that will get us to them reliably. Without learning and practicing these skills, you’re limited to a finite number of peaks, and even these may feel a bit too “hard won” to celebrate.

What if peak career performance were not a small number of wins, but a series of brilliant moments that could extend indefinitely? What if, as smart talented women, we could set ourselves up to have regular, frequent “moments” where our skills, interests, and qualities intersect in work that is truly meaningful and valuable to us and to those we serve?

Consider Jocelyn. A gifted writer and strategist with a bachelor’s degree from Stanford, a Master’s from Harvard, and a long list of happy clients, Jocelyn put off making a major decision — one with the potential to advance her career.

Despite a long list of evidence that she’s good at what she does, Jocelyn felt anxious about whether the skills, interests and qualities she brings to the table were good and valuable enough. Recently rejected by committee for an award she applied for, Jocelyn worried that she was not worthy of achieving the next
level of success in her chosen profession.

Jocelyn's frustration brought her to a question that plagues many woman professionals today: "What do I really want?" As someone with a commendable track record of getting things done, Jocelyn wondered why it's so hard to decide ... so she spent time and energy looking at many options from all angles to be "fully informed." But really her mind was spinning with wonder about what it would take for her to have another "win," when that would happen, and how hard would it be to achieve.

Even successful women professionals unknowingly hold themselves back from peak career performance by falling into the self-doubt trap. The antidote? Cultivate stress hardiness to achieve peak career performance that lasts over time.

Stress hardiness, also known as emotional resilience, is defined as one's ability to adapt to stressful situations or crises. Suzanne Kobasa Ouellette, Professor Emeritus at the City University of New York, where she taught psychology, social science, and liberal studies, developed a profile for what she called a "hardy personality."

Dr. Ouellette wrote that the three C's of hardiness — control, commitment, challenge — could be developed through a series of specific skills (https://twitter.com/intent/tweet?url=http%3A%2F%2Fonforbes.com%2Fv4YfXT&text=The%20three%20C%20commitment%20and%20challenge), three of which are especially relevant to Jocelyn and any other woman who feels she's working too hard, questions her next move or wonders whether what she offers has value.

**Recognize and tolerate anxiety and act anyway**

Uncertainty is pretty much a given in today's volatile job market and economy, and anxiety often stems from the fact that future outcomes are uncertain. Learning to recognize when uncertainty makes you anxious — and acting in spite of that feeling — allows you to direct the course of your career. Identifying and controlling the aspects of a situation that you can control can
make it easier to make peace with the factors you can’t control. Continued practice of this skill builds “anxiety tolerance” that can free you to achieve more peak performance moments throughout your career.

**Discriminate and make choices consistent with goals and values**

Getting clear on your innate values can do wonders for your career trajectory. Once you do, it becomes easier to set meaningful goals. This step illuminates a clear path down which you can base every decision on what’s most important to you to express in the world. With your values in mind, decisions of any magnitude become so much easier to make. Like a muscle, your decision-making ability is strengthened with consistent practice.

**Ask assertively for what you want and desire**

Studies show that women negotiate for higher salaries far less often than their male counterparts. If you’re job hunting, do your market research and decide what salary and benefits you seek. Then, negotiate! Similarly, if you’re considering a prospective client, ask good questions to decide if they’re a fit for the way you work. If you’re applying for an award, be clear on why you’re applying, do your best in the process, and then cede control. Getting clear about what you want and desire is the first step. The more you ask for what you want and desire, the more often you’ll get it.

By committing to practicing these three skills, Jocelyn has increased her own strength hardiness. She has created and regularly revisits her unique definition of what success means for her. Today she acknowledges that her self-doubt is a part of life; she invites it to sit at the table but no longer gives it a vote when she faces challenging decisions. She has accepted that she is both brilliant and imperfect.

Now Jocelyn sees each choice as a step into something bigger — and she’s getting better at controlling what’s within her power and letting the rest go. She’s less tentative and fearful, more decisive and brave. In short, Jocelyn has become a lot more confident and comfortable acting in the face of anxiety, making choices consistent with her values and goals, and asking for what she wants.

The results? Opportunities have opened up for Jocelyn, including new clients and new projects she’s excited to work on. She’s let go of responding to each choice as a “once and for all” decision. She’s experienced more peak moments in the last six months than she had in the last five years.

What’s your next step to setting yourself up for peak career performance? Share your thoughts below. If you’re not sure where to start, consider seeking
a coach to help you.

**Debra Woog** (rhymes with “Vogue”), president of **connect2 Corporation**, specializes in coaching women professionals to accelerate success with outstanding interpersonal and intrapersonal communications. See Debra’s [Top Coach Page](http://positivitydaily.com/debra-woog-2/).
Brooklyn students win Fulbrights, headed for Bulgaria and Peru

Born in the Ukraine, Mariya Tuchinskaya immigrated to the US when she was 6 years old and graduated from Brooklyn Tech at the top of her class. A Psychology and Speech Language Pathology major, she will spend nine months teaching English in a high school in Bulgaria.

Melody Mills, a double Major in Psychology and Political Science, spent a semester studying in Peru in spring 2013. This experience provided the inspiration for her plan to conduct research in Peru, where she will track the educational trajectories of street-living girls in Lima.

Mills is the President of Solutions Across Borders and was co-chair of the Black History Month Committee at Baruch College. Through Macaulay’s Opportunities Fund, not only was Melody able to fund her semester in Peru, she also spent the winter semester of 2012 volunteering in Cape Coast, Ghana, teaching literacy, world geography, math, and physical education at seven elementary schools.

While there, she initiated a girls’ soccer team, along with dance, cheerleading, and basketball teams. “I look forward to the ability to positively influence children in a massive way through education,” Mills said.
The best way to replenish after a workout

"Marketers have done a bang-up job of convincing everybody that refueling is necessary every time you move," says Yoni Freedhoff, an assistant professor of family medicine at the University of Ottawa and the author of The Diet Fix: Why Diets Fail and How to Make Yours Work (Harmony, $25.99).

The notion that physical activity creates a need for immediate replenishment has become ingrained to the point where "my kid bends a blade of grass on the sports field, and someone's running at him with an ice cream sandwich," Freedhoff says.

But unless you're training at a high intensity or doing workouts of an hour or more, your physiological need for refueling or electrolyte replenishment is usually minimal, Freedhoff says. And if you're exercising to lose weight or to keep the pounds off, those after-workout foods could derail your progress.

People routinely overestimate how much energy they're using, says Jennifer Gibson, a registered dietitian who works with athletes at the U.S. Olympic Training Center in Colorado Springs, Colo.

The classic case, she says, is someone who gains weight while training for a first marathon. "They're burning lots of energy running, but then they go home and think they can just go ahead and eat a second plate of pasta because they ran today," Gibson says. You may feel extra hungry after a run, but unless you were running for several hours or at very high intensity, that extra serving is likely to tip you into a calorie surplus.

Exercise is almost essential for maintaining weight loss, but rarely burns enough calories to allow an all-out splurge. "If you want to eat, eat," Freedhoff says. "But don't eat because you exercised, unless your exercise is truly voluminous and vigorous."

It gets even easier to overestimate your energy expenditure as your fitness improves, Gibson says, because your body becomes more efficient at exercise. As a result, running a mile requires fewer calories when you're fit than it did when you were out of shape.

"If you're exercising to reduce or maintain your body weight, then you don't need a huge replenishment of that energy," Gibson says. If you're doing light activity, such as yoga or a low-intensity exercise class, or if the workout lasts less than an hour, "you're usually fine with just some water," Gibson says.

Many people also wrongly think that there's a narrow window for eating after a workout to maximize muscle growth. While some studies have suggested that it's best to ingest protein and carbohydrates immediately after working out, says Brad Schoenfeld, director of the Human Performance Lab at CUNY Lehman College in New York, "waiting more than an hour to eat after exercise really doesn't affect your ability to build muscle." Schoenfeld conducted a meta-analysis of 25 studies on this issue and found that what some studies had interpreted as an ideal time for such refueling was an illusion; he instead concluded that it is the amount of protein intake, not the timing of it, that matters. If you're exercising to build muscle, aim to eat 0.7 grams of protein per day per pound
of your body weight, he says.

Another theory suggests that post-workout timing is essential to maximize the replenishment of glycogen, the carbohydrate in your muscles that fuels exercise. While studies have shown that ingesting carbohydrates quickly after a workout can expedite the restocking of glycogen, this is pertinent only to people working out multiple times per day, Schoenfeld says. "If you're a triathlete doing morning, noon and afternoon training sessions, then this has relevance, but for the average person, as long as you're meeting your carbohydrate needs, you'll have the same replenishment by the next day."

None of this means you shouldn't eat after exercise, but think of your post-exercise snack as a component of your overall eating plan, not free calories, Gibson says.

For a post-exercise snack, aim for something in the ballpark of 250 calories with a mix of both carbohydrates and protein, which will slow the energy release and add satiety. Gibson says. She recommends hummus with carrot sticks or crackers, a piece of fruit with a handful of nuts (or nut butter) or a serving of Greek yogurt.

Recovery bars can have a role in a healthy eating plan, but "there's nothing superior in those products that are a reason to eat one of them instead of, say, a banana and peanut butter," says Rebecca Scritchfield, a registered dietitian in Washington, D.C. These bars can be a good choice when you're looking for convenience or portability, but choose wisely. Scritchfield advises her clients to look for products that have short ingredient lists containing recognizable things such as nuts and dried fruits.

_The Washington Post_
Bensonhurst becomes Brooklyn's second Chinatown


By ELIZABETH WU in New York (China Daily USA)

With about 2.6 million people, it's the most populated of New York City's five boroughs, and now Brooklyn is home to a growing second Chinatown — Bensonhurst.

It's the birthplace of longtime US TV personality Lawrence Leibel Harvey Zeiger, otherwise known as Larry King, but King wouldn't recognize it today.

In the 1980s, Sunset Park became Brooklyn's first Chinatown. Now the heart of Bensonhurst, between 64th and 86th Streets on 18th Avenue and Cristofo Colombo, an area that was predominantly Italian, is mostly Chinese.

"I grew up in the neighborhood. I used to eat pizza. Now there's only one pizzeria left," said Warren Chan, who said he has lived in the area for 20 years.

Unlike Manhattan's Chinatown or Flushing's Chinatown, 18th Avenue doesn't have crowds of people and noisy street vendors. Store signs are still in English, though they depict Chinese venues.

There are Chinese grocery stores, restaurants, nail/hair salons, auto repair shops, daycare centers, community centers for the elderly, medical clinics, Chinese Christian Churches, a Salvation Army that offers prayers in Cantonese and even a Chinese crystal shop.

Bensonhurst's population also includes Africans, Russians and Puerto Ricans. The Asian population increased by 57 percent between 2000 and 2010 to 151,000, of which 31,000 were born in China, according to Center for Urban Research at the City University of New York (CUNY).

Karen Sit, a 53-year-old, dress-pattern maker from Guangdong, China, has lived in Bensonhurst for 20 years.

"All the foreigners (Caucasians) moved out and now it's mostly just us," she said. "I like it around here. It's not like Flushing where you have Japanese, Koreans and Indians. Here you just have us Chinese."

Sit said that about 10 to 20 years ago Chinese immigrants from Guangdong moved in to Bensonhurst, and recently there has been more immigration from the Chinese mainland, from places like Wenzhou and Fuzhou, "where people are rich", she says.

"They come and buy houses and cars. There are also immigrants of Fujian origin, who work very hard. This is a nice neighborhood, the families around here are middle-class," said Sit.

There are single houses, condos and cooperatives for sale in Bensonhurst. John Wu, a broker at Exit Realty Best in Bensonhurst, said the average monthly rent for a one-bedroom apartment along 18th Avenue is $1,000, and $1,500 for two bedrooms, with the average cost of a home in the about $100,000.

One Italian American resident who has not left the area is Agostino, who goes by the name Oggie and asked that his last name not be used. He has owned Caffe Italia for more than 15 years and seen the influx of Chinese and their businesses.

"Chinese people are the friendliest people," he said.

According to Chan, the Chinese population in Bensonhurst is mainly of Taishan origin. He said he believes immigrants from Fuzhou and Wenzhou on the mainland are mostly in Sunset Park. "There's a huge gap between Bensonhurst and Flushing. There are many more Chinese people here," he says.

Chan opened three senior centers over the last three years in Bensonhurst where he offers a variety of social services, including English classes.

Many new Chinese residents in Bensonhurst said they didn't realize that it has become Brooklyn's second Chinatown.

Jianjun Ling came to Bensonhurst two and a half years ago from Guangdong, and works at a medical office.

When asked about Bensonhurst being Brooklyn's new Chinatown, he said, "It isn't really Chinatown. It's still America."

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Beyond Rangel, Harlem Wrestles With Its Identity

By NIKITA STEWART  JUNE 30, 2014

On the streets of Harlem the weekend before the Democratic primary for his congressional seat, Representative Charles B. Rangel and his closest opponent, a Dominican-born state senator, Adriano D. Espaillat, carried on an age-old campaign tradition, snaking along their routes in dueling caravans, blasting songs like “Ain’t No Stoppin’ Us Now” and “I Believe I Can Fly” from the loudspeakers of their campaign trucks.

The dueling processions repeatedly tangled at intersections with double-decker tour buses filled with mostly white out-of-towners gawking at the cavalcades as though they were landmarks, remnants of the forces and movements that helped shape Harlem into one of New York City’s most important cultural and political centers.

It was the kind of inside-outside juxtaposition that residents of this northern Manhattan neighborhood have become accustomed to. Yet in interviews over the course of the campaign and since, residents suggested that the matter of who would represent the community in Congress might be slightly overheated. Political leaders alone, they kept saying, would not determine Harlem’s future.

A more important question: What does Harlem, in this day and age, really represent?

“That’s what we’re trying to determine,” said Neal Shoemaker, a Harlem native who grew up in the Martin Luther King Jr. Towers, a housing project on Lenox Avenue, and now runs a successful walking tour of the community.

“Harlem’s identity is being formed as we speak. It’s like a mother baking a cake before it’s in an oven. Let it bake.”

The hard-fought campaign — which Mr. Rangel held on to win, assuring himself of the chance to step down voluntarily in a year or two because he faces no
Republican opponent in the fall — drew heavy news coverage, a sign of the incumbent’s fame, if not his continued influence. But it also offered a look at a community that is very much in flux: gentrifying, but with pockets of persistent poverty; increasingly multicultural, but still an African-American population center.

That Mr. Rangel, 84, was in the race at all meant that history and nostalgia would be much in the air, and in the news. The Harlem where the streets bubbled with debates led by W. E. B. DuBois, Malcolm X or Marcus Garvey is long gone. But Mr. Rangel had unseated the first black congressman from New York, Adam Clayton Powell Jr., in 1970 and in the years since, Harlem has produced the city’s first black mayor, David N. Dinkins, and the state’s first black governor, David A. Paterson.

Yet residents do not seem to be yearning for another Powell, or the next Rangel — or even this one — to lead them. At one time, the community relied on its elected representatives to project Harlem’s influence on a national stage. Now, despite Mr. Rangel’s victory, Harlem voters make up less than half of the congressional district, which includes a swath of the Bronx; more than half the district’s voting-eligible residents are Hispanics.

More than ever, Harlem is less a clearly identified voting bloc than an idea. A brand.

Stakeholders like Mr. Shoemaker, who employs young high school students from the project where he grew up, said they were more intent on figuring out how to sell Harlem without selling out.

Viewed from on top of those tour buses, Harlem is banking on a future tied to its legacy. Its currency is authenticity, a term that Harlem stakeholders added to their conversations as though pouring hot sauce and syrup over an order of chicken and waffles.

Basil Smikle, a political consultant who once ran for the State Senate, said the community was in a predicament, its future entangled with its past. “When I look and think about Harlem, I see two very specific issues: the political economy and authenticity,” he said, speaking of Harlem as a brand.

“There is a general fear among older residents that they are being displaced,” he added. “Many have moved or passed away. And with the loss of older individuals who’ve maintained the history and culture, there is a loss.”
Mr. Smikle said that when he was running for office, he could not convince longtime residents that he was a Harlemite. “I’ve lived here for 17 years. I’m not from here. I’m inauthentic,” he said, recalling the beliefs of older voters.

Marcus Samuelsson, the chef and entrepreneur behind Red Rooster restaurant on Lenox Avenue off West 125th Street, said he was seeking to give Harlem “normalcy.”

Mr. Samuelsson defined that as the condition in the kind of neighborhoods where seasonal vegetables and fruits are readily available and inexpensive, where children can walk to good public schools, where methadone clinics are not clustered on a single block, and where Citi Bike, the bicycle-sharing program, does not ignore the neighborhood.

For all of its new condominiums and apartments and restaurants, Harlem is not quite normal, he said: “You’re kidding me. People in Harlem don’t ride bikes? Come on.”

The demand for change is coming from a changing population. Black people make up only about 38 percent of the population of greater Harlem, which encompasses East Harlem and Hamilton Heights. In central Harlem, the overall population has risen to 125,000, from 109,000 in 2000. But only 61 percent are black, fewer than at any time since Mr. Rangel was first elected in 1970. Hispanics make up a fifth of central Harlem’s residents, and whites, who barely registered in the 1990 census, now number more than 14,000, or 11 percent.

The white influx still draws notice. “There will be white people who say ‘I was born and raised in Harlem,’ and they won’t be lying,” Mr. Shoemaker marveled.

The shift has brought Harlem amenities already enjoyed in other parts of New York. There is a gaping lot fenced off on 125th Street, the future home of Whole Foods.

Barbara Askins, president and chief executive of the 125th Street Business Improvement District, described a “balancing act between the business needs and social needs” that she said different groups of people were trying to address.

Ms. Askins recalled how residents came together to combat youth violence at the Grant Houses, a public-housing project. “That’s not dependent on politics, but it is politics,” she said.

The same people who are maintaining and promoting Harlem as a brand are quietly involved in creating jobs and affordable housing.
Mr. Shoemaker, 45, who runs Harlem Heritage Tours, said Harlem had to capitalize on its history and cachet to help low-income residents. In the days after the primary last Tuesday, when he was not guiding visitors through the neighborhood, he was attending the graduations of students who live in it, including in the project where he grew up.

One young man came by on his bike.

"I didn't see you at the graduation today," Mr. Shoemaker said.

The teenager explained that he did not pass a test required for graduation. He could retake it in August.

"I still love you," Mr. Shoemaker said, giving him a lean-in handshake. "Come by in the morning. Sell some T-shirts."

Mr. Shoemaker employs young people, allowing them to make a little money and soak up Harlem's history. He called his tours authentic because he employs native Harlem residents as guides.

That history remains relevant in the present, and not just as something to sell.

Mr. Shoemaker's own path in life owed much to the programs pushed by politicians decades earlier, he said. He attended City University of New York thanks to assistance from a program that Adam Clayton Powell Jr. championed in Congress, though he did not realize it then. "All I knew is I was away from the gunshots of my neighborhood and felt safe," he said.

Mr. Smickle, the political consultant, said the first apartment he lived in was rented through the Abyssinian Baptist Church, which began developing real estate thanks to the Empowerment Zone program that Mr. Rangel helped create in the 1990s.

Mr. Samuelsson, the chef, eschews politics, he said in an interview: "I don't know politics. I know food." Still, he had Mayor Bill de Blasio and former President Bill Clinton at his side in May when he announced a new food and wine festival, Harlem EatUp!

Mr. Clinton had signed the Empowerment Zone program into law, and made headlines when he opened an office in Harlem in 2001, showcasing the area's revitalization. A decade later, he moved most of the foundation's operations to Lower Manhattan. There was no outrage; Harlem no longer needed a former president.

On the Sunday before the election, Mr. Rangel brought his entourage to a
half-dozen churches to ask voters for another two years.

Harlem’s black churches, like those around the country, have been powerful institutions for generations. Mr. Powell, whom Mr. Rangel defeated, had been pastor of Abyssinian.

But as Mr. Rangel spoke from pulpit after pulpit, his audiences almost always included, seated to the rear, or in a special section off to the side, a cluster of tourists who probably arrived expecting to hear a sermon or the choir.

They were witnessing history instead.

Mr. Rangel’s most vocal surrogate that day was Letitia James, the city’s public advocate and the first black woman to hold citywide public office.

Ms. James was not born or raised in Harlem. At Canaan Baptist Church of Christ, she told the congregation that she brought greetings from her own church “in a place far away called Brooklyn.”

Earlier in the campaign, in one of the debates, Errol Louis of NY1 asked a series of what were supposed to be yes-or-no questions. “Mr. Rangel, is Harlem still the capital of black America?” he asked.

Mr. Rangel thought about it. “Well, in terms of history, and culture and music and jazz and churches and in my heart, you bet your sweet life,” he said.

No mention of politics. No yes or no.

**Correction: June 30, 2014**

An earlier version of this article misstated the address of Red Rooster restaurant in Harlem. It is on Lenox Avenue near West 125th Street, not East 125th Street.
Unions Dodge Bullet with Supreme Court Ruling

Submitted by Colleen Flaherty on July 1, 2014 - 3:00am

Public higher education unions dodged a bullet Monday when the U.S. Supreme Court ruled that a group of home health care workers who mainly take care of their own family members in Illinois don’t have to pay union dues if they don’t want to. Plaintiffs in the case, <i>Harris v. Quinn</i> <sup>13</sup>, sought the larger goal of ending exclusive representation and mandatory union dues for public employees generally, but Justice Samuel Alito in reading the opinion of the court said that the ruling applied only to this special class of “partial-public employees.” (The court, in a five-four vote, said that requiring these loosely affiliated state employees to pay union dues when they didn’t want to was a violation of their First Amendment rights.) Alito indicated, however, that the longstanding precedents in favor of mandatory union agency fees for public employees were based on “questionable foundations” — which many observers took to mean that the court would be open to revisiting the broader issue of open union shops at some point in the future.

William Herbert, executive director of the Center for the Study of Collective Bargaining and Higher Education and the Professions at Hunter College of the City University of New York, said a decision that overturned the closed shop concept in the public sector more broadly would have “destabilized” labor relations and collective bargaining nationwide. But, based on Monday’s ruling, faculty collective bargaining is not immediately affected, he said. Advocates of agency fees — which are required in 26 states, including Illinois — say that they protect unions from “freeloaders” who would benefit from but not contribute to their cause, and keep the unions on sound financial footing.

Randi Weingarten, president of the American Federation of Teachers, said in a statement that while the court “upheld the importance of collective bargaining and unions to families and communities, let’s be clear that working people, who have aspired to the middle class and tried to make a better life for their families, have taken it on the chin for years. Stagnating wages, loss of pensions and lack of upward mobility have defined the economic distress they have experienced. Today’s decision makes it worse.”
US supreme court Hobby Lobby ruling: supporters and detractors react
Court ruled that some corporations are exempt from law requiring no-cost access to contraception in healthcare plans

Amanda Holpuch

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Members of Planned Parenthood demonstrate outside the United State Supreme Court during the Hobby Lobby Case. Photograph: Zuma/Rex

When the supreme court ruled on Monday that some corporations are exempt from a law that requires no-cost access to contraception as part of a healthcare plan, reaction was swift from all sides. Supporters of Hobby Lobby and the other companies that filed suit praised the ruling; opponents including pro-choice groups were quick to condemn a ruling they saw as discriminatory and prejudiced against women.
From the defendants

Hobby Lobby and Conestoga Wood, two of the 49 for-companies that have filed suit against the mandate, said they specifically opposed providing women with access to emergency contraception and intrauterine devices (IUDs), because they consider them abortifacients, even though scientists have repeatedly disputed these claims.

Hobby Lobby – an Oklahoma-based arts-and-crafts chain of about 600 stores founded by David and Barbara Green – was pleased with the decision. The Greens posted a message of thanks to their supporters hours after the ruling.

Thank you to all of our supporters. Your prayers and words of encouragement have been such a blessing. pic.twitter.com/M1CtkTBmhJ

— Hobby Lobby Case (@HobbyLobbyCase) June 30, 2014

The second case was brought by Conestoga Wood, a cabinet-making business run by a Mennonite family in Pennsylvania.

“We wholeheartedly affirm what the supreme court made clear today – that Americans don’t have to surrender their freedom when they open a family business.”

— Anthony Hahn, Conestoga Wood president and CEO

Photograph: /Getty Images

Condemnation from pro-choice groups

“It is endlessly frustrating for women that decisions for their healthcare are being made by people who never need to use birth control and it is no coincidence that all three women on the court signed the dissent,” said Cecile Richards, president of the
Planned Parenthood Action Fund.

Richards noted that 99% of women that have had sex have used birth control at one point in their lives. “In short, for women, birth control is not controversial,” said Richards. “The only controversy is that we are still fighting to have this basic healthcare covered by insurance.”

Ilyse Hogue, president of NARAL Pro-Choice America, said the groups would push congress to ensure women have unrestricted access to birth control.

“These five male supreme court justices think that singling women out, specifically for discrimination in healthcare and otherwise, is acceptable, and that does not stand well with most American people,” said Hogue. “I also think that regardless of what he [Alito] said, they have opened a Pandora’s box and set a precedent and we just don’t know where that ends. Every single american should be disturbed by today’s decision.”

‘Religious freedom is a fundamental right, but that freedom does not include the right to impose beliefs on others. In its ruling today, the Court simply got it wrong.’

— Louise Melling, deputy legal director, ACLU

Photograph: /Getty Images

Legal observers

“These and other closely held companies will now have a license to harm their female employees in the name of the companies religion and ignore the religious, the moral and the practical considerations of the women themselves,” said Marcia Greenberger, co-president of the National Women’s Law Center.

“Bosses should stick to what they know best – the boardroom and the bottom line – and stay out of the bedroom and exam room,” said Greenburger.
“The majority takes care to say it’s narrow and the dissent says it’s not narrow in its implication and I think that’s one of those things that time will tell,” said Ruthann Robson, a law professor at the City University of New York. “Is this the Roberts’ court chipping away at fundamental rights in the past or is it really a meaningful slide down a slippery slope of corporations being able to opt out of anything that they say conflicts with their religious beliefs?”

The politicians

White House spokesman Josh Earnest said the decision “jeopardises the health of women who are employed by these companies.”

He added: “We will work with Congress to make sure that any women affected by this decision will still have the same coverage of vital health services as everyone else,” he added.

The ruling was praised by many Republicans, some of whom used it as an opportunity to bash Obamacare:

Our nation was founded on the principle of freedom, & w/ this decision America will continue to serve as a safe haven for religious liberty.


From senator Mitch McConnell, who voted for the RFRA in 1993:

“Today’s Supreme Court decision makes clear that the Obama administration cannot trample on the religious freedoms that Americans hold dear. Obamacare is the single worst piece of legislation to pass in the last 50 years, and I was glad to see the supreme court agree that this particular Obamacare mandate violates the Religious Freedom Restoration Act (RFRA).”

Pundits

At Slate, Mark Joseph Stern argues that the ruling is actually good for gay rights:

The Hobby Lobby case was never just about birth control. Lurking in the
background of the litigation was an open question about employers that might also cite their religious beliefs to discriminate against gay people, even where the law forbade it. ...

But on Monday morning, the apocalypse didn’t come. In fact, quite the opposite: in its ruling for Hobby Lobby, the court – in an opinion authored by arch-conservative Justice Samuel Alito – explicitly stated that RFRA could not be used as a “shield” to “cloak ... discrimination in hiring” as a “religious practice to escape legal sanction.”

To the Guardian’s Jessica Valenti, the ruling was more proof that women having sex makes men of the law uncomfortable:

Legal decisions about contraception have always been based, at least in part, on concerns about women’s potential promiscuity. The supreme court decision in Eisenstadt v Baird that gave unmarried Americans the right to procure birth control – in, yes, 1972 – was sparked by the arrest of William Baird after he handed a condom to an unmarried woman at a lecture he was giving about birth control at Boston University. At the time, his action violated Massachusetts law on "crimes against chastity".

Decades later, we’ve seen the conservative obsession with women’s sexual purity restrict access to Plan B and the HPV vaccine – and now it’s interfering with women’s access to health care, of which sexual health is certainly a part.
The Jerusalem School That Turned Superstitious Jews Into Proper Brits

A new exhibit and book recall the Evelina de Rothschild School, which taught Jewish girls punctuality, self-reliance—and English

By Batya Ungar-Sargon | July 1, 2014 12:00 AM

I would have recognized the 93-year-old woman anywhere. Seated on a mint-green velvet chair in her apartment in Jerusalem, dressed in a black sequined top and black slacks, Rachel Badad-Pirani, née Harris, still looks just like the photograph of herself at age 7 or 8. In the black-and-white photo, she is wearing a school uniform and is surrounded by 12 other girls in the same uniform drinking milk from small white cups. Although the girls are in Palestine in the 1930s, they could easily pass for prewar British schoolgirls, and that is exactly the point.

The photograph is part of an exhibition commemorating the Evelina de Rothschild School in Jerusalem and its British principal, Annie Landau, who ran the school from 1900 to her death
in 1945. The exhibition—which includes photographs of the students, a uniform of the “Girl Guides,” prefect pins, library books, stamps, Annie Landau’s passport, her Kiddush cup, a book of staff meetings, and other treasures from the archives and personal collections of students of the school—was curated by Nirit Shalev-Khalifa and runs along a corridor at Yad Itzhak Ben Zvi, a Zionist research institute and publishing house in Jerusalem; it will run through the summer. It coincides with and celebrates the publication of The Best School in Jerusalem: Annie Landau’s School for Girls 1900-1960, a book about the school and its leader, written by Hunter College history professor Laura Schor.

Schor’s book reveals how during the first half of the century, Landau transformed a starving, amulet-wearing, rag-tag group of girls into British-Jewish schoolchildren who would feel at home anywhere in the world. By insisting on things like punctuality and cleanliness—and the English language—Annie Landau brought modernity to the girls of Palestine.

Badad-Pirani attended Evelina from 1927-1938. Like other alumnae I met, she preferred Hebrew, her native language, but when she spoke English, she spoke it with a British accent. Speaking to me and Schor in her Jerusalem apartment, Badad-Pirani remembered her time at the school vividly, and one day in particular, when “Miss Landau,” the stern and elegant headmistress, called her out of the line of girls entering the school. Landau signaled and said, in a tone that terrified Badad-Pirani, “Rachel Harris, get out of the line!” Badad-Pirani complied. “Rachel Harris, get up on the stage!” was the next command. Badad-Pirani stepped up onto the stage, shaking in terror. Landau addressed the rest of the school: “I want you all to look at her. That’s how you should come to Evelina school.” As a schoolgirl, Badad-Pirani would sleep with her uniform under her mattress at night, so it would be pressed for school the next day.

“People don’t know enough about what women have done in our country,” Schor told me when we met earlier in the week at Yad Ben Zvi to tour the exhibition. But rather than a revisionist, feminist history of the usual topics—war, peace, political struggle—Schor chose another focus: “I wanted to look at the history of the city through the lens of this girls’ school that was attempting to teach new values.” About Landau, Schor said, “She succeeded in teaching these downtrodden girls to become masters of their own fates.”
Annie Landau was born to an Orthodox family in London’s East End in 1873. Her father had 18 children between his first wife and Annie’s mother; one of Annie’s sisters is the mother of Oliver Sacks, the doctor and author. All of Landau’s children received fine educations, and Annie had already had two positions as a teacher when she was offered the job at Evelina in 1898. Only 25, Annie Landau boarded a ship for Palestine, then under Ottoman rule.

According to Schor, Landau was shocked when she first arrived in Palestine: shocked at the extreme poverty in which people lived, but also at the sense of hopelessness. “She came from the East End of London,” Schor said, “where immigrants were striving, and here no one was striving.” Landau arrived in a Jerusalem ravaged by disease, poverty, and overcrowding. Her school routinely lost students to hunger and epidemics. The school was religious, but superstition abounded, too. As she wrote to the Jewish Chronicle, the U.K.’s oldest and most widely read Jewish newspaper, “I remorselessly cut blue beads, silver tokens, camphor bags, and pieces of dried garlic from the hair of wide-eyed little girls with which the mothers had sedulously endeavored to keep off the evil eye from their offspring. It was hard work trying to convince parents that our medical inspection, newly arrived nurse, our eye treatment and dental clinic were more efficacious than amulets.”

Many in Palestine still relied on the haluka—charity from the Diaspora—in order to survive, a practice Landau disdained. She wanted her students to become self-reliant citizens of the world, and to this end she taught them English. She was thus alienated from Orthodox rabbis, who put her school in herem for teaching secular studies, and from Zionists, who abhorred her insistence on English. She was also criticized for her reverence for the British administrators and officers who entered the city after the Great War (she sat along with them at the playing of “Hatikva,” the Zionist anthem).

But Landau would not be deterred by the Zionists or the Orthodox authorities. “She had a very clear vision of what she wanted to achieve,” said Schor. “She was like a general. She had an idea and she marshaled all her forces.”

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“I remember her as a woman who was very stylish,” said Adaya Hochberg Barkay, who attended Evelina from 1939-1948. I met with Hochberg Barkay, a spry 82-year-old with short white hair, in her Tel Aviv apartment. She was wearing a blue cotton sleeveless dress and had plans to go to a concert later in the evening. She remembered Landau as “very elegant, a bit mysterious. She was like this spirit looking over us.”

“We were outsiders,” Hochberg Barkay remembered. “It was a different school from what we had around us. Both religious, and Jewish, but in its demeanor, like all the missionary schools—we speak English, there’s a uniform, there’s an order to the day, there’s discipline. It was different. And everyone who studied there knew she was a little different.”
The school weathered two world wars and the interwar riots between Arabs and Jews that ravaged the city. Rachel Badad-Pirani remembered one afternoon in the 1930s, when a bomb flew into the courtyard where over a thousand girls were playing. When the caretaker, an Arab, saw the bomb, he shouted at the girls to run and threw his body over the bomb to mitigate the blast. The bomb never did blow up, but “Miss Landau made of him a king,” Badad-Pirani told me in her apartment in Jerusalem. “She built him a small house on the grounds, and he was the most important person.”

Hochberg Barkay, a doctor whose career ascended all the way to district medical officer of the northern region of Israel, now volunteers running a clinic for Physicians for Human Rights in Jaffa. She says that the school instilled in her the value of pluralism. She came from a secular family, but her mother, the vice president of a bank, chose Evelina for Adaya out of a desire that she learn English. Adaya remembers coming home from school, where prayers were recited, and asking her mother why they didn’t do such things at home. “I asked her, ‘Ima, Shabbat candles, and this and that,’ and I remember how she said to me, ‘You see, there are people who do this and people who do that.’ They gave me the tools to be exposed to such things.” On Yom Kippur, Adaya’s mother would go to the synagogue to say Yizkor, and her father would play cards with friends. “This pluralism, I lived it, I experienced it, and my school really strengthened it. There were others from non-religious schools, but we also had girls from Haredi”—ultra-Orthodox—“families. This I give real credit to the school. Its population wasn’t in any way homogenous.”

At a time when there were no museums in Palestine, Evelina students would see the world’s classics of art on slides. The modern value of punctuality was paramount. “In the context of Jerusalem of then, in the Middle East, to come on time?” Hochberg Barkey said. “I think that’s why we knew how to arrive on time to work. Who comes on time in the Middle East?”

The Best School in Jerusalem is an academic work. But it does contain a number of saucy anecdotes, such as the unfortunate time after the First World War that the Jerusalem neighborhood of Nahalat Shiva was overrun by Jewish girls who were engaging in prostitution, and the struggle between the Orthodox, who wanted to deny the problem, and the Zionists, who wanted to address it.

Landau died in 1945 after a period of ill health. She never married, and never seems to have thought much about it. What emerges from Schor’s portrait of Landau is a woman with extremely modern, cosmopolitan values and a stubborn desire to have her way. “She saw herself on a big playing field,” said Schor. She made sure to be interviewed yearly by the London Jewish Chronicle; she appeared in a photo alongside the interview, each year in a new hat. She hosted excellent parties and costume balls, which served as a meeting place for Jerusalem’s leaders of all religions and nationalities. Invitations to these parties would be printed in English. “When Zionist leader Menachem Ussishkin received one,” writes Schor, “he wrote back provocatively, ‘I don’t understand English, write it in Hebrew.’” To which Landau responded with aplomb, “If you don’t understand English, you are not invited.”
The Marshall Project's charmed launch

How do you get a $5 million-a-year journalism outfit funded by philanthropists up and running? Try starting with an op-ed.

In November, after Neil Barsky hatched plans to launch The Marshall Project, he found himself writing an opinion piece about Bill de Blasio for The New York Times' Sunday Review section. It occurred to him that this could be a good opportunity to introduce the world to his latest endeavor, so he registered a URL and included the following sentence as his bio: “Neil Barsky is a former hedge fund manager who directed the documentary 'Koch' and is developing The Marshall Project, a nonprofit journalism enterprise that will cover the criminal justice system.”

That one little reference at the very bottom of the piece was enough to trigger an avalanche of interest, said Barsky: “That was its debut, and it went BAM! POW!” He said he got “tons” of outreach from criminal justice organizations and set up preliminary meetings with foundations interested in possibly funding the site.

MORE ON CAPITAL

- Defining ‘affordability’ upward

Step two? Hire a famous editor to run the thing.

Luring Bill Keller away from the Times was an
audacious gesture that made big headlines in the media world, especially after the *Times* (are you sensing a pattern here?) wrote an article about the move that appeared on the front page of the paper’s business section on February 10. From there, “all hell broke loose,” said Barsky.

That night, Barsky was at a John Jay College of Criminal Justice gala honoring Piper Kerman, author of the unlikely prison-memoir that inspired the hit Netflix comedy-drama “Orange is the New Black.” The president of the school invited Barsky up to the podium to give some impromptu remarks about The Marshall Project in front of an audience consisting of roughly 200 potential funders, criminal justice advocates and journalists. Score!

“Part of it is simply that we’re doing something that connects with a lot of people,” Barsky told me when I asked about these early hints of success. “Part of it is we’ve gotten great publicity. Part of it is Bill’s a great ambassador. Part of it is my own connections.”

While The Marshall Project has announced several other high-profile hires, including digital managing editor Gabriel Dance (from *The Guardian*) and investigative managing editor Tim Golden (from the *Times*), Barsky and Keller haven’t revealed too many details about the site. But Keller said he’s talked with various publications and broadcasters about collaborative reporting projects, including *NPR*, PBS (“Frontline”), CBS (“48 Hours”) *The Atlantic* and Slate. It’s possible at least one such piece could be published prior to The Marshall Project’s anticipated fall launch: the site is collaborating with *The Washington Post* on something that “might produce a big story this summer,” said Keller.

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