



### Jennifer Zhang AANHPI award By: Jennifer Zhang

I'm Jennifer, a junior student at Winston Churchill High School. It is a true honor to receive this award Asian American and Native Hawaiians/Pacific Islander (AANHPI). First, I appreciate AANHPI gives me this award. Second, I truly thank the support from Capital Youth Outreach Club, CYOC for short in Montgomery County. Compared with others, my volunteering experience is unique. Before I moved back to the U.S. from Shanghai in the 10th grade, I had limited opportunities to engage in volunteer work. However, I was fortunate enough to join CYOC, which has opened doors for me to join multiple community-based volunteer efforts. At last but not least, I will thank my CYOC partners, the CYOC adult advisors, Dr. Pinglu, Prof. Taochen and Dr. Haoli and my mother as well, for their great support and help. Without them, it's impossible for me to get this award.

I have been a volunteer and then a volunteer leader since I joined CYOC. In 2025, I've been leading two volunteer programs collaborating with the partner of CYOC, the Chinese American Community Health Service (CACHS). The first one is called the Happy Senior English Club, which is an online program to teach Chinese seniors to learn English. Twice a week, I send out weekly notices to all volunteer teachers via

email to remind them of all their assigned tasks, which include their assigned classes, what they need to record during class, and tech support on using different Zoom features. The second one is called Happy Seniors. This in-person outreach program promotes health and wellness to Chinese American seniors in Montgomery County. I recruited dedicated young volunteers who are passionate about providing support to seniors, and I always emphasize that we must be patient and compassionate with them. I also observe every event and implement changes as needed. Both these programs are series events which last from the beginning of January to the end of June. Now I know, how difficult and challenged it is to organize and manage programs lasting for a half year. My CYOC teammates and I have tried our best. So far, these two programs are successful. The third program I led is the Asian American and Pacific Islander (AAPI) Heritage Project. The purpose of this project is to acknowledge the underrepresentation of the AAPI community in this plan and to push for significant AAPI sites to be officially registered as historic landmarks. To achieve this, we will be holding events where we share the significance of AAPI history and culture in Montgomery County. I am once again collaborating with CYOC to brainstorm, plan, recruit young volunteers, and prepare exhibitions that represent traditional Chinese culture. This is

my first experience in leading and preparing such a large exhibit, and the opportunity to contribute and lead fills me with a great amount of excitement and pride.

Though every leadership role comes with challenges, trials, and tribulations, the positive impact that it leaves on the community exceeds any of those hurdles. Through these events and programs, I have strengthened my collaborative abilities, and my organizational and community skills have been enhanced. It is great to see that the programs and events that I am leading have a meaningful impact on our community. I am grateful to be able to work in programs that help vulnerable communities. Most importantly, every time I receive a heartfelt "thank you," I feel a sense of fulfillment, and it reminds me how important these volunteer efforts are for our community. I will continuously try my best in the future.

### Ryan Xiong's speech at USCAC ceremony 05252025 By: Ryan Xiong

Good afternoon, everyone! I'm Ryan Xiong, a junior at Wootton. It is my great honor to receive this special award. Thank USCAC for the recognition. I'd like to convey my sincere gratitude to Dr. Ping Lu and Professor Tao Chen from CYOC. Their efforts in building up such a great platform were instrumental to serving our community and have enabled us to

thrive through social service learning. I appreciate the opportunities to lead the food drive initiative, and the support from CYOC volunteers and their parents who have been supporting our annual food drives since 2022. In the past three years, we have collected 1758 food packs with an estimated value of about ~\$15,000 and donated them to the Manna Food Center, Gaithersburg.

I'd also like to thank my art teacher Mr. Tim Zhao for his help to improve my art skills, making me capable of creating award-winning pieces on animal conservation and environmental protection. I am also grateful for the opportunity to lead part of the efforts to the successful art exhibitions using recycled waste on Earth Day 2024 ~ 2025. NYVA team members who contributed to the exhibitions also deserve our recognition. Our exhibitions have exerted broad impact upon the community according to the feedback that we have received.

I would also like to appreciate my parents. They have been continuously supporting me and pushing me to become more resilient as an individual.

The recognition by this award does not signify an end for me to serve our community and strive towards a better environment. I'd like to get more youth to support people in need and to strive toward a better environment by recycling every day. Thank you all for your time and attention.



## 美国发现首例携带这种致命细菌的蜱虫

随着夏季户外活动逐渐增多,康涅狄格州官方于周二确认,研究人员发现了一种危险的病原体-入侵物种长角蜱(longhorned tick)携带 Ehrlichia chaffeensis 菌株,这是一种可导致严重感染的病原体。

亚洲长角蜱(Asian longhorned tick)在美国被认为是入侵性的,在2010年、2013年和2017年都有首次发现记录。

许多蜱类对人类健康构成威胁,因为它们能传播疾病,该细菌会引发单核细胞埃立克体病(Human Monocytic Ehrlichiosis, HME),感染初期可能出现高烧、寒颤、极度疲劳等症状,数周内症状可能恶化,进一步发展为恶心、意识混乱,甚至肾衰竭与呼吸系统并发症。HME通常由孤星蜱(lone star tick)传播,这种蜱虫原生于美国,主要分布于东部、东南部及中南部地区。特别是莱姆病、巴贝斯虫病(babesiosis)和埃利希体病(ehrlichiosis)等血源性疾病。

但本次在康州确认携带该病菌的,却是原产亚洲的长角蜱。该物种近年来已在美

国东部持续扩散。专家指出,这是一个令人担忧的新动态,因为这意味着HME的传播范围和媒介种类正在扩大。

据康涅狄格州农业实验站(CAES)虫媒疾病项目负责人莫拉伊博士(Dr. Goudarz Molaei)介绍,早在2018年,研究人员就在费尔菲尔德县(Fairfield)首次采集到一只吸血的长角蜱。到了2020年,当地已确认该物种的定殖种群,并不断扩展至新港、纽黑文等县的多个地区。

更令人警惕的是,长角蜱具备“孤雌繁殖”能力,即不需要雄性即可繁殖,这让它的传播速度大大加快。此外,它的寄主范围广泛,不挑食,能吸附在人、宠物、家畜等多种动物身上。

研究人员还指出,该蜱虫在美国已被发现可传播多种病原体,包括引发莱姆病的病菌等,可能对人类、宠物及野生动物构成多重威胁。

康涅狄格农业实验站(Connecticut Agricultural Experiment Station)相关项目的

主任Goudarz Molaei说:“这一发现凸显了入侵蜱虫带来的日益严重的威胁。提高公众对新出现的蜱传播疾病的认识对人类和兽医健康都至关重要。”

为什么入侵蜱虫令人担忧?

几十年来,蜱传播疾病一直呈上升趋势。辉瑞(Pfizer)公司的一份警告称,“随着通常更冷、更干燥的气候变得更温暖、更潮湿,蜱虫在北半球和更高海拔地区的数量有所增加,而以前它们在这些地区是无法生存的。”

由于亚洲长角蜱对美国来说是一个相对较新的物种,研究人员仍在努力确定它对人类和动物构成的风险的严重性。

除了担忧,我们能做些什么?

有一些方法可以降低你遇到蜱虫和蜱相关疾病的风险。不含化学物质的害虫控制方法是避免蜱虫叮咬的一种方法,全球莱姆病联盟(Global Lyme Alliance)建议“使用含派卡瑞丁(picaridin)和柠檬桉树油的产品”作为与化学杀虫剂同等有效的威慑物。

根据大卫·铃木基金会(David Suzuki Foundation)的说法,再野生你的院子或许是另一种减少蜱虫风险的方法。该基金会写道,“越来越多的生态证据表明,用本地植物取代草坪可以破坏蜱与宿主的相互作用,降低蜱传播疾病的风险,同时还能恢复生物多样性。”

研究员Risa Pesapane则敦促大家采取多方面的策略来减少蜱虫。她解释说,人们“不能用喷雾来摆脱亚洲长角蜱的侵扰——这需要综合的方法。”

