

Fox Hill Condominium Association

Anne Macy
Director of
Property Management

Kelsey Pearce
Community Manager

Ph: 215-692-1600
F: 215-692-1609
E: k.pearce@dilucia.com

Website
Dilucia.com/fh

Online Billing
Rentcafe.com

Office Hours
Monday—Friday
9-5
Saturday & Sunday
Closed

Board of Trustees

Howard Brooker
President
Theresa Griffenburg
Treasurer
Margaret McNamara
Secretary

goodbye July, hello
AUGUST

IN THIS EDITION:

- ◆ Monthly Calendar
- ◆ Water Meter Reminder
- ◆ Election Reminder
- ◆ Mosquitos & Natural Bug Repellant
- ◆ Summer Recipe

AUGUST CALENDAR

August 1st—Association fees due
August 12th—Water Meter Readings are due
August 16th— Late fees assessed

2024 WATER METER READING

REMINDER

- August 12, 2024
- November 12, 2024

Please submit readings to Kelsey in a timely manner. Thank you!

CALL FOR CANDIDATES 2024

All seats for the Board are up for election.

Call or email Kelsey if you are interested in running for the Association Board!

Support your Community!

ANNUAL MEETING 2024

We are still looking for someone to host this year's meeting. Please let us know if you are willing!

4 REASONS MOSQUITOES BITE SOME PEOPLE MORE THAN OTHERS

According to the Smithsonian article “Why Do Mosquitoes Bite Some People More Than Others?“, there are several different factors that cause mosquitoes to bite you and not your neighbor. A few of them are:

- 1) You talk too much! -- Mosquitoes are attracted to Carbon Dioxide. Those who exhale (talk/breathe) more than others attract more mosquitoes.
- 2) Blood type O – According to a published study on “mosquito landing preferences”, Those with type O blood attract more biting insects than those with A,B, or AB Blood.
- 3) Sweating – People who sweat or with higher body temperatures send signals to mosquitoes that the buffet is now open.
- 4) Mosquitoes Are Alcoholics – For unknown reasons, mosquitoes are attracted to those who consume alcohol more than those who don't. If you like to have an evening cocktail, it's best to stay indoors.

NATURAL INSECT REPELLENT SPRAY

Ingredients:

2 tablespoons of one or a combination of the following: witch hazel or vodka

2 tablespoons of one or a combination of the following: grapeseed oil, jojoba oil, almond oil, olive oil, or neem oil (which contains natural insecticidal compounds)

½ teaspoon vodka as preservative (if not already using)

100-110 drops essential oil blend of your choosing

Sample Bug-Repelling Essential Oil Blend:

55 drops lemon eucalyptus essential oil (reported by the CDC to be a good natural substitution for DEET in repelling insects, but not recommended for use on children under 3 yrs.)

15 drops cedar wood essential oil

15 drops lavender essential oil (if using, choose Lavandula angustifolia– “Lavender (40-42) essential oil” does not have the same insecticidal qualities)

15 drops rosemary essential oil

Shake well before each use. Natural bug repellent will need to be reapplied every few hours for

Chickpea Feta and Avocado Salad

- 1/2 cups cherry tomatoes, halved
- 3 seedless cucumbers, diced
- 1 small red onion, thinly sliced
- 1 avocado, diced
- 1/2 bunch cilantro, chopped
- 15 oz can chickpeas, drained, rinsed
- 4 oz feta cheese, diced
- 2 tbsp olive oil
- 1 lemon, juice, and zest of
- 1 garlic clove, pressed
- Salt and pepper, to taste

In a large bowl add all the prepped vegetables together with the cilantro and chickpeas. Add the cubed feta cheese and drizzle with olive oil. Stir in the lemon zest, juice, and garlic, and season to your taste.

