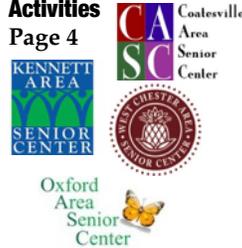


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Winter is Here ... Rover is Ready

It is with multiple apologies that we write this article, but after the Winter of 2014, we feel it very necessary to provide the following information with regards to any transportation issues that might come our way if Old Man Winter decides to bear down on us again.

As in past years, we will try our best to provide uninterrupted service, however in the event that our service will need to be altered due to the weather, we will be able to inform our passengers in the following ways.

Passengers can feel free to call our office where our automated message will be updated as soon as a decision is made with regards to

any closings / suspensions of service. Usually, this information is provided by 6:00 a.m. In the event



that weather may become inclement during the day, the message will change as soon as a decision is

made. Also, in many cases, our office staff is still on hand and available to take calls, so please feel free to contact us at 484.696.3854.

We also post this information on our Facebook page.

For those of you that have access to the internet, schedule changes will also be provided via our Facebook page. The page will be updated as soon as information is provided.

We truly appreciate everyone's cooperation with regards to any issues that may arise in the months to come. We have been pretty lucky so far, here's hoping that the rest of winter is mild and

snow / ice free. Or at least if we have storms, let's only have them over the weekends!

Help Us Help You!

In an effort to improve our services for all of our passengers, we would like to encourage everyone to visit our website www.riderover.com and complete the survey which can be accessed by clicking on the icon on the bottom left hand corner of the page marked "Passenger Survey". We value your opinion and are greatly looking forward to the feedback!!!!

Losing Weight and Feeling Great

For the past few years, the Krapf's Bus Companies have sponsored a weight loss challenge for all of their employees. Rover has always had a great showing and this year was no exception. We not only had the first place winner, driver Patrick O'Donnell, who lost 47.8 pounds (21.6% of his body weight). Here's some more information about our winner, and how he did it:

Back in September Pat went in for his DOT physical and was shocked by how much weight he had gained. Shortly after his physical, he received a flyer in the mail about the company-wide weight loss challenge. With the encouragement of his family, he decided to join the challenge. Pat started with cutting out the fast food and soda and was surprised at how fast the weight started to come off. In addition to changing his eating habits, He also decided to pick up an old hobby, biking and started off biking about 150 miles per week and increased his mileage every week. By the end of the challenge Pat was biking in upwards of 450 miles per week! He even started biking from his home in New Holland, PA to the Rover bus lot in Downingtown, PA, roughly 30 miles each way. Pat also biked from his home in PA to Brigantine, NJ and back in one day – a total of 258 miles! He continues to watch what he eats and takes walks during his breaks while at work. He says he still has a few more pounds to lose but is excited about his progress this far.

For his achievement, Pat was awarded \$500 in cash as well as \$200 towards a gym membership.

Pat wasn't the only Rover employee to win big for losing, as a whole, Rover had the highest percentage of weight loss of any of Krapf's locations and each participant received a \$25 gift card to Dicks Sporting Goods.

Rover Recipe of the Month

Please enjoy this quick and easy recipe for a delicious meal. This month, Debbie, our Lead Customer Service Rep. gave us a great recipe from her own collection. Remember that Rover can transport you to and from the grocery store to purchase all of the ingredients for as little as 75 cents!

Pork Stew

Ingredients:

1.5 lbs - Pork Tenderloin - cut into 2 inch cubes
 1/4 cup - Flour
 1/4 cup - Extra Virgi Olive Oil
 2 large Onions - cut into a 2 inch dice
 6 Carrots - peeled and cut into a 2 inch dice
 5 Celery Stalks - cut into a 2 inch dice
 4 Potatoes - peeled and cut into a 2 inch dice
 2 Apples - peeled and cut into a 2 inch dice
 2 tsp - Ground Allspice
 1/2 cup - Dried Sweetened Cranberries
 1.5 cups - Apple Cider
 1 - 14.5 oz can - Chicken Broth
 1 - 14.5 oz. can - Vegetable Broth
 1 loaf - Crusty Bread
 Salt and Pepper

Directions

Cook pork w/ Salt and Pepper until well browned on all sides. Once cooked, remove from pot and set aside.

Add Olive Oil, Onion, Celery, Carrots, Salt and Pepper. Cook until they begin to tenderize.

Add Apples, Potatoes, Allspice and Cranberries. Cook until they are quite tender.

Deglaze pan with the cider then add flour, Chicken & Vegetable Broth. Stir

Add Pork

Bring to a boil then simmer for 1 hour and serve with Crusty Bread.

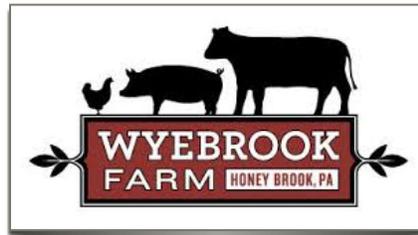
Attention all Facebook users: Like us on Facebook for all of the latest scoop on everything Rover!!! We are updating our page with new information all of the time!!!

Chester County Spotlight: Wyebrook Farm

Are you looking for somewhere that you could not only dine but purchase some of the freshest natural foods available. If so, then Wyebrook Farm, located in Honey Brook is just the place for you, and Rover can take you there!

Wyebrook Farm is located in the Northern part of Chester County and is farm located on 355 acres. It is historic and sustainable and provides the freshest and most nutritious food possible. This is achieved by the use of only sustainable, natural farming practices. These practices include raising products without the use of any type of artificial fertilizers, pesticides, herbicides, hormones or antibiotics.

These practices assist in Wyebrook’s promise that the food you consume from them will not only be healthy, but both safe and nutritious. All of their products are sold from their historic barn,



where costumers can observe not only the food that they will be purchasing, but the practices that take place to raise them.

For those who are looking for a fun dining experience, Wyebrook

Farms Restaurant, located at the same location provides all of the same products

They believe that by supporting Wyebrook Farm, you are not only making a great choice for your family, but also are supporting a local business and help to make sure that our local area remains the agricultural hub it always has been.

Wyebrook Farm has a tremendous amount to offer anyone who would like to visit. They are closed during January and February, but will be re-opening in March. If you would like to visit, give Rover a call!

We Love a Parade!!!

Rover, as well as our pal “Rover Dog” had a great time participating in the Downingtown Christmas Parade on December 13th. Here are a few pictures from the event!





Senior Center Events & Activities

Coatesville Area Senior Center

Yellow Dot Program & Birthday Luncheon

Wed. Feb. 18th

Join the Center with special guest, State Senator Andy Dinniman to learn about PA's Yellow Dot Program, which was created by various state and local agencies to assist citizens in the "golden hour" of emergency care following a traffic accident when they may not be able to communicate their needs themselves. Also being held will be our birthday luncheon where the Senator will honor those over the age of 90. Call the center to reserve your spot!

Kennett Area Senior Center

Tax Assistance

February 13th, 20th & 27th, 9:00 a.m. - 2:30 p.m.

Call the center to sign up for a free appointment AARP volunteers for low to middle income taxpayers.

Sunday Dinner with Friends

Sun. Feb. 15th, 1:00 - 3:00 p.m.

Join us for our Valentine's Day Dinner with dinner from 1:00 - 2:00 and entertainment from The Dixie Demons from 2:00 - 3:00. \$10 per person. Call the Center to sign up.

Nutrition and My Vision

Tues. Feb. 24th, 12:30 p.m. - 1:30p.m.

Learn about how what you eat can affect what you see! Carol Sweeney, MA, RD, LDN will be presenting this fun and informative session.

West Chester Area Senior Center

Movie: The Hundred Foot Journey

Fri. Feb. 20th, 12:45

Starring Helen Mirren, join us for a movie where a famous chef becomes the reluctant mentor for an Indian boy.

WCASC Chorus

Every Thurs., 1:00 p.m.

Join the "Sunshine Chorus" Contact Jim Mobile for more information.

Book Club

Wednesday, Feb. 25th, 12:30

This lively monthly discussion will focus on this month's title "Year of Wonders" by Geraldine Brooks.

Oxford Area Senior Center

Do you play Bridge??

The Center is always looking for members to join us for a great

game. Contact Peggy or Jim if interested.

Free Legal Advice

2nd Wed. of each month, 9:00 a.m. - 12:00 p.m.

Chester County Dept. of Aging sponsors this appointment only event each month. Call the Dept. of Aging to schedule your appointment.

Silver Sneakers

Every Tues. and Thurs. 10:00-10:45 a.m.

Join us for a free workout with our instructor Barbara McAdams. You'll be shocked at how good you feel afterwards!

Phoenixville Senior Center

Sip and Swipe Cafe

Tues. & Fri. 9:00 - 10:00

Learn the iPad with this fun and interesting class. Call the center to register.

Exercise Classes

Mon. Wed. & Fri.-Exercise with Mary 9:30 & 10:30 am

Mon. & Wed-Stretch & Flex Classes 9-10 am

Mon. Gentle Yoga with Cheryl 10am

Tues. Tai Chi 10am

Wed. Dance Classes 10:30am

Rover Anniversaries

Rover Community Transportation wishes to congratulate and thank the following employees for all of their hard work and years of dedication.



21 years

Theodore Leon

14 years

Richard Cross
Julie DiDavide

12 years

Barry Smallwood

8 years

Joseph Castagna

7 years

Deborah Logan
Monica Fiorentino

6 years

Iris Crumedy
Terry Mulry

5 years

Terry Baker
Robert Bradford
Charles Findora

4 years

Charles Whiteman
Tammy Heaps

3 years

Paul Sell
Anne Strommer

Clifton Mayo
Robert Steffes
Ross Stiver
Kirk Hall

2 years

James Cranage
Deven Garvey
John Latchum
Patrick O'Donnell
Judith Smith
Donald Butler

1 year

Joseph Megoigal
Paul Russo

Rover Community Transportation

1002 South Chestnut Street

Downingtown, PA 19335

Phone: 484.696.3854

Fax: 484.593.0454

www.riderover.com

[Like us on Facebook!!!](#)

The Story of: The Academy Awards

For nearly 90 years, the Academy Awards, or Oscars have been known as the gold standard of awards in filmmaking. This years awards, the 87th will be held on Sunday, February 22nd. The history of the awards is extremely interesting.

The first Academy Awards were presented in May of 1929 at a private brunch event at the Hollywood Roosevelt Hotel with 15 awards being presented in various movie categories. The presentation only lasted 15 minutes, much different than the nearly 4 hour shows we are used to today. *Wings* was honored as the first Best Picture and was nominated with *The Racket* and *Seventh Heaven*.

In the early days results were provided to newspapers at 11:00 p.m. on the night of the awards and was commonplace until a newspaper announced the winners prior to the start of the ceremony. Due to this, since 1941 the Academy has utilized a sealed envelope to announce the winner of each award.

The record for most awards won by one film is 11 and three awards have shared this: *Ben Hur*, *Titanic* and *The Lord of the Rings: The Return of the King*. The actress with the most nominations all time is Meryl Streep with 19 and the actor with the most is Jack Nicholson with 12.

Hope everyone enjoys this years awards!!!

