

Fresh Air

Cryptogram

DIRECTIONS: Each distinct letter in the original quote has been substituted with another letter from the alphabet. For even more of a challenge, don't look at the clues we have given you at the bottom. (Hint: Solve any single letter words first. In English the only single letter words are A and I.)



U B C J A K C J U A V J C B U A K C S B H A X T A

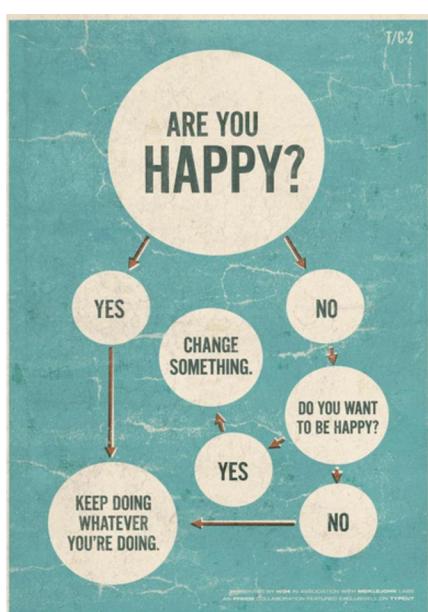
A V K T P E B N D X T Y B K U A X O J X Y J J S

Z H J X A V X T Y Z J P K T X P X K T . J X D V

T J L X A A J C S A Z H K T P U E B N D G B U J H

A B A V J S J H U B T E B N X H J Z J D B C K T P .

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
T	R													0					S						



I'm tall when I'm young, and I'm short when I'm old as I slowly disappear. I give light while I vanish—what am I?
Answer: A candle.

S	N	O	W	H	E	E	D
N	I	C	E	E	N	V	Y
O	C	T	A	E	V	E	N
W	E	A	R	E	D	Y	N
				E	V	E	R
				A	E	R	O
R	O	A	D	R	O	P	O
O	T	T	O	O	K	R	A
A	T	O	M	U	R	N	S
D	O	M	E	R	A	S	H



Dear Ruby - It's a new year and everyone seems motivated except me. I want to be more consistent, but I burn out fast. What's wrong with me? ~Sad in Steinbach

Dear Sad, Nothing is wrong with you and let's start there. The New Year sells us this loud idea that motivation magically arrives on January 1st, coffee in hand, life suddenly organized.

That's not how consistency works. Consistency isn't about feeling motivated — it's about showing up when you don't. Motivation is emotional.

Consistency is practical. If you wait to feel inspired, you'll keep stopping and starting. Instead, shrink the goal until it feels almost too easy. Five minutes counts. One small task counts. Doing something badly still counts.

Consistency is built by removing pressure, not adding it.

Stop trying to become a 'new you.' You don't need reinvention. You need rhythm. Same you. Same life. Just fewer all-or-nothing expectations.

This year, aim for:

- Repeatable, not impressive
- Steady, not perfect
- Forgiving, not rigid

The people who stick with things aren't more disciplined, they're kinder to themselves when they fall off.

So if today you show up a little? That's consistency beginning and tomorrow, you do it again. That's how real change actually happens. — Ruby

Have you got something to ask Ruby? Email: writerubyrealtalk@gmail.com
All names changed for posting in The Around Town Paper

MANITOBA - BILL 38

The Highway Traffic Amendment Act (Traffic Safety Measures) as of Jan 1, 2026



Snowplows: Drivers must stay 30m back from snowplows on roads 80 km/hr or slower and 100m back on faster roads; passing is restricted.

Cyclists: Drivers must leave at least one meter of space when passing bicycles.

Roadside Assistance: Operators can place cones to create safe work zones.



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JANUARY

- January is named after Janus, the Roman god with two faces, symbolizing looking back and looking forward.
- It's the coldest month of the year in much of Canada.
- January is one of seven months with 31 days.
- New Year's Day (January 1) is a statutory holiday across Canada.
- Birthstone for January is the garnet, symbolizing protection.
- January's flower is the carnation (sometimes paired with the snowdrop).
- Many people consider January the longest-feeling month, even though it isn't.
- The first full moon of January is called the Wolf Moon.
- January is traditionally the month when people make — and often abandon — New Year's resolutions.
- In medieval times, January was associated with winter feasts and rest, not productivity.
- January is a popular month for goal-setting and planning worldwide.
- Blue Monday, often called the "most depressing day of the year," falls in January (though it's not scientifically proven).
- January is National Soup Month in Canada and the U.S. — perfect winter comfort food timing.
- Many animals are more visible in January because leaves are gone and snow tracks reveal movement.
- The word "January" comes from the Latin Ianuarius.
- January has more daylight by the end of the month than at the beginning.
- January is a popular month for weddings in ancient Roman culture, despite winter conditions.
- In the Northern Hemisphere, January marks the height of winter, while it's summer in the Southern Hemisphere.
- January often brings the year's clearest night skies, making it great for stargazing.

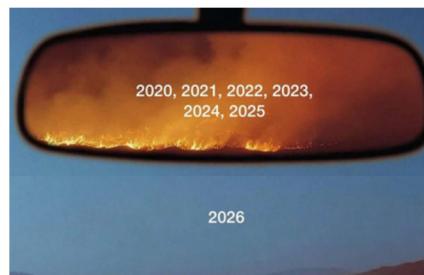
2026	JANUARY					
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3				
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



FIND THE 5 DIFFERENCES



I'm always in front of you but can't be seen. The closer you get, the farther I go—what am I? *The future.*



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Aries (Mar 21 – Apr 19) A practical conversation brings clarity, even if it feels uncomfortable at first. Trust that steady progress beats rushing right now.

Taurus (Apr 20 – May 20) Small, thoughtful changes will have longer-lasting benefits than big moves. You may find comfort in returning to something familiar.

Gemini (May 21 – Jun 20) An idea you've been circling starts to make sense when shared with the right person. Keep things simple and clear.

Cancer (Jun 21 – Jul 22) This week brings emotional awareness and the chance to reset personal boundaries.

Leo (Jul 23 – Aug 22) You're being asked to lead with patience rather than passion. Recognition comes when you least expect it.

Virgo (Aug 23 – Sept 22) Progress is happening, even if it feels slower than you'd like. Trust the process.

Libra (Sept 23 – Oct 22) Balance returns when you stop overthinking a decision. A choice made calmly now saves stress later.

Scorpio (Oct 23 – Nov 21) Trust your intuition; it's sharper than usual. Let go of what no longer aligns — quietly and without drama.

Sagittarius (Nov 22 – Dec 21) Conversations spark inspiration, but follow-through matters. Say yes only to what truly excites you.

Capricorn (Dec 22 – Jan 19) Don't dismiss small wins — they're proof you're on the right track. Rest is productive too.

Aquarius (Jan 20 – Feb 18) This week rewards practicality over theory. Share your thoughts, someone is paying attention.

Pisces (Feb 19 – Mar 20) Creative outlets or quiet reflection bring clarity. Trust what feels right, even if it's hard to explain.



Benefits of Detoxing Your Space - Our environment plays a silent role in how our bodies feel. A pile of unopened bills on the counter, a cluttered corner, or even toxins hiding in household cleaners can subtly impact how you think and move through your day. The nervous system is always listening, reacting not just to our thoughts and emotions, but also to the aesthetics of our surroundings and the products we put into the air and absorb through the skin.

When the things around us are congested or chaotic, that heaviness is often reflected back to us as stress, fatigue, or anxiety.

But when we clear away what no longer supports us, be it a pile of laundry, a broken object that never got fixed, or swapping out a harsh chemical product for something gentler, something inside of us softens. Tension relaxes, breathing slows, the immune system strengthens, and a sense of safety begins to return from within.

As this becomes a practice, tending to your space starts to feel less like a chore and more like self-love. Each drawer you organize, each surface you clear, and each object you consciously choose to keep creates a quieter backdrop for your life.

What remains doesn't have to be a perfect home, but a space that regulates our nervous system and creates more room for clarity, calm, and well-being to naturally unfold.



January Word Search



K U P O N P M K V B L T A G M S F K M S E D U O
M W A G P O G L A V L D A W P E F F K L C Z F N
M I W T V L Q E R N Z J L W O S Z I Y Y A T S I
M P Z S S A M V Z A Z V U O T N H M C V L J L A
I R W A P R F Z U B K F I O C U S S M N P M I R
E O O T S D J A P L E C I L A R C T I C E R P G
A P Y U N N S M N M G R L T W Y E F S Y R O P N
C K Y I S B O F J W R T W X O O I T A Z I T E I
L H W Z B L K W F M L O P Y U R O I T H F S R Z
D E B Y X I S N F U I B T E E H E D B I E U Y E
R A S K Z Z K E I L M T L S M L U Z S D B A E E
A T L K M Z J L T F A R T A W I L R W T D N T R
O E E X O A H A B A D K A E C O T W F O O B G F
B R D L V R Q C C F L L E E N K N R Q R L V R O
W Z I J D D O Z U K R O O H H S I S E F O E E G
O T T V D A H J E Y E O C C N R L C J T R S B M
N O J E T Q I M T D F T S O T E K L E M N O T X
S M F L K I S I S N R Q E T H H V O E Q A I S Y
G K Q N L N Y C P I E K F C B C E L Y I C A W T
S F V W K J A J L W E Z Y B J I T R E J J T L C
I C K B C W G L R X Z C B Z G Q T O M K T N L Z
E M A V G V Y S B E I O R U L E I E H A G G I Z
T S O R F K C A J V N C O M F O R T E R L K H E
E G B H F R I E C M G I C E S K A T E S U M C C

Hot Chocolate Freezing Rain Bitter Cold Wood Stove Wintertime
Ice Skates Below Zero Snowstorm Snowflake Snowboard
Fireplace Comforter Black Ice Thermal Slippery
earmuffs Blizzard Mittens Blanket Scarf
Jacket Heater Frosty Arctic Windy
Frost Chill Wool Wind Snow
Melt Heat Fire cold coat
Icy A breaking out of the skin cold cold Ski