

# What beauty products I changed for the week

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## Tuesday

I'm owning this vegan lifestyle up until I get to the Raptors game with my fiancé.

"Do you want to grab a drink?" he asks.

"Sure."

We walk to the bar and I order a caesar.

I take a few sips, then the light bulb goes off. I look into my cup in horror, then back at my fiancé.

"Clams!" I shout over the roar of the crowd.

"What?" he shouts back.

"There's clam juice in here."

"Too late now," he says. So, I concede and drink my clam juice in shame.

## Wednesday

In my office, Wednesday is pizza and wings day. So, I come prepared with my own vegan fast food alternative: a Portobello mushroom veggie burger.

It's really quite delicious, but the smell of pizza and wings seeping into my workspace is still torturous.

## Thursday

Thursday I manage to make gluten-free, vegan mac and cheese, using water, potato, onion, cashews, turmeric and seasonings to make the "cheese."

It looks a little wonky and doesn't taste like cheese, but it's still palatable, so that's a win in my books.

## Friday

Friday night I'm with my fiancé and we order a vegan pizza to his house.

It's a little slimier than regular cheese, but all in all, not too shabby.

## Saturday

On Saturday I'm shopping for a birthday gift for my six-year-old cousin and the meat deprivation is kicking in.

While perusing the toy store, I decide it would be funny to buy myself burger-flavoured chap-stick (likely not vegan).

## Sunday

"Make sure you document this," I tell my brother-in-law-to-be.

Sunday is my engagement party, and the day I get to finally eat meat, so I bite into my veal and feel satiated.

## SPORTS



Andrea Clement photos

Members of the Georgetown Sunflowers fared well at a competition earlier this month in London, bringing back several podium ribbons. From left are: Rebecca DeLatt, Jorja Patt, Ashley Fournier, Tori Ransom, Anna Labonte, Taylor Masse, Amanda Bruder, Sydney Nicholson. Below, Emily Arbic-Cohen has earned Level 2 national competitor status and will represent the Sunflowers and Ontario at the Special Olympic Canada Summer Games.

## Sunflowers shine at London event

The Georgetown Sunflowers' rhythmic gymnastics team recently participated in an Ontario-wide competition in London, Ont., and returned home with several first-, second- and third-place ribbons.

Led by head coach Elizabeth Mitchell, one of the

Sunflowers, Emily Arbic-Cohen, has qualified to compete in the 2018 Special Olympics Canada Summer Games taking place July 31 to Aug. 4 in Antigonish, N.S.

Arbic-Cohen, a Level 2 national competitor, is following in the footsteps of Acton's Emily Boycott, who attended four Special Olympics World Summer Games and earned several gold medals during her career.

Boycott is now a coach with the Sunflowers.





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