

## Cool Stuff

This Wind River T-Max® Vest (\$79.99) will be among 350 shirts, vests and sweaters Mark's — formerly known as Mark's Work Wearhouse — will be hanging on a zigzagging, 150-ft. clothesline in Calgary on Stephen Ave. between Centre St. and 1 St. S.W. at noon on Oct. 13.

It has been more than 30 years since the first Mark's store opened in Calgary. To thank Calgarians for their loyalty, items on the line will be free for the taking.



**Lie to Me: Complete Third and Final Season** follows Dr. Cal Lightman and a team of experts who use the science of interpreting clues embedded in the human face, body and voice to study suspects and expose the truth. But Lightman finds the truth is harder to face at home when his daughter starts dating: \$59.98 from Twentieth Century Fox Home Entertainment.



Glamtox Cleanser from Rodial is a super gentle cleansing balm that helps brighten skin while working to banish the signs of aging. While washing away dirt and makeup, lightening amino-acids target hyperpigmentation and age spots to even out skin tone: \$59/100mL at the Bay and Murale.



Deception, one-upmanship, and a win-at-all-costs mentality rule the day on the virtual gridiron of a fantasy football group in **The League: The Complete Second Season**. Along with 13 episodes, extras include extended episodes, deleted scenes, a gag reel and special featurettes: \$37.98-\$39.99 on Blu-ray and DVD from Twentieth Century Fox Home Entertainment.



**300 Best Rice Cooker Recipes: Also including Legumes and Whole Grains** by Katie Chin shows you how to use your rice cooker to create breakfast, appetizers, snacks, soups, salads full meals, side dishes and even dessert. Recipes include Berry Breakfast Risotto, Moroccan Bean Dip, Tuscan Wheat Berry Soup and Rocky Road Polenta Pudding: \$24.95 from Robert Rose.



A Health Canada approved clinical trial found the nutritional ingredients in the herbal supplement femMED Breast Health may reduce risk of estrogen-dominant abnormal breast cell growth, promoting a healthy estrogen balance and reducing cycle breast pain and tenderness: \$29.95 at major retailers and health food stores.

# ladies...

## have you ever asked yourself...

# “is this my life?”

how the heck did I get HERE??”

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