

**Exclusive: With the Troops in Iraq and Afghanistan**

# U.S. News & World Report

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**Special Issue**

## Secrets to a **STRESS-FREE** **SUMMER**

**How to...**

- Slow down and enjoy
  - Land a last-minute getaway
  - Find the best books, DVDs, and CDs
  - Make chores fun
  - Start a summer garden
  - Be a high-tech camper
- And more!**

**Plus:**

**Dave Matthews, Bob Vila, Newt Gingrich, and Lemony Snicket share their tips for a super summer**



### Campground Classics 2.0



The **Trek-Tech TrekPod II** walking stick (\$110, [trek-tech.com](http://trek-tech.com)) can help steady your stride, as well as your camera. The sturdy, lightweight staff adjusts for height and opens in seconds to a fully functional tripod. The included MagMount is a slick system for instantly slipping cameras on and off the top using magnets (safe around film and digital memory) with a safety clip as backup.

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