

# Specialty Medical Monthly

## *Your Surgical Repair Specialists!*

SMS is a full service, surgical and endoscopy repair company based in Kansas City, Missouri. SMS takes pride in its ability to communicate with its customers, provide quality service, rapid turnaround, all at highly competitive prices.

### Team SMS

**Bryan Bodenhamer**

Territory Manager

816.809.7545

**Summer Youngkin**

Territory Sales Associate

816.803.9686

Visit us on the web at  
[www.spmedsys.com](http://www.spmedsys.com)

## Vacations on a Budget

The school year has ended, the weather is getting warmer and it's time to start planning some summer vacations. Many of us are feeling the crunch of the economy and don't want to spend as much as in the past. So for those of you looking to have some fun and not break the bank doing so, we have put together a list of day and weekend trips that can be a lot of fun for not a lot of money.

### Kansas City

There's plenty to see and do in Kansas City and it's a short drive for most of you. Whether you're looking for a family get-away or some fun for just the adults, there is something for everyone.

#### Kansas City Zoo

The Kansas City Zoo is open 7 days a week, except on holidays. It's a full-day experience and is very affordable. They feature a wide variety of animals including Australian and African exhibits, and the sea lion show is a can't miss for the entire family. For more information about the zoo you can visit [kansascityzoo.org](http://kansascityzoo.org).



#### Kansas City Royals Baseball

This has been an exciting beginning to the Royals season. They have a young team that is very entertaining to watch. Kauffman Stadium has made some beautiful renovations and has something for every age. Games are affordable for the entire family with tickets starting as low as \$7. Visit [royals.com](http://royals.com) for more information.



Other entertainment ideas in Kansas City:

- College Basketball Experience
- Negro Leagues Baseball Museum
- Power and Light District
- Nelson Atkins Museum of Art
- World of Fun/Oceans of Fun

These are just a few of the things you can do in Kansas City. For more information and travel ideas go to [VisitKC.com](http://VisitKC.com).

# Vacation Ideas Continued...

## Iowa

For those of you looking for things to see in Iowa, you don't have to look very far. There is a lot to do in Iowa without breaking the bank. Here are a few ideas for fun while in Iowa.

### Iowa State Fair

The Iowa State Fair is a great idea for families and individuals alike. It features everything you would expect from a state fair and more. This year's fair runs from August 13th through the 23rd and features musical performances by Kelly Clarkson, Brooks and Dunn, and Journey just to name a few. There is an endless amount of food choices and entertainment for adults and children. For more information, including a complete performance schedule, visit [iowastatefair.org](http://iowastatefair.org)



### Field of Dreams

This is a must see for baseball fans of any age. The Field of Dreams, located in Dyersville, Iowa, is open almost the entire year from April 1st through November 31st. Located about 25 west of Dubuque, the Field of Dreams is only a short drive away. The best part about the Field of Dreams? The admission is **FREE!!!** This great get-away is not only fun for everyone, but very affordable at the same time.

These are just a few ideas for some easy entertainment. For more fun things to do in Iowa, visit [traveliowa.com](http://traveliowa.com).

## St. Louis

There is always something to do in St. Louis, whether it be for individuals or entire families. You don't have to look far to find some fun. These are just a couple of ideas for things to see and do while in St. Louis.

### Gateway Arch

The Gateway Arch attracts more than 4 million guests each year. It is the largest man-made monument in the country and has plenty to keep yourself busy, the most exciting being the tram ride to the top of this 630 foot arch. They also feature a Lewis & Clark exhibit in the museum for those of you scared of heights.



### Anheuser-Busch Brewery

A great place to visit while in St. Louis and the tours are **FREE!!!**

These tours include stops at the historic Brew House, Budweiser Clydesdale stable, lager cellar, packaging plant, and the hospitality room. This stop may be enjoyable for the whole family, but may be better for the adults.

There are an endless amount of things to do this summer, even for those of us on a tighter budget. Don't use the economy as an excuse for staying home all summer! Get out and experience all the midwest has to offer. These are just a few ideas, but we're sure you can come up with some good ones of your own as well.