Rebound from cancer

By Jessica McNeece
Editor in Chief

Josh Bond is on the rebound. The former DMACC Bears basketball player from Australia left the team in December after being diagnosed with testicular cancer.

After he flew home, within 24 hours of being there, he had a stroke that paralyzed his dominant left side. They also found out that the cancer had spread to his liver, lungs, and brain.

Bond has been fighting to battle for nine months. He spent two stages of treatments, intensive care and his “cancer count” reached 2.5 million.

His count is now 0. Bond was pronounced cancer free on Sept. 20.

“I overcame the cancer because I really believed that the treatment would work and I trusted my doctors, but also the support I had from family and friends. They were always there for me and I still had fun days, even with how bad I got,” said Bond.

“My stroke also kept my mind off the cancer a fair bit because I would think about and try to do is rehab and get better so I can live like I use to.”

Head basketball coach BJ McGinn still keeps in contact with Bond through Facebook to get updates on his status.

“He has a lot of support from family and he always reaches out to us at DMACC. He had a lot of fight and support,” said McGinn.

“This country had a lot of walks and cancer support, I think that gave him a lot of strength and fight to keep going.”

Teammate Jake Guenther has kept in touch and has been supporting Bond through his treatments.

“He’s a strong person. He has great family and friends always there supporting him, and he was always optimistic. It seemed like in his mind the only option was to beat it, and he did, which is amazing considering how high his count was and how much it spread,” said Guenther.

Bond also kept in touch with friends through letters and packages while in Australia.

Kaylee Buch, a sophomore at DMACC and a member of the DMACC softball team, was a close friend with Bond while he was at DMACC. She showed support with care packages and supportive cards and gifts.

Her mother also contributed to packages sent.

“I wear his bracelet everyday. I haven’t taken it off. I send him packages and letters of support. I know he knows I support him because he called me when he found out he was cancer free, it was nice to be able to talk to him,” said Buch.

Bond loved the support from everyone in Iowa. He was overwhelmed with how many letters he got from DMACC students and staff.

“The support I had from the team in Australia also helped,” said Bond.

See BOND, page 4

What is better: Iphone or Android?

Samie Brooner
Tony Delzotto
Luke Murphy
Megan Olson
Courtney Moravetz

“I think Android is better, but I think Iphone is simpler.”

“I always had an Iphone but just switched to an Android because Iphone really hasn’t done much lately.”

“Iphone because I have had one for the last three years.”

“I have an Android but I like Iphones because they hold music.”

“I used to hate Iphones, but I used my mom’s map app on her Iphone. Now I switched to an Iphone.”
Banner News Staff

Fall 2013
Editor-in-Chief
Jessica McNeese
jmcneeee@dmacc.edu
Copy Editors
Rachel Myers-Foltz

Staff Writers
Trevor Gutknecht
tgutknecht@dmacc.edu
KayCee Purdy
kmpurdy@dmacc.edu
Jessica McNeese
jmcneeee@dmacc.edu

POSITIONS AVAILABLE!

Contributing Writers
Brian Osborn

Columnists
Zach Kowalik
zkowalik@dmacc.edu
Caion Leeds
ckleeds@dmacc.edu

Cartoonist
Erica Brown
ebrown11@dmacc.edu

Web Editor
Carl De Vries
cjdevries@dmacc.edu

Advertising Sales
POSITION AVAILABLE!

Business Manager
Caion Leeds
ckleeds@dmacc.edu

Faculty Advisor
Julie Roosa
jkroosa@dmacc.edu

Contact us
Room 115, 515-433-5092
bannernews@dmacc.edu

Printer
Wilcox Printing, Madrid, Iowa

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and the Iowa College Media Association

Banner News Staff

Bear Briefs

Mental health advocate to speak at Boone
Sean Campbell travels the country sharing his first-hand experiences with mental health issues. His message promotes wellness and tolerance while striving to reduce the stigma associated with difference. Campbell will be speaking at the DMACC Boone Campus from 10-10 to 11:05 a.m., Wed., Oct. 9, in the Theatre. The event is free and open to the public.

The 22-year old Campbell shares his own story of growing up with a father with bipolar disorder and alcoholism, who committed suicide. He promotes a “person-centered wellness” that focuses on self-awareness to find resources that benefit personal wellness.

Blood drive
The DMACC Boone Campus Student Activities Council is sponsoring a blood drive from 9 a.m. to 12:30 p.m., Wed., Oct. 16, on the Boone Campus. Did you know cancer patients are the number one recipients of blood products? Join the fight against cancer and donate blood. Anyone who donates blood will receive a $10 gift card to Casey’s. To schedule your appointment, go to https://www.donorsaves.org/index.cfm?group=op&hlc=DMACC&hostlocal=DMACC.

Health walk
A healthy walk (one mile outside) is planned for the DMACC Boone campus on Wednesday, Oct. 8, at 12:30 p.m. Meet in the Courter Center by entrance #3. This is a statewide event and the Student Activities Council would love for you to be a part of our healthy walk. If you would like to sign up (it’s free), go to http://www.iowawellnessstate.com/walk?r=BY7K75C. Together we can make Iowa the healthiest state. If you have any questions, contact Steve Krafotin, SAC, 433-5078 or Jenny Spey-Khouw,

Childcare and Transportation
A program called Iowa New Choices offers assistance with childcare and transportation for qualifying single parents and displaced homemakers (separated, divorced, widowed or spouse disabled). For information, contact Erin Neumann, Room 124, eaneumann@dmacc.edu. Or call 515-433-5037.

Writing Center open for business
Writing Center consultants are available to help with any writing assignment, during any part of the writing process. With their experience in different types of writing (technical to creative writing) and a broad range of life experience (journalism, firefighting, novel writing, Hawaiian culture, literature, and veterans affairs), you’re sure to find someone that “gets you.” Stop by Room 170 during office hours. No appointments are necessary for this free service. For more information, contact Krystal Hering, WC coordinator, khering@dmacc.edu. Or visit http://go.dmacc.edu/boone/writingcenter/

Health care workshops
2014 brings many changes to health insurance. Are you wondering what these changes mean for you? If so, attend our free workshop sponsored by ISU Extension. Dates:
- Thursday, Oct. 17 - 6:30-8:30 p.m. - Madrid Public Library
- Monday, Nov. 18 - 6-8 p.m. - Ericson Public Library, Boone
- Questions? Contact Boone County Extension at 515-432-3882

Alumni Association fundraiser planned
The DMACC Alumni Association is partnering with Buffalo Wild Wings (Ames, Ankeny, Merle Hay Road-Des Moines, and Mills Civic Parkway-West Des Moines locations) on Oct. 21 from 11 a.m. until 1 p.m. Present your participation ticket (tickets are available online at https://go.dmacc.edu/alumni/Documents/bww_ticket.pdf), show your DMACC I.D. or simply mention to your server that you’re supporting DMACC, and 10 percent of all non-alcoholic purchases for that day will go to fund DMACC student scholarships. This includes carry-out orders.

Coast Drive
DMACC, KCWI, and UnityPoint-Des Moines are co-sponsoring a “Giving Warmth Coast Drive” until Oct. 16. Please consider donating new or slightly used clean coats, scarves and mittens to help keep central Iowans warm this winter.

Drop-off sites include the Boone campus and Hunziker Center, Ames.

In addition, DMACC’s Phi Theta Kappa chapters are assisting in the distribution of the donated items.

Phi Theta Kappa
Phi Theta Kappa is the International Honor Society for two-year colleges. Students are invited to attend to find out more about joint PTK. For more information, contact Nancy Woods, nawoods@dmacc.edu, 515-433-5061. Or Stacy Amling, stamling@dmacc.edu, 515-433-5089.

World Food Prize lecturer to speak on Ankeny campus
Dr. Charity Kawira Mutegi, the World Food Prize lecturer, will speak on “How Can the World Provide a Safe and Sustainable Food Supply for a Population Growing to More than 9 Billion by 2040?” on the DMACC Ankeny Campus. Her presentation will be from 10-11:05 a.m. Wed., Oct. 16th in the Bldg. #6 Auditorium. Her presentation is free and open to all DMACC students, faculty, staff and the general public.

Dr. Mutegi is a scientist who made major breakthroughs in combating the deadly aflatoxin mold contamination that occurs in stored grain. Aflatoxin has been such a serious problem in Africa and around the world for decades.

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October devoted to raising domestic violence awareness

By KayCee Purdy
Staff Writer

October is Domestic Violence Awareness Month.

“Nationally, I in 4 women are victims of domestic abuse,” said Angie Schreck, director of ACCESS (Assault Care Center Extending Shelter and Support) in Ames. “Statewide, statistics are even more startling.”

New Choices adviser Erin Neumann serves as the point of contact at the Boone and Greene county ACCESS. Her role is to assist in connecting students to the services they need. “If you know someone who is a victim, you can speak to me or there is a 24-hour hotline,” Neumann said.

ACCESS works with law enforcement, victim service providers, attorneys, probation and correction agencies, medical providers and social workers. If “you aren’t comfortable working directly with victims and their families, there are plenty of ways to help behind the scenes,” she said.

No specific events are planned this month on the DMACC Boone campus to raise awareness about domestic violence. But ACCESS has teamed up with Iowa State and DMACC in the past, hanging flysheets in hallways and organizing domestic violence awareness campaigns. They also reach out to local communities by posting on-screen messages and public service announcements in movie theaters.

ACCESS works with law enforcement, victim service providers, attorneys, probation and correction agencies, medical professionals, substance abuse agencies and youth and human service providers in a mission to end domestic violence. They organize awareness and education events in Story, Boone and Greene counties.

ACCESS believes in a collaborative effort that promotes victim restoration, community safety and offers accountability. One involved a food project where students choose a food item and analyze its chemicals. After the project is complete, they have to decide whether or not they’ll eat the item.

Mostly, we get to make pretty colors,” Caruthers said. She added that the foods colored in the field of chemistry are what inspired her to become a chemist. “And we may blow some more stuff up, but we will not to.”

Schreck described the study as being more like 1 out of 6.”

AUTUMN – October devoted to domestic violence awareness
Support pushes Bond to recovery

By Brian Osborn
Contributing Writer

Welcome to the first installment of the Oz’s Fantasy Picks. I am here to hopefully shed some light on the crazy and sometimes daunting challenge that is fantasy football.

QB:
1.) Andrew Luck- Luck appears to be getting better every week that he is in the league and he should continue this trend against the Chargers who have the 26th ranked pass defense in the league. With the younger guys stepping up, it should be a good game. Plus you can’t say about his running ability
2.) Tony Romo- Surprise, Surprise, Romo has only two interceptions. With him going up against the Redskins who are ranked 27th against the pass and have allowed 9 touchdowns, don’t be surprised that he doesn’t continue what he is doing.

Sleeper: Mike Glennon- The Buccaneers have been pretty bad on all sides of the ball with the drama in the organization. I am still putting Glennon here because he has shown composure and the ability to deliver the ball. He has gotten a bye week to adjust to the offense better that has scored a league low of 44 points. Plus the Eagles are ranked 29th against the pass allowing 325 ypg so look for Glennon to have a rookie coming out party.

RB:
1.) Arian Foster- Foster has been kind of hit and miss this year but look for him look like the Foster from last year this week against the Rams who are ranked 30th against the run. The Rams have let 2 out of 5 of the main backs rush for over 150 yards with two not having a feature back at all and the Jags having a horrible offensive line.
2.) DeMarco Murray- If you couldn’t already tell, I have my chips in on the Cowboys for this matchup. With Murray, he is going up against the second to last ranked rush defense in the league. I just don’t think that the Redskins can come up with a game plan that will shut out Murray, Romo, Witten, Bryant, etc. Look for a great game from Murray.

Sleeper: Bilal Powell- With all the injuries that the Jets have had to deal with, Powell has stepped up and filled in nicely. This week he is going up against Steders who have the 1st ranked defense in the league. So expect Powell to keep up his under the radar season.

WR:
1.) Reggie Wayne- When Luck is doing good, you can expect Wayne to be doing good. Especially when the Chargers have held Dez Bryant and Demarius Moore under 100 yard but still let them in the end zone. Look for a big game from Wayne.
2.) Vincent Jackson- Rookie quarterback’s like to focus on one guy and Jackson is going to be that guy. He has been the Bucs only consistent weapon so he should do fine against the Eagles 31st ranked defense that has been in disarray.

Sleeper: Justin Blackmon- The Jags are awful, there’s no getting around that. But If the Jaguars offensive line and give Blaine Gabbert or Chad Henne enough time in the pocket against the Broncos' pretty good pass rush, the Broncos pass defense is still ranked 32nd in the league. Blackmon is a lone bright spot in black hole. So if whoever throws the ball can get the ball to Blackmon, he might be able to do something with it.

TE:
1.) Jimmy Graham- Graham has been unstoppable since the beginning of the season. Through 5 weeks he has 37 receptions, 593 yards and 6 touchdowns. This week he is going up against the Patriots that are ranked 17th against the pass. They also have had trouble covering big, sure handed tight ends like in week three when they gave up 149 yards and 2 touchdowns to Tony Gonzalez
2.) Greg Olsen- A lot of the success that Olsen receiving is dependent on how Cam Newton does as a passer. This week though, the Panthers are going up against the Vikings that ranked last against the pass. With Olsen being one of Newton’s most consistent weapons, I would expect Newton to be looking his way a lot, especially in the redzone.

Sleeper: Jermaine Finchley- After suffering a concussion in week 3, I would expect Finley to come back with some fire. This week he will be going against Ravens who just haven’t been the same since losing key players in the offseason and have struggled against tight ends.

Defense:
1.) Texans- The Texans defense is the 1st in the NFL and they are going to up against the Rams who have the last ranked rush offense in the league. Which means that they are going to be leaning on Sam Bradford to get the job done. Unfortunately, as history has shown, Bradford has trouble putting the team on his back. Look for a big game from JJ Watt and the Texans secondary.
2.) Broncos- Jags... ranked 29th in passing... 30th in running the ball... need I say more?

Sleeper: Saints- You might think I am crazy picking a team’s defense that set the record for the worst defense in league history just a year ago, but hey that’s why it’s called sleeper right? The fact of the matter is that Rob Ryan has really gotten the Saints defense in shape and has them as the 11th ranked defense in the league. No, they aren’t going to shut teams out but they are going to step up in just the right scenarios. Plus, they are going up against Tom Brady and his island of misfit wide receivers. Yes it is Tom Brady, but not even the greatest sages in the world can perform surgery with hardware tools.

Oz’s fantasy football picks

BOND, from page 1

community in Iowa was really amazing. I got cards from a lot of families and coach let me keep my uniform. The Buch family sent me over gifts from Iowa and Kayler and I send packages to each other. I still stay in contact with people from DMACC and really can’t wait to catch up with them,” said Bond.

McGinn sees the chances of Bond eventually coming back to play as an option when Bond gets stronger.

“If it is possible, we would make that an option. He is going through rehabilitation, it’s been a year so putting weight on and getting stronger is a factor. If there is a way, he will make it happen. He is a tough kid,” said McGinn.

Buch sees the determination in Bond and his drive to get back to the way things were before the cancer.

“I think the main thing was from the beginning he was determined to overcome the cancer. He wants to start living his life, he wants to come back to America and start playing basketball again but he has to take it step by step with recovery and building his muscles back up,” said Buch.

Bond has high hopes of playing again and has even been using basketball in his rehab to help with his movements.

“All my rehab is going to be in basketball. Helder said he will get me back to how I used to play. It’s just going to take at least a year to play at the level I did before I got sick. I do believe I will. It will just take time,” said Bond.

Bond gives credit to one of his Australian teammates Helder Borges for helping get better. Borges has been with Bond since he awoke from his stroke. He wants to start living his life, he wants to come back to America and start playing basketball again but he has to take it step by step with recovery and building his muscles back up,” said Buch.

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Volleyball takes 3 of 4 in tourney

DMACC File Photo

Barbara Soranzo of Brazil watches as sophomore Olivia Sulentic of Truro, gets one of the six digs the program from places like Tex-McNeece had 12 kills and 19 assists respectively and Huttmann contributed 23 assists and 19 blocks as well. Soranzo paced DMACC in digs with 19. Menezes added 18 and Jesse and Sulentic had 13 ace. Frisch led the Bears in block assists with eight. Menezes and Sulentic had eight aces and McNeece added six as DMACC defeated LCC, 25-22, 25-15, 25-8. Huttmann contributed 18 assists, Jesse had 17 and Soranzo led the way in digs with 14. The team scrimmages fourth-ranked Iowa Western the Oct. 15. They then travel to Ottumwa, Iowa on Nov. 10 to take on Vincennes who finished last season ranked seventh in the country.

Basketball begins with jamboree

Bears play in Missouri to start season with win

By Trevor Gutkecht Staff Writer

The DMACC Men's Basketball team started the season on Oct. 6 at the JUCC Jamboree and returned home with victories over Pottawattamie Valley and Mt. Scott. The Bears finished with a 17-14 record in the 2012-2013 season.

With five returning sophomores the team "has a good core group," said Athletic Director Orv. Salmon. "They have leaders on the floor." Two of the five -- Brandon Nazione and Derek Williams -- were All-Region Honorable Mentions last year. Despite a request for interviews, the players were not available for comment with the Banner Year for this article.

With DMACC being a two-year college, turnover plays a factor. "This is the hardest level to recruit to," said Men's Head Basketball coach BJ McGinn. "We always have turnover."

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Taking the lead

Former editor shares leadership testimony

By Cainon Leeds

Columnist

In her book “Community College Success,” motivational speaker and Jack Kent Cooke Scholar, Isa Ardrey, tells her readers that each and every one of them should strive to be president of any group they join.

I couldn’t agree more. However, some of us, myself included, are hesitant to take the lead at times and for many different reasons. Maybe we think we already have enough on our plates as it is. Maybe we want to wait and see if conditions improve. Or maybe we simply don’t think we are fit for the position. I’ve been hesitant for all of those reasons. In fact, those who get to know me soon find out that I’m one of the least impulsive people around.

Regardless, leadership is not given; it must be taken. And freedom that come with leadership? I couldn’t agree more. How?

I was just a freelance writer. I thought I didn’t have what it took to be the leader. Sound familiar to anyone?

I thought about the Editor-in-Chief position long and hard that summer. I was working a dead end job delivering newspapers and the editorship’s scholarship and work study pay were a little bit better than what I was making at the time. I’d also heard that no one else was applying for editor and that it was more than likely that I wouldn’t have a staff which made the decision that much more difficult.

The conditions were far from favorable, but then again, when are they ever favorable? As my favorite author, C. S. Lewis once said, “The only people who achieve much are those who want knowledge so badly that they seek it while the conditions are not favorable. Favorable conditions never come.”

I received advice and encouragement from friends and family in making my decision. However, the one thing that really pushed me to make up my mind and take the lead was a question I asked myself all summer: would I rather live my life as an expendable employee and be happy with my little paycheck every other week, or take more responsibility over my future and enjoy the freedom that comes with leadership?

If we all ask ourselves questions like that about our lives and truly want to take the lead badly enough, I believe we can break down the only barrier to personal leadership: ourselves.

After a couple of months to iron out my thoughts and weigh the pros and cons of the situation, I finally changed my mind and applied for the Editor-in-Chief position. It took me a little time to step up to claim my leadership role, but when I signed my contract, there were no regrets and no turning back.

I thought I already had enough on my plate with classes at the time, I was fairly certain that if I waited a semester or two, I might get a staff and I knew I wasn’t entirely fit for the position I was about to take, but above everything else, I wanted the jobs and freedom that come with leadership.

Opinions Wanted

Submit a letter to the editor at bannernews@dmacc.edu

or publish your own columns through the Banner News.

Column submissions must be:

- DMACC student or locally related
- Well informed (facts stated must be cited)
- Approximately 500-700 words in length

Please email us or stop by room 115 for submissions.

Building community by rebuilding Joplin

By Celeste Moeller

DMACC Honors Student

On May 22, 2011, Joplin, Missouri was struck by an extremely powerful EF-5 tornado, resulting in 189 deaths and more than 900 injuries, along with a total destruction of thousands of homes and severe damage to numerous apartments and businesses.

During spring break 2013, DMACC Honors Professor Barbara Schmidt’s Honors Service Learning class, along with DMACC Honors Director Janet LaVille and 7 honors students, went to Joplin, Missouri to help rebuild the community as a group of aspiring leaders. I was part of that class and during the week in Joplin, I gained a wealth of knowledge about many things. I had an opportunity to see the true side of a quiet, fellow student come to life in an open and welcoming environment. As a student, I am setting a goal for myself to help create that same open and welcoming atmosphere in the classroom so that my classmates can feel comfortable enough with the students around them in order to fully benefit from class.

The class that traveled to Joplin was a service learning class. This means that it incorporates our civic duties to give back to our communities with the opportunity to learn and expand our knowledge about specific topics. In addition to helping the people of Joplin, the main focus point of the trip was to instill a sense of community and team building within us honors students while giving us the opportunity to apply our knowledge from our honors textbook to real world experiences.

During our trip we were given an opportunity to help rebuild a worthy couple’s kitchen and laundry room which was much needed. We sheet-rocked and sanded the rooms during the week we were there. Also we helped paint the walls of an elementary school that had been mostly destroyed and rebuilt. We also painted an elderly woman’s house that was near the heart of the tornado’s path. These 3 jobs gave us honors students the opportunity to be leaders using our own talents (several of us had experience with this type of work) and also to build new talents and work together as a team to accomplish common goals.

Our trip was focused on leadership and team building which was tested throughout our week in Joplin. Our group dealt with over ambitiousness, great memories and an overall sense of accomplishment.

Celeste Moeller is an Honors student at DMACC. She will graduate from DMACC with an Associate of Arts, Spring 2014 then transfer to ISU for her Nutritional Science and Dietetics double major for pre-medicine. Celeste is also a member of Phi Theta Kappa. Celeste lives in Story City.
Warning: Obamacare may cause dizziness

By Cainon Leeds

When Congress didn’t have a spending bill agreed upon by Republicans and Democrats for the new fiscal year on Tuesday, Oct. 1, the federal government shut down for the first time in 17 years. Why? Here’s the lowdown according to CNN.

The Republican-controlled House proposed two budgets to the Democrat-controlled Senate: one budget would delay Obamacare; the other would eliminate Obamacare’s medical device tax. The Senate struck down both budgets and a compromise was not reached by Tuesday.

What does a government shutdown mean exactly? According to Bloomberg, as many as 300,000 federal employees have been furloughed, all national parks have been temporarily closed and many other nonessential federal functions have been shut down. For example, members of the National Guard did not have to attend training last Friday because of the shutdown.

Congress, the President, the Supreme Court, the Post Office, the Army, Social Security and other sections of the federal government will go on as usual. State governments should be relatively unaffected, and Robert Denson, President of DMACC, has issued a statement saying that DMACC funding should not be affected by the shutdown for now.

What’s the aftermath? Just by taking a peek at stock prices a couple of days after the shutdown, one could easily come to the conclusion that the shutdown wasn’t just hurting the public sector. Stocks all across the board fell and then balanced back out a few days later. What they’ll do from there, I don’t think anyone knows for sure.

In addition, the Affordable Care Act, the very thing the Republicans were trying to cut from the budget, will still go into effect amid the shutdown.

Who’s to blame? Isn’t that the question everyone loves to ask? Some will tell you it was the Republicans’ fault, some will tell you it was the Democrats’ fault, but I’ll be the first to say that I think we got ourselves into this mess in the first place.

First off, we more or less directly elected our representatives and senators into office. Perhaps we don’t agree with the actions of one representative or senator once elected, or perhaps we voted for whoever lost, but whatever the case may be, they hard to have gotten elected with the majority’s consent. I believe we’re far too quick to blame someone else.

More importantly, I think the negative side effects of this shutdown show how dependent we’ve become on the federal government. I mean, if the federal government shut down in, say 1815, who would have been affected by it? Probably would have just shrugged it off. Why? A few short years earlier, the capitol was literally on fire. Talk about a government shutdown. The Americans of 1815 knew that if they were thriving as a nation, they needed to depend on something less given to change than the safety and whims of a few legislators on Capitol Hill.

If the decisions of, as President Obama himself put it, “one faction of one party” are enough to furlough 300,000 employees and shut up the economy, then isn’t that a sign that we are the ones who have become too dependent on something that is not dependable?

I think so.

Lights out

Lowdown on the shutdown

The online health insurance exchanges promised by Obamacare promptly opened for business last week and just as promptly crashed. People seeking to sign up for insurance, or just peruse plans, waited and waited... and waited.

Eventually, we’re sure, the computer problems will be resolved. But many people will find that when they can get through, they’re confronted with a bewildering online experience. They’ll have to sort through dozens of plans from different insurers.

This is a complex decision. Some people may be tempted to throw a dart and pick one with the lowest premiums, assuming all plans are about the same.

Warning: They’re not.

In recent weeks federal officials touted some of the low premium prices available under the new exchanges. What they didn’t stress, and what careful consumers will find on the exchange is, that there are differences in quality. This is a complex decision.

In the lower tiers, you’ll generally pay lower premiums but will have higher out-of-pocket costs. For instance, the deductible... the amount owed for covered services before insurance kicks in... will be higher when you visit a doctor, or go to a hospital.

That doesn’t mean all gold plans... or silver or bronze... are created equal.

The differences within a tier can be huge. Blue Cross and Blue Shield of Illinois, for instance, offers some customers its Blue PPO Gold plan for $314.19 a month or its Blue Choice Gold PPO for $234.02. The plans have the same deductible. Some copays. So what accounts for the $80.17 difference in premium? One major factor: The higher-priced plan has 54 hospitals in its network, including world-class Northwestern Memorial Hospital, and more than 23,000 doctors. The lower priced plan has 26 hospitals, excluding Northwestern. It has about 10,000 doctors.

You may find a broader doctor/hospital network in a bronze plan than you find in a gold plan, depending on the insurer. You will need to check to see if your doctors and preferred hospitals are covered under the policy you want to choose. Plans also differ in which prescription drugs are covered and how much you’ll pay for a brand name versus a generic.

Don’t assume anything.

There’s plenty of time to investigate before you decide. You can enroll until Dec. 15 for insurance that begins Jan. 1.

If you find yourself confused, be reassured: You are not alone. Almost all the experts we’ve talked to... insurance agents, hospital officials, doctors... are still sorting out the details of this massive health care expansion.

Warning: Obamacare may cause dizziness
I transferred to Simpson because of the location. It had the smaller college feel, but it was so close to Des Moines, that I knew there would be many opportunities for me when looking for internships and activities to do.

-Chelsie Rhrs '13

This week's horoscopes

Aries (March 21-April 19) -- Today is a 6 -- Write or redo your ideas. Continue to increase enthusiasm. Except for right now, when there could be a breakdown...more research is required. Love gives you extra patience. Be careful now. Go ahead and get started.

Taurus (April 20-May 20) -- Today is a 6 -- A friend's change in plans alters your anticipated expenses. Work it out. Maintain a philosophically high road. Rest spending for the time being. Consider it all with a sense of humor. Research gets fascinating.

Gemini (May 21-June 20) -- Today is a 6 -- Make travel plans, although you have more at home than you may realize. Continue to increase enthusiasm. Generate a little controversy. Veto power could get exercised. Intuition guides you. Keep completing tasks and decreasing obligations. Your outlook shifts.

Cancer (June 21-July 22) -- Today is a 5 -- A new opportunity could push you to act too soon. Maintain your eye on the ball. Anxiety could push you to act too soon. Maintain objectivity in a controversy. Finish up and reward yourself with creature comforts.

Scorpio (Oct. 23-Nov. 21) -- Today is a 6 -- Your status rises. Review recent action to gain greater insight. More books and papers. Stay out of somebody else's argument. Check equipment before launching. Continue to gather data. Relax, and it will come naturally.

Capricorn (Dec. 22-Jan. 19) -- Today is a 5 -- Take one step farther. Stay flexible when something you try doesn't work. Open your heart, but don't tell all, yet. Watch for hidden complications. Don't get intimidated. Maintain objectivity in a controversy. Finish up and reward yourself with a treat.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- A new opportunity could push you to act too soon. Maintain your eye on the ball. Anxiety could push you to act too soon. Maintain objectivity in a controversy. Finish up and reward yourself with a treat.

Pisces (Feb. 19-March 20) -- Today is a 5 -- A new opportunity could push you to act too soon. Maintain your eye on the ball. Anxiety could push you to act too soon. Maintain objectivity in a controversy. Finish up and reward yourself with a treat.

This appeared in the Iowa State Daily on October 9, 2013. By permission from simpson.edu

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

Tuesday's Puzzle Solution

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