

WEATHER

AREA FIVE-DAY FORECAST

Today	Tomorrow	Tuesday	Wednesday	Thursday
Partly cloudy	Partly cloudy	Partly cloudy, scattered rain and snow showers	Partly cloudy	Partly cloudy
54/32	54/34	41/25	43/25	50/29

West winds 15 to 20 knots with gusts up to 25 knots; increasing to 20 to 25 knots with gusts up to 35 knots in the late afternoon. Waves around 2 ft.

MARINE FORECAST

COMFORT INDICATORS

Sunburn Index: 2	Garden Forecast: Mostly sunny and breezy. Highs in the mid 50s. West winds 15 to 20 mph with gusts up to 30 mph.
Air Quality: Good	
Heat Index: 8 a.m. 41°	
noon 54°	
4 p.m. 52°	

TIDES

	HIGH TIDES		LOW TIDES	
	A.M.	P.M.	A.M.	P.M.
At Sandy Hook				
Today	1:02	1:23	7:17	7:58
Tomorrow	2:02	2:23	8:29	8:59
Keyport at Raritan Bay				
Today	12:58	1:19	7:23	8:04
Tomorrow	1:58	2:19	8:35	9:05

SUN AND MOON

Full	Last	New	First
Nov 17	Nov 25	Dec 2	Dec 9
Sunset today..... 4:44 p.m.	Sunrise tomorrow..... 6:39 a.m.	Moonsrise today..... 12:49 p.m.	Moonsset today..... No Set

ALMANAC

New Brunswick Readings
Values are for 24 hours ending 5 p.m. yesterday.

Information provided by Rutgers Meteorology Department, Cook College.

Temperatures:

High.....	52
Low.....	28
Average.....	40
Normal High.....	57
Normal low.....	41
Normal average.....	47

Precipitation:

Yesterday.....	0.00
Month-to-date.....	0.31
Year-to-date.....	37.86
Normal year-to-date.....	42.02

Records:

High temp.....	75 (1975)
Low temp.....	23 (1976)
High temp. today.....	73 (1999)
Low temp. today.....	27 (2004)

Degree Days:

Heating degree days.....	25
Month-to-date.....	131
Season-to-date.....	474
Normal season-to-date.....	553

LOTTERIES

SATURDAY, NOV. 9 NEW JERSEY	FRIDAY, NOV. 8 NEW JERSEY
Midday Pick-3: 424 Straight: \$174.50 Box: \$58 Pair: \$17	Midday Pick-3: 310 Straight: \$197.50 Box: \$32.50 Pair: \$19.50
Midday Pick-4: 7620 Straight: \$2,771 Box: \$115	Midday Pick-4: 5318 Straight: \$3,347 Box: \$139
Evening Pick-3: 979 Straight: \$308.50 Box: \$102.50 Pair: \$30.50	Evening Pick-3: 635 Straight: \$206 Box: \$34 Pair: \$20.50
Evening Pick-4: 2689 Straight: \$2,080.50 Box: \$86.50	Evening Pick-4: 0699 Straight: \$2,704.50 Box: \$225
Jersey Cash 5: 5, 22, 28, 37, 38 5 of 5 pays \$65,011 4 of 5 pays \$752 3 of 5 pays \$12	Jersey Cash 5: 8, 21, 22, 23, 36 5 of 5 pays \$148,351 4 of 5 pays \$601 3 of 5 pays \$11
NEW YORK	NEW YORK
Midday Daily: 539 Lucky Sum: 17	Midday Daily: 288 Lucky Sum: 18
Midday WinFour: 4797 Lucky Sum: 27	Midday WinFour: 8548 Lucky Sum: 25
Evening Daily: 419 Lucky Sum: 14	Evening Daily: 034 Lucky Sum: 7
Evening WinFour: 5098 Lucky Sum: 22	Evening WinFour: 5835 Lucky Sum: 21
Lotto: Late drawing Take-5: Late drawing Pick 10: Late drawing	Take-5: 2, 18, 30, 37, 39 Pick 10: 4, 5, 7, 12, 16, 17, 22, 23, 30, 35, 39, 42, 45, 46, 49, 51, 62, 64, 73, 79
PENNSYLVANIA	PENNSYLVANIA
Cash 5: 1, 2, 8, 17, 42 Midday Daily: 627 Midday Big 4: 5363 Midday Quinto: 81525 Evening Daily: 209 Evening Big 4: 2931 Evening Quinto: 99813 Treasure Hunt: 4, 12, 15, 19, 28	Cash 5: 10, 16, 30, 35, 39 Midday Daily: 227 Midday Big 4: 7317 Midday Quinto: 70485 Evening Daily: 645 Evening Big 4: 4625 Evening Quinto: 70227 Treasure Hunt: 1, 16, 20, 25, 28
MULTISTATE	MULTISTATE
Powerball: Late drawing	Mega Millions: 41, 42, 51, 57, 65; Mega Ball: 7

A CARING COMMUNITY

Aimee's story: 1 month after surgery and 2½ months after baby's birth

Editor's note: This is the latest in a series of stories documenting Aimee Parani's experiences with breast cancer. We will continue to update her recovery progress in subsequent installments. For previous stories, visit <http://mycj.co/1f3F300>.

By Cheryl Makin
@CherylMakin

One month ago, Aimee Parani underwent a bilateral mastectomy and reconstruction surgery at Robert Wood Johnson University Hospital in New Brunswick. A year ago this month, she felt a lump in her breast for the first time. A move from St. Thomas to Florida took place in December and the discovery that she was pregnant with a baby girl came in February. A day later, so did a diagnosis of breast cancer.

In Florida, the physicians were not optimistic about Aimee Parani successfully delivering her daughter while in treatment for breast cancer. In shock, the Paranis — Aimee, husband Chris and 4-year-old Gregory — came home to New Jersey, as both were brought up in the Pt. Pleasant/Brick area. The Paranis felt home in the form of family, friends and expert medical practitioners was the place for to be — emotionally and physically. They connected with the Rutgers Cancer Institute of New Jersey in New Brunswick and it was there she found support for herself and her unborn baby.

The past year has been a whirlwind of emotions for the Paranis and their family. On one end of the spectrum, there was fear and nervousness for Aimee and her unborn child as she navigated chemotherapy treatments in conjunction with a pregnancy. At the other end was the joy of Paige's birth on August 23 and Aimee's sister's wedding in September. Then came the surgery Oct. 10.

Surgery recovery

As the year which none of them will ever forget draws to a close, Aimee Parani is still recovering from the experience of breast cancer. In true Aimee Parani fashion, she is upbeat and focused on the positives.

"I am great. I feel great and am doing great," she said. "I'm doing almost everything, but since I'm just a couple weeks out of surgery, I still need to be careful with things like lifting. I really have to keep that in my mind, because I just forget and do things. For me, it's just normal to just pick up and go. My neighbor who had breast cancer just can't get over it — that I really have no pain. It's just great. I don't know what they did, but I am pretty pain-free."

"Aimee has been great," Chris Parani said. "She has been her normal self, not stopping for anything. As much as we support her, she is supporting us."

According to the proud parents, baby Paige is growing and getting "chubby" while Gregory "has been trying to be as good as he possibly can." Remembering that "mommy has a boo-boo" has become a mantra for Gregory.

"I can't lift Greg. He is way too heavy. He knows I can't pick him up, so he will come sit with me," she said. "I can lift the baby and hold her. I just can't lift her out of the crib."

Another plus is that Aimee Parani has been upgraded to the "sports bra" level of undergarments.

"I had that special corset bra on for a while. It's very tight," Aimee Parani said. "The sports bra is much more comfortable. I think in two weeks, I'll get to go to the next level."

While Aimee Parani considers the bulk of the after-surgery experience to be pain free, she has experienced feelings of pressure in her armpit area.

"Here and there it would hurt, especially at night," Aimee Parani said. "That's because of where they had to dig in to get to the lymph nodes that they removed. They took four out and tested them. They were not cancerous."

In the weeks after the surgery, Aimee Parani went back for check-ups with Dr. Deborah Toppmeyer, her oncologist, and Dr. Laurie Kirstein, her breast surgeon, at the Cancer Institute and with Dr. Robert Herbstman, the reconstruction surgeon, at the Contemporary Surgery offices in Red Bank.

"At each appointment, they said everything is looking great and that they are very happy with everything," Aimee Parani said. "Dr. Herbstman was so pleased with everything that I don't have to go back to him until Nov. 19. I'll see Dr. Toppmeyer in December."

Radiation therapy

While everyone hoped the recovery from the surgery itself would mark the end of this chapter in Aimee Parani's life, it does not.

The doctors in charge of her care at the Cancer Institute believe that Aimee Parani should undergo radiation treatment. She is scheduled to begin a six-week regimen on Dec. 2. at Jersey Shore Medical Center in Neptune. Because she presently resides at her parents' home in Point Pleasant, Toppmeyer approved Aimee Parani to do the radiation therapy at Shore Radiology with Dr. Jonathan Briggs.

"These are 15-minute sessions every weekday for six weeks," Aimee Parani said. "We only get off for holidays and weekends. The actual radiation may be no more than three or four minutes. It didn't really make



A week after her bilateral mastectomy and breast reconstruction surgery, Aimee Parani feeds her newborn daughter, Paige, on Oct. 17 at her parents' Point Pleasant home. JASON TOWLEN/STAFF PHOTOGRAPHER

sense to drive an hour up to New Brunswick for 15 minutes and then an hour to come home. The hospital in Neptune is only 15 minutes from the house."

"Dr. Briggs was actually recommended to me by my aunt," she added. "She went to him for her brain cancer therapy. He was a very nice guy and it was comfortable because he already knew who I was."

On Dec. 2, Aimee Parani will have her initial session with Briggs, who she consulted with in October. At the December appointment, she expects a Styrofoam mold to be created for the ensuing radiation. A week after this fitting, Aimee will begin the radiation treatments. The therapy is expected to end mid-January, she said.

"I was told the mold would mark the exact location where they would be shooting the radiation. That is just the chest area," she said. "Then we start the radiation and I know I have off Christmas and New Year's. So six weeks of radiation and then, hopefully it is all over."

According to the information Aimee Parani has received about radiation therapy, she was told that she would not feel anything during the daily appointments.

"I was told it is like X-rays. There are beams that are sent out to specific targets and I won't even know it is happening," she said. "I won't glow in the dark and I don't have to worry about my exposure to anyone. I was told that my skin may feel like a bad sunburn. That is the main side effect. If it is too much, then they will reduce the amount of radiation and do less for longer. Dr. Briggs also told me that since I don't have the expanders and do have the 'gummy bear' boobs, it is better for the radiation. Hopefully, it will be as nice and easy as it sounds."

Disappointment

Aimee Parani admits to some initial disappointment when her team of doctors at the Cancer Center said she needed to have radiation. There had been talk of perhaps forgoing the traditional treatment.

"I'm not sure exactly why I have to have it, but it is the protocol and Dr. Toppmeyer feels I should have it," she said. "And she is the oncologist and the one in charge. She is the big cheese and she knows best. She said she would feel more comfortable if I did the radiation."

Understanding that this is one of those "for your own good" situations, Aimee and Chris Parani completely agree with the decision.

"I don't want there to be anything left, God forbid," Aimee Parani said.

"Finding out she needed the radiation was a momentary downer, but as usual Aimee took it in stride," Chris Parani said.

While the Paranis still have a business in St. Thomas — Picaso's Coffee Bar — they do not intend to move back there at this time because of Gregory's education. Once Aimee was diagnosed, the family moved back to New Jersey and rented out the Florida condominium.

"Greg's education was the reason we moved to Florida," Aimee said. "We could get back and forth to St. Thomas for the business and Gregory could get a good education. I don't know where we will end up. Right now, we haven't made any plans yet. We are staying at my parent's and taking it day by day. It's been great being here with everybody."

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Today In History

Today is Sunday, Nov. 10, the 314th day of 2013. There are 51 days left in the year.

On this date:

1775: The U.S. Marines are organized under authority of the Continental Congress.

1871: Journalist-explorer Henry M. Stanley finds Scottish missionary David Livingstone, who had not been heard from for years, near Lake Tanganyika in central Africa.

1942: Winston Churchill delivers a speech in London in which he says: "I have not become the king's first minister to preside over the liquidation of the British Empire."

1951: Customer-dialed long-distance telephone service begins as Mayor M. Leslie Denning of Englewood calls Alameda, Calif., Mayor Frank Osborne without operator assistance.

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