

# Potomac ALMANAC

May 6 was the first official day of the Potomac Village Farmers Market, Thursdays 3-6:30 now through November. Flowers and plants by Plantmasters.

## Flowers And More

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## More Vaccines Mean Calendar Of Events Is Back

ENTERTAINMENT, PAGE 5

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# Elevating The Bathroom

## Ideas for budget and luxury bathrooms

BY MARILYN CAMPBELL  
THE ALMANAC

Sometimes regarded as a strictly functional space, bathrooms might bring to mind brushing and flossing rather than style and comfort. Whether you're working on a tight budget or creating the bathroom of your dreams, two local designers offer inspiration.

"Even if you're only able to spend a limited amount of money, creativity is a necessity," said Marcie Taylor of Marcie Taylor Designs in Alexandria.

Taylor recalls helping a couple who'd grown tired of the outdated master bathroom in their Springfield home, but couldn't afford a total overhaul.

"I told them that they needed to invest in one statement piece and then add some less expensive accessories," she said. "We salvaged a crystal chandelier and hung it over the bathtub to create a focal point. We replaced the grout around the tub and sink which looked dingy against the existing white tile. We then added a matte black faucet and found a shower head in the same color."

When designers at InSite Builders & Remodeling transformed a cramped and outdated Jack and Jill bathroom in Bethesda into a master bath suite befitting a luxury spa, they had to expand the footprint of the bathroom by using square footage from an adjacent bedroom. The additional space was used to add a double sink, a new closet and a large zero-entry glass shower.

Helping to create a sense of tranquility, the design team used materials such as a white countertop, dark wood cabinets, a floating vanity, black fixtures, and a hinged glass shower door. "The shower is a major focal point," said Stephen Gordon, InSite Builders & Remodeling. "It [has] full-size porcelain slabs which eliminate grout lines."

"Even if you're just doing a spruce-up, a bathroom project can seem like a major undertaking," said Taylor. "But I can't recall anyone who didn't think it was worth the effort."

PHOTOS BY  
STACY ZARIN GOLDBERG

**Full-size porcelain  
slabs make the shower  
a major focal point in  
this bathroom by InSite  
Builders & Remodeling.**



**White countertop, dark wood cabinets, floating vanity, black fixtures create a spa-like atmosphere in this bathroom by InSite Builders & Remodeling.**



**The hinged glass shower door are consistent with the contemporary design of this bathroom by InSite Builders & Remodeling.**



## POTOMAC ALMANAC

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## A False Sense of Security



By KENNETH B. LOURIE

As previously referred to in a recent column, even though I am hardly cancer-free; nonetheless, I am cancer interruptus for the next four weeks. That means I have no cancer-related activities: no lab work, no scans, no infusions, no injections, no appointments, no video visits, no interaction whatsoever. Other than taking my daily thyroid cancer pill (the side effects of which are marginal at worst), with which I ingest another 50-plus pills (supplements and so forth), I am, too quote my late father, "unencumbered" by my less-than-ideal circumstances. I wouldn't say I'm actually on vacation, but I'm certainly willing to say, there's a definite break in the action. It's not exactly a "staycation," nevertheless, it is a positive occasion, and one with which I can live.

Not that being diagnosed with "terminal" (originally) cancer and/or still undergoing active treatment is ever fun; tolerable is as grandiose a description as I'll accept. However, four weeks without any involvement with my oncologist and endocrinologist or with any health care-related staff, puts a real bounce in my step; my neuropathy notwithstanding. Though I have difficulty walking and especially running, I am, for the next four weeks anyway, on easy street, figuratively speaking. The psychological wear and tear us cancer patients (especially the ones characterized as "terminal") endure is ever present and any excuse/opportunity to let one's mind wander to a place other than your presumptive demise, is a mental trip very much worth taking.

Oddly enough, a month of not having anything to do with my cancer team/healthcare facility is hardly the norm. Usually, there's more than enough cancer-related activities to keep me preoccupied. In its own unique way, the nothingness is kind of challenging. I keep looking over my shoulder, almost literally, as the great Satchel Page once said ("to see if anybody's gaining on me"), and flipping the pages on my appointment book to see if I've whiffed somehow on some of my usual and customary obligations. I mean: it is so rare to be so disconnected when you've been diagnosed with a "terminal" disease. As you might imagine, cancer treatment is very hands-on. Not much is left to chance. Moreover, cancer is very unpredictable and insidious. Often it is in control, despite the oncologist's best effort. To be thrown into this cancer-centric world after mostly standing still, healthwise, for 54 and a half years, is a fate not worse than death, but one, depending on the type of cancer you have, which could very well lead to a premature death.

After decades of neglect, the last 15 or so years has seen a huge increase in funding for lung cancer research which in turn has led to more than a dozen new drugs - and an entire new class of drugs: immunotherapy, for the treatment of lung cancer. The result has been increased survivability and quality of life for those of us so diagnosed. And very directly, I have been the beneficiary of some of these drugs: avastin, alimta and tarceva having been my life extenders. Where despair once dominated the initial prognosis, now there is hope. It's not so much a cure as it is a way to make cancer a chronic disease, one which requires a lifetime of monitoring, like diabetes, as an example; but it's potentially for a lifetime, not for a life with very little time.

At this immediate juncture, I am being treated, but still living my life - outside, and rarely ever in a medical facility. Not having to endure the ongoing exposure and reminder that I have cancer and a shortened life expectancy to boot, enables me not only to breathe easier, but also allows me to take an occasional deep breath as well. A deep breath which doesn't lead to a coughing fit, a fit which, for us lung cancer patients is never a good sign.

*Kenny Lourie is an Advertising Representative for  
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