



Your South Loop Neighbor and Chicago Real Estate Specialist



Happy March Everyone!

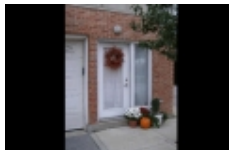
Congratulations, you made it through to the *good time change* and spring is coming. Things are going to get greener around here!

Speaking of green, Molly is researching and exploring ideas for green living. If you have any suggestions, please visit our [Facebook Page](#) and share your ideas.

In Guest's Corner I am happy to introduce Heidi Milby. She is a resident of the West Loop and a local business owner. Her studio is called **River West Fitness Studio** and is located at 664 W Hubbard. Treat yourself to a lesson.

Also, I would like to mention that I am selling a 1500 square foot live/work commercial condo in the South Loop that could make a great office space for people who live or work near the loop. It is presently used as a law office and is ready for the next owner! Please let me know if you know of anyone in need of a new office or place of business.

Thank You and Happy Spring!  
Terri Buseman



Single Family  
Attached  
4b/3.5ba  
\$847,500

[57 W 15th D](#)  
[Chicago IL 60605](#)

- End Unit TH
- 2 car garage &

### To Rent or Sell?

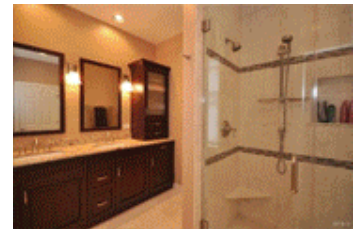
For at least 3 years I sold real estate without ever renting a single unit. These days I usually have a rental listing. Just about everyday I get calls about renting. It is a sign of the times.

People often ask if they should sell in this market or rent their property until the market adjusts to a more comfortable selling price. There are so many answers to that question. It really depends on if you need the money for your next down payment or even if you will have money left over for a down payment! Each situation will have its own challenges.

The ideal situation would be, to hold onto your home and rent it out, and purchase another home for your primary residence. However, often that is not possible. I have gathered some



[Chicago City Estates](#) on Facebook  
Wwww.ChicagoCityEstates.com  
[Terri@TerriBuseman.com](mailto:Terri@TerriBuseman.com)  
312-208-5166  
[What is the Value of Your Home?](#)



Single Family Home  
3b/3ba  
\$995,000

[21 W. 15th St.](#)  
[Chicago IL 60605](#)  
Take The [Tour](#)  
Download an [info sheet](#)

- 2 car garage
- MBR suite w/ luxurious bath w/ heated marble floor
- Eat in kitchen w/ island & granite counters
- LR w/ FP & Bay window
- Finished basement
- Landscaped yard
- Freshly painted & new carpeting
- New hardwood floors
- New Duro Last roofing system

- 2 car pad
- Kitchen w/ 6 burner Wolf oven, Bosch dishwasher, Sub Zero Fridge, pull out drawers
- Hardwood flooring throughout
- MBR suite with 2 walk-in-closets
- MBR on same level as 2 other bedrooms
- Bath on every level
- Family room
- den
- 3 balconies
- private fenced-in-yard overlooking landscaped courtyard
- Flat screen & wine cooler stay

information from the MLS about rental and sale prices of homes in the West and South Loop. I hope this will help you with your own real estate decisions.

As always, if you have any questions, I am only a call, text or e-mail away.

### West Loop-Last 6 Months

	Median Rented Price/Month	Median Sale Price
1 Bedroom	\$1412	\$239,561
2 Bedroom	\$1600	\$330,000
3 Bedroom	\$1999	\$482,500

### South Loop-Last 6 Months

	Median Rented Price/Month	Median Sale Price
1 Bedroom	\$1364	\$275,746
2 Bedroom	\$1950	\$405,000
3 Bedroom	\$2985	\$845,000

## Tips and Tricks

By Molly Heyen

Let's play a word association game, I'll start. March, madness, spring, St. Patrick's Day, dying the Chicago River, green, environment, reduce, reuse, recycle...ah ha!

Spring is a widely celebrated time of renewal. New and rejuvenated life unmistakably surrounds the world. As I have been working toward making my work habits more green and establishing a green committee in my condo building I have found myself considering how living green can go beyond recycling to a lifestyle of reduced waste and reused objects. In the following months, in the Discussions section of our [Facebook Page](#) I will explore ways to reap the rewards of green living. Not only will you learn how to help the environment, but many of these habits will help make your life more efficient, healthier, safer, and organized!

Below are the topics I plan to cover. Please send us your suggestions if you feel I am missing an important idea.

1. Pay your bills online. This will save stamps, checks, time, money, and energy.



Office Condo  
1500 sq/ft  
\$325,000

[531 S. Plymouth Ct. Unit 103](#)  
[Chicago IL 60605](#)

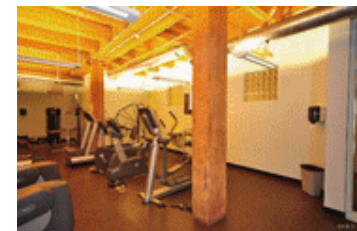
- Base of Mergenthaler building
- 4 offices, conference room, reception area and lofted common room
- Access to private and



Single Family Home  
4b/2ba + 2.5ba  
\$834,000

[1030 E. 50th St. Chicago IL 60615](#)

- Featured in *Images of America: Chicago Mansions*
- Landmark historic built by Civil War Colonel
- Veranda off both LR & DR
- Fenced yard
- 3 FPs
- Seperate studio/garage
- Built ins, leaded glass, mouldings, arched doorways
- Floors redone
- New roof
- New electric
- New windows



Single Family Attached  
1b/1ba  
\$237,000

[1040 W. Adams St. Chicago IL 60607](#)

- Parking addnl \$15K - spot stands alone, no other cars on either

2. Work electronically. This will save trees, stress, and space.
3. Cook with the intention of having leftovers and eat smaller portions. This will save food and your health.
4. Use reusable items whenever possible. This will save space and waste.
5. Donate. This will save space, waste, and taxes.
6. Walk everywhere that is feasible. This will save gas, road rage, overspending, muscles, and space.
7. Learn efficient driving. This will save gas, energy, and possibly lives.
8. Install efficient appliances. Many of them are quiet and they are designed to save water and money.
9. Use your windows to let the sun in for warmth and close your blinds or open your windows to help cool your home and save energy from your heating/cooling system.
10. Send your ideas to spread the word.

Did you know if you [Google](#): *how paying bills online saves the first three results are environmental sites!*

Signing up for online bill pay not only saves you time, stamps, paper, and money, it helps your service providers do the same. The best part is when you receive your statements electronically you have already begun keeping electronic files.

To learn more about getting set up with online bill pay visit [About.com](#).

To join the green discussion and share your ideas on how to live for the environment please join the discussion on our [Facebook Page](#).



**Heidi Milby**  
Owner / Pilates  
Instructor /  
Personal Trainer

[River West Fitness Studio](#)

## Guest's Corner

Meet your neighbor, Heidi Milby

A 2002 BFA recipient from Columbia College Heidi Milby specialized in teaching and performing. She became a modern dancer for Chicago based companies.

Following an injury Heidi was introduced to Pilates as a form of therapy. Owing to that introduction she decided to become a Certified Pilates Instructor in which she teaches the classical method: a biomechanical and anatomically principled method fused with a repertoire of structured exercises.

The East Bank Club was lucky to count her as one of their trainers from 2002–2007, when she opened Riverwest Fitness Studio. Working with a variety of people from pre/post natal and injured clients to elite athletes Heidi personalizes each program to one's specific needs.

To meet your neighbor and work with her for a session, that promises to have the perfect combination of physicality and relaxation, please visit her studio website: [www.rwfstudio.com](http://www.rwfstudio.com).

When you contact her studio ask about specials for *first time* clients including; a private lesson for Boxing, Gyrotonic, Personal Training, or Pilates at \$45 dollars which is a savings of \$25 and a special for a 90 minute massage for \$70, a savings of \$30.

- common area deck and outdoor space
- Exposed brick, high ceilings, and wood floors
- Bright space
- Convenient to public transportation and major expressways
- Walk to the Loop, Lake, and Nightlife

side!

- MBR w/ organized walk-in closet
- Granite island & maple cabinets
- South facing loft w/ exposed brick & huge windows
- Bright living area
- Angled HW floor
- Private courtyard building
- 12 FT timber ceilings
- W/D
- Party RM, movie, exercise, & business cntr



Residential Rental  
3b/2.5 ba  
\$2,800

[3117 A N. Orchard St. Chicago IL 60657](#)

- Duplex in East Lakeview
- Garage parking
- New appliances
- FP & balcony
- MB w/ private bath & jacuzzi tub
- Windows on all four sides
- Rooftop deck
- Close to shopping, lake, & restaurants

## Monthly Recipe

By Molly Heyen  
*Makes 1 quart*

My husband and his friend made this two years ago on St. Patrick's day. It proved to be so popular that I hardly had a bowl of it before it was gone. Be careful with the molasses, they made a mess!

Below the recipe are directions for if you don't have an ice cream maker.

- 1/2 vanilla bean, split lengthwise
- 1 cup whole milk
- 1 cup heavy cream
- 2/3 cup Guinness stout
- 2 tbsp plus 2 tsp molasses
- 4 egg yolks
- 1/3 cup sugar
- 1/2 tsp vanilla extract

1. In a medium saucepan, scrape in the vanilla bean seeds. Add the pod, milk, and cream. Bring to a boil over medium heat. Turn off the heat, cover the pan, and let the flavors infuse for 30 minutes.
2. Meanwhile, in a small saucepan over medium-high heat, whisk together the stout and molasses. Bring to a boil and turn off heat.
3. In a large mixing bowl, whisk the yolks, sugar, and vanilla extract. Whisk in a few tablespoons of the hot cream mixture, then slowly whisk in another 1/4 cup of the cream. Add the remaining cream in a steady stream, whisking constantly. Pour the mixture back into the saucepan.
4. Stir the beer mixture into the cream mixture. Cook the custard over medium heat, stirring often with a wooden spoon, for 6 to 8 minutes or until the custard thickens enough to coat the back of the spoon.
5. Strain the mixture into a bowl and refrigerate for at least 2 hours or overnight. Process the custard in an ice cream maker according to the manufacturer's instructions.

**If you don't have an ice cream maker follow these instructions from [davidlebovitz.com](http://davidlebovitz.com):**

### Making Ice Cream Without A Machine

1. Prepare your ice cream mixture, then chill it over an ice bath.
2. Put a deep baking dish, or bowl made of plastic, stainless steel or something durable in the freezer, and pour your custard mixture into it.
3. After forty-five minutes, open the door and check it. As it starts to freeze near the edges, remove it from the freezer and stir it vigorously with a spatula or whisk. Really beat it up and break up any frozen sections. Return to freezer.
4. Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have one, you can use a hand-held mixer for best results, or use a [stick-blender](#) or hand-held mixer. But since we're going low-tech here, you can also use just a spatula or a sturdy whisk along with some modest physical effort.
5. Keep checking periodically and stirring while it freezes (by hand or with the electric mixer) until the ice cream is frozen. It will likely take 2-3 hours to be ready.



This recipe is for *Guinness Ice Cream* from the *Boston Globe* January 18, 2006



Single Family Attached  
 2b/2ba  
 \$2,400

[949 W. College Pkwy](#)  
[Chicago IL 60608](#)

- 2 suites w/ private bath
- Cook's kitchen
- Granite counter & SS appliances
- Grilling balcony off kitchen
- Rooftop deck w/ skyline view
- Landscaped courtyard

Single Family Attached  
 2b/2ba  
 \$2,050

[1250 S. Michigan 1009](#)  
[Chicago IL 60605](#)

- Avail. May 15th
- Watch Navy Pier's Fireworks from the comfort of your living room
- Balcony overlooking the pool
- Great views N,E & W from
- Kit w/granite counters
- MB Suite w/ 2 closets
- Closets w/ built in organization
- Building has pool, 5th floor park,party room, 24 hour doorman, health club

	<ul style="list-style-type: none"><li>• Near Grant Park, Lake &amp; Nightlife!</li><li>• Parking Avail @ \$200/Mth</li><li>• Non-Smokers Please</li></ul>
<p>312-208-5166   Terri@TerriBuseman.com   www.ChicagoCityEstates.com</p>	

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