



**FITHOUSE**  
CHICAGO, ILLINOIS

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### WHY DOES COOKING LIGHT BUILD A FITHOUSE?

Most *Cooking Light* readers are homeowners who love to cook and entertain. It seemed natural that we should take that enthusiasm beyond the kitchen into the rest of the house. Since 2002, each FitHouse has showcased the style and function of products and ideas that make a home more healthy and environmentally friendly. This annual project also showcases the magazine's broader emphasis on healthful living and is also part of an ongoing column in the magazine by the same name. With a yearly public tour, the *Cooking Light* FitHouse is a unique building concept that is designed to inspire and educate consumers about ways to make their home environment more comfortable and healthy.

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### FITHOUSE MISSION STATEMENT

The *Cooking Light* FitHouse provides readers inspiration and practical ideas for making their homes more healthful, efficient, comfortable, and environmentally friendly. We accomplish this mission by featuring our annual building project in the magazine's August issue, and throughout the year within *Cooking Light*'s monthly FitHouse column. From the latest on remodeling and furnishings, to new products and ideas that contribute to the comfort and aesthetics of the home, the FitHouse and its editorial coverage underscore *Cooking Light* magazine's broader emphasis on healthful living.



## 2007 FITHOUSE IN CHICAGO, IL

*The FitHouse proves that the pleasures of life are enhanced in a home that respects the environment and promotes healthful living.*

Welcome home to the 2007 *Cooking Light* FitHouse, where living well takes on a whole new meaning. Since 2002, our annual concept home, the FitHouse, has brought to life the “Live Well” message of the *Cooking Light* motto, “Eat Smart. Be Fit. Live Well.” Specifically, the FitHouse proves that the pleasures of life are enhanced in a home that respects the environment and promotes healthful living.

Built in Chicago’s Lincoln Park neighborhood, the 2007 *Cooking Light* FitHouse is one of the first homes to adhere to the city’s proposed green residential-building standards. This year’s FitHouse is not only environmentally friendly and efficient, it’s innovative and multifunctional. We’re confident that it will help you discover new products and ideas to help you achieve balance in your life and home.

With much gratitude and admiration, we commend our 2007 sponsors for inspiring us with their craftsmanship and cutting-edge technology: Carpenter Co., Dansko, Garnier Nutritioniste, Jenn-Air, Kohler Co., Oster, Robbins® Fine Hardwood Flooring from Armstrong, Sherwin-Williams, TRANE, and Trex. In addition, we are extremely grateful for the countless hours and volunteer efforts provided by our charity partner, Catch Your Breath®, A Women and Lung Health Initiative of the Respiratory Health Association of Metropolitan Chicago. The support and dedication of these partners enabled us to turn our vision into the reality of the 2007 FitHouse.

The following pages are filled with products that we feel exemplify the *Cooking Light* philosophy. So come on in—we’d love to share our FitHouse with you.

Christopher C. Allen  
Publisher and Vice President  
*Cooking Light*







## 2007 FITHOUSE BUILDING TEAM

### BUILDER

**Brad Schreiber of City View Real Estate Group** is most popular for creating distinctive homes in the most desirable neighborhoods of Chicago and the North Shore. Schreiber earned a bachelor of science degree from the University of Colorado, a master of business administration degree from the University of Michigan and a Graduate Master Builder designation from the National Association of Home Builders. An expert in Chicago real estate, he is also an Illinois-Licensed Real Estate Broker. Schreiber is a member of the Chicago Association of Realtors, National Association of Home Builders, and Home Builders Association of Greater Chicago. Active in his community, he also serves locally on the Chicago City Government Affairs Committee. [www.cvrg.com](http://www.cvrg.com)

### ASID INTERIOR DESIGNER

**Susan Fredman of Susan Fredman & Associates** is attuned to the aura of interior spaces and constructs a dialogue that transforms rooms into visually exciting and functional environments. With an extraordinary sense of color and innate love of nature, Fredman is known for her innovative design solutions and collaborative projects. The recipient of numerous awards and honors, she is widely recognized as a leader in the Chicago design community and beyond. In addition to her signature *At Home With Nature* home store and fabric line, she is the celebrated author of *At Home With Nature: Great Interiors From the Great Outdoors*, which includes a portfolio of her work and innovative design solutions. Fredman has also shared her expertise as an adjunct professor at Chicago's prestigious Harrington Institute of Design, a visiting instructor for continuing-education programs at the Latin School of Chicago and the Francis W. Parker; and a featured speaker at NeoCon, the industry's largest trade show which draws design talent from all over the world. Firmly believing that all human beings are entitled to nurturing and safe environments, Fredman is the founder and president of Heartland Alliance's Designs for Dignity, a non-profit organization that refurbishes spaces for other non-profits and social-service organizations. [www.susanfredman.com](http://www.susanfredman.com)

### ARCHITECT

**Patricia Craig of Craig & Associates** has been managing and executing her exceptional vision since 1990. With a bachelor of architecture degree from the University of Notre Dame, Craig is a member of the American Institute of Architects. She has served on the Board of Directors of The Prairie Club, an organization dedicated to conservation and environmental issues, and is the current Director of Planning and Development for the Lakeview Chamber of Commerce.

### CABINET DESIGNER

**Terrell Goeke of Terrell Goeke, Inc.**, pairs his design expertise with luxurious products to enhance the beauty, enjoyment, and value of a client's home. With a bachelor of arts in interior design and more than two decades of experience in the field, he specializes in residential interior architecture and design for kitchens and bathrooms. Goeke's work has been featured over 60 times in local and national magazines. [www.terrellgoeke.com](http://www.terrellgoeke.com)

### LANDSCAPER

**Christy Webber of Christy Webber Landscapes** continues to build successful operations by specializing in projects within the city of Chicago. With this strong commitment to urban projects, along with its Chicago base of operations, the company brings a singular set of experiences, abilities, and qualifications to offer exceptional, prioritized service to Chicago customers. A graduate of the University of Denver, Webber started her own business in 1988. Christy Webber Landscapes has now grown into a company of more than 100 people, and her name is seen all over the city of Chicago. [www.christywebber.com](http://www.christywebber.com)

THE 2007 TEAM: (top left) Susan Fredman, Christy Webber, Beata Klak, Brad Schreiber, Patricia Craig, Terrell Goeke, and Shannon Davies.



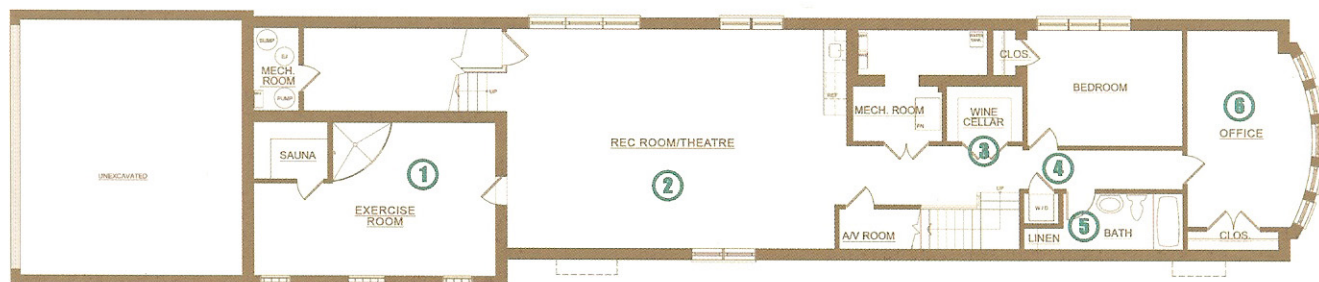
### CHARITY PARTNER

**Catch Your Breath, A Women and Lung Health Initiative of the Respiratory Health Association of Metropolitan Chicago:** Prompted to address gender disparities in lung disease, The Respiratory Health of Metropolitan Chicago created Catch Your Breath®, A Women and Lung Health Initiative as a year-round educational project. The initiative aims to raise awareness of the dis-proportionate effects of lung disease on women, while promoting women's lung-health research to better understand the biological causes of gender differences in pulmonary disease. Visit [www.catchyourbreathchicago.org](http://www.catchyourbreathchicago.org) to learn more.



# PRODUCT GUIDE ROOM-BY-ROOM

## BASEMENT DETAILS



## BASEMENT

### ① EXERCISE ROOM/SAUNA

**Paint:** Sherwin-Williams, Eggshell, SW6149 Relaxed Khaki

**Flooring:** To Market, Exploration Atmosphere, Truth, (Green Friendly Recycled Rubber)

**Sconces:** Susan Fredman & Associates, Satin Nickel, 441-SN

**Body Spa:** Kohler Merchandise Mart, BodySpa Ten-Jet Tower

**Exercise Equipment:** Precor/Chicago Home Fitness

**Yoga Mats:** Chicago Home Fitness

**Window Shades:** Roseland Draperies

**Sauna Wall, Ceiling, and Floor Tile:** Ann Sacks, Bellarita Honed

**Sauna Accent Tile:** Ann Sacks, Selvaggio Crema

**Sauna:** Kohler Merchandise Mart, Kohler Symbol™ Rite-Temp®

### ② REC ROOM/THEATRE

**Paint:** Sherwin-Williams, Eggshell, SW6074 Spalding Grey

**Carpet:** Bentley Prince Street—Urban Tribe Collection, Affirmation

**Sofa:** Primitive, Kebbe Sofa

**Chairs:** Primitive, Khartoum Chair

**Coffee Table, Ottomans, African Bench:** Primitive

**End Table:** CAI-Chicago, Capinas X Side

**Wet Bar Cabinets:** Terrel Goeke

**Wet Bar Counter:** Marble and Granite Supply of Illinois, Rain Forest Brown

**Wet Bar Sink:** Kohler Merchandise Mart, Iron/Tones™

**Wet Bar Faucet:** Kohler Merchandise Mart, Lyntier™

**Appliances:** Jenn-Air—Wine Cooler, JUW248RBR500; Microwave, JMC8130DDW

**Small Appliance:** Oster, Red Blender

**Window Shades:** Roseland Draperies

**Accessories:** Susan Fredman's At Home with Nature, Wooden Animal Carvings

**Accessories:** Primitive, Green Bowl, Water Jugs

**All other Accessories:** CAI-Arlington Heights

### ③ WINE CELLAR

**Paint:** Sherwin-Williams, Eggshell, SW6074 Spalding Grey

**Flooring:** Ann Sacks, Bali Pebbles, Panu

**Light Fixture:** Susan Fredman & Associates, Distressed Bronze, 6313-DB

### ④ LOWER LAUNDRY

**Washer/Dryer:** Whirlpool Duet

### ⑤ LOWER BATH

**Paint:** Sherwin-Williams, Eggshell, SW7053 Adaptive Shade

**Floor Tile:** Ann Sacks, Mist Antiqued

**Accent Tile:** Ann Sacks, Mist/Grey/Topo Azul

**Vanity:** Terrel Goeke

**Sink:** Kohler Merchandise Mart, Escalé™ Vanity Top/Basin

**Faucets:** Kohler Merchandise Mart, Symbol™

**Toilet:** Kohler Merchandise Mart, San Raphael™ Comfort Height™

**Tub:** Kohler Merchandise Mart, Tea-For-Two®

**Bath Accessories:** Kohler Merchandise Mart, Stillness®

**Sconce:** Susan Fredman & Associates

**Mirror:** Susan Fredman & Associates

**Floor Vase:** Susan Fredman & Associates

### ⑥ OFFICE

**Paint:** Sherwin-Williams, Walls: Eggshell, SW6149 Relaxed Khaki; Panels: Semi-Gloss, SW7041 Van Dyke Brown

**Light Fixture:** Susan Fredman & Associates, Old Bronze, 7215-OB

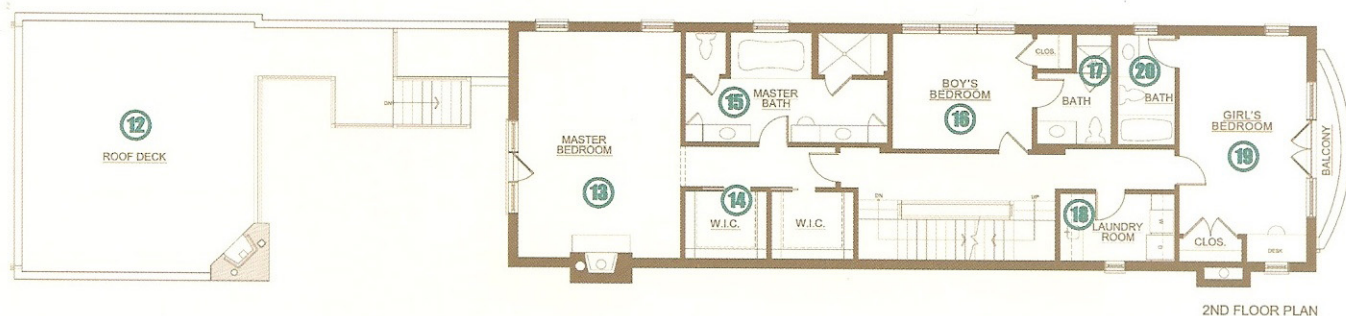
**Carpet:** Bentley Prince Street, Copenhagen

**Window Shades:** Roseland Draperies



# PRODUCT GUIDE

## ROOM-BY-ROOM



## SECOND FLOOR

### 12 ROOF DECK

**Paint:** Sherwin-Williams, Eggshell, SW7032 Warm Stone

**Flooring:** Robbins Hardwood Floors, Artesian Classics, Walnut Natural

**Headboard:** Romann Custom Upholstery

**Headboard Fabric:** Robert Allen, Picone

**Bedding:** Muse Couture Bedding

**Bed Pillows and Mattress Pad:** Carpenter Co.

**Euro Pillows and Bedskirt:** Susan Fredman and Associates

**Euro Pillow and Bedskirt Fabric:** Robert Allen, Picone

**Bolster:** Primo Interiors

**Bolster Fabric:** Robert Allen, Sheer Rafia/Covedale

**TV Cabinet:** Designed By Susan Fredman & Associates, made by Legacy Woodworking

**Mantel/Built-In:** Terrell Goeke

**Fireplace Stone:** Ann Sacks, Suede

**Rug:** Oscar Osberian, Fine Silk Tibetan

**Lamps:** CAI-Arlington Heights

**Chairs:** Susan Fredman & Associates

**Side Table:** Primitive

**Throw:** Muse Couture Bedding

**Drapery Fabric/Trim:** Robert Allen, Linen/Library Check

**Drapery Hardware:** Brimar, Signature Series, Grey Stone

**Window Shades:** Roseland Drapery

**Clock Collection, Ink Blots, Silver Bowl:** Designer Private Collection

**Accessories:** CAI-Chicago, African Rain Drums, Square Leather Tables, Teal Pot

**Accessories:** Susan Fredman's *At Home with Nature*, Antique Clocks, Buddha, Tray

**All other accessories:** Primitive

### 14 MASTER CLOSET

**Shoes:** Dansko-Merrie (Hickory Cabrio), Professional (Red Brocade), Diana (Teal Veg-Tan), Mandolin (Thyme Veg-Tan), Tara (Black Nappa), and Giselle (Cherry Nappa)

### 15 MASTER BATH

**Paint:** Sherwin-Williams, Eggshell, SW7038 Tony Taupe

**Floor Tile:** Ann Sacks, Suede

**Floor Accent Tile:** Ann Sacks, Lake Garda

**Tub and Wall Tile:** Ann Sacks, Basketweave, St. Petersburg

**Shower Tile:** Ann Sacks, St. Petersburg

**Shower:** Kohler Merchandise Mart-DTV Digital Interface; WaterTile™ Rain, Bodyspray, and Showerhead; Stillness™ Handshower

**Cabinets:** Terrell Goeke

**Countertop:** Marble and Granite Supply of Illinois, Ligourio Marble

**Sinks:** Kohler Merchandise Mart, Memoirs™

**Faucets/Accessories:** Kohler Merchandise Mart, Pinstripe™

**Tub:** Kohler Merchandise Mart, Sok® Overflowing Bath; Laminar Bath Filler

**Toilet:** Kohler Merchandise Mart, Memoirs™ Comfort Height™

**Make-Up Stool:** CAI-Arlington Heights

**Skincare Products:** Garnier Nutritioniste, Skin Renew Moisture Lotion, Ultra-Lift Anti-Wrinkle Firming Moisture Cream, Ultra-Lift Anti-Wrinkle Firming

Eye Cream, Nutri-Pure Detoxifying Cream Cleanser, Skin Renew Daily Regenerating Serum

**Accessories:** Susan Fredman's *At Home with Nature*, Vase, Soapholder, Towel Sweep, Tissue Box, Cup, Towels, Bath Robes

**All other Accessories:** Primitive

**Window Shades:** Roseland Draperies

### 16 BOY'S ROOM

**Paint:** Sherwin-Williams, Eggshell, SW6213 Halcyon Green

**Flooring:** Robbins Hardwood Floors, Artesian Classics, Walnut Natural

**Light Fixture:** Susan Fredman & Associates, Polished Nickel

**Bed:** Susan Fredman's *At Home With Nature*, Summerhaven Daybed

**Bedding and Accessories:** Susan Fredman's *At Home With Nature*

**Bed Pillows and Mattress Pad:** Carpenter Co.

**Rug:** Susan Fredman's *At Home With Nature*

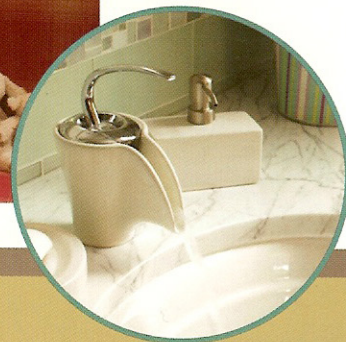
**Locker Stand:** Susan Fredman's *At Home With Nature*



**SWEET DREAMS:**  
A little girl's dream  
room comes to life  
with this pretty-in-  
pink color palette.



**SPARKLING BEAUTY:**  
Glass tiles and smooth  
marble combine to  
give this bathroom a  
sleek and sophisticated  
style that will transition  
easily to any age.



**Valance Fabric:** Robert Allen,  
On the Lake

**Window Shades:** Roseland  
Draperies

### 11 BOY'S BATH

**Paint:** Sherwin-Williams, Eggshell,  
SW7517 China Doll

**Floor Tile:** Ann Sacks, Bali Pebbles

**Wall Tile:** Ann Sacks, Promenade  
Glossy

**Cabinets:** Terrell Goeke

**Sink:** Kohler Merchandise Mart,  
Twirl™ Design on Camber®  
Undercounter Lavatory

**Faucets/Accessories:** Kohler  
Merchandise Mart, Bancroft™

**Toilet:** Kohler Merchandise Mart,  
Bancroft™ Comfort Height™

**Table:** CAI-Arlington Heights

**Sconces:** Susan Fredman &  
Associates, Satin Nickel

**Accessories:** Susan Fredman's At  
Home With Nature

### 18 LAUNDRY

**Paint:** Sherwin-Williams, Eggshell,  
SW6164 Svelte Sage

**Floor:** Ann Sacks, Summit Ivory

**Light Fixture:** Susan Fredman  
& Associates, Historic Bronze

**Cabinets:** Terrell Goeke

**Counter:** Armstrong,  
Marmorette, Ocean Surf

**Sink:** Kohler Merchandise Mart,  
Harborview™ Self-Rimming

**Faucet:** Kohler Merchandise  
Mart, Antique™

**Washer:** Fisher & Paykel  
IntuitiveEco

**Dryer:** Fisher & Paykel Intuitive  
Dryer

**Window Shades:** Roseland  
Draperies

**Iron:** Sunbeam

**Storage Containers:** Susan  
Fredman's At Home With Nature

### 19 GIRL'S ROOM

**Paint:** Sherwin-Williams, Eggshell,  
SW6288 Rosebud

**Flooring:** Robbins Hardwood  
Floors, Artesian Classics, Walnut  
Natural

**Light Fixture:** Susan Fredman  
& Associates, Satin Nickel

**Table/Chairs:** Susan Fredman's  
At Home With Nature

**Bed:** Susan Fredman &  
Associates, Cottage Treasures  
Linen Queen Cottage Low  
Post Panel Bed

**Bedding:** Robert Allen

**Bed Pillows and Mattress Pad:**  
Carpenter Co.

**Night Stands:** CAI-Chicago

**Lamps:** CAI-Chicago

**Ottoman:** CAI-Chicago,  
Catalina Ottoman with mini  
kick pleat skirt

**Rug:** Susan Fredman & Associates

**Drapery Fabric:** Robert Allen,  
Lovely Linen

**Drapery Hardware:**  
Brimar, Signature Series,  
Grey Stone

**Window Shades:** Roseland  
Draperies

**Cabinetry:** Terrell Goeke

**Accessories:** Susan Fredman's  
At Home With Nature

### 20 GIRL'S BATH

**Paint:** Sherwin-Williams, Eggshell,  
SW6204 Sea Salt

**Floor and Wall Tile:** Ann Sacks,  
Promenade

**Accent Tile:** Ann Sacks, Erin  
Adams

**Cabinetry:** Terrell Goeke

**Countertop:** Ultimate Stone,  
White Carrera

**Sink:** Kohler Merchandise Mart,  
Serif® Undercounter Lavatory

**Sink Faucet:** Kohler Merchandise  
Mart, Vas® Ceramic

**Shower/Tub Faucets/Accessories:**  
Kohler Merchandise Mart, Revival®

**Handshower:** Kohler  
Merchandise Mart, Forté®

**Tub:** Kohler Merchandise Mart,  
Memoirs®

**Toilet:** Kohler Merchandise Mart,  
Memoirs® Comfort Height™

**Sconces:** Satin Nickel, Susan  
Fredman & Associates

**Bath Accessories:** Susan  
Fredman's At Home With Nature

**Window Shades:** Roseland  
Draperies



# PRODUCT GUIDE ROOM-BY-ROOM

## THIRD FLOOR DETAILS



## THIRD FLOOR

### 21 ZEN ROOM

**Paint:** Sherwin-Williams, Eggshell, SW7031 Mega Greige

**Flooring:** Robbins Hardwood Floors, Artesian Classics, Walnut Natural

**Sconces:** Susan Fredman & Associates

**Wet Bar Cabinetry:** Terrell Goeke

**Wet Bar Counter:** PaperStone, Recycled Paper

**Wet Bar Sink:** Kohler Merchandise Mart, Poise™

**Faucet:** Kohler Merchandise Mart, Forté®

**Appliances:** Jenn-Air, Stainless Steel-Refridgerator, JFC2089HEP; Wine Cooler, JUW248RBR500; Dishwasher JDB2100ASS

**Built-In Coffee Maker:** Miele

**Barstools:** Susan Fredman & Associates

**Wine:** Juicy Wine Company

**Tall Upholstered Chair:** Susan Fredman & Associates

**Game Table and Chairs:** Primitive

**African Day Bed/Throw:** Primitive

**Rug:** Primitive

**Benches:** Primitive

**Window Shades:** Roseland Draperies

**Accessories:** Susan Fredman's *At Home With Nature*, Green Candle Holders, Letter Art

**All other Accessories:** Primitive

**Mosaic Floor Detail:** Ann Sacks

**Sconce:** Susan Fredman & Associates

**Mirror:** Susan Fredman & Associates

**Vanity:** Terrell Goeke

**Counter:** Ultimate Stone, Black Galaxy

**Sink:** Kohler Merchandise Mart, Camber® Undercounter Lavatory

**Faucet/Accessories:** Kohler Merchandise Mart, Purist®

**Toilet:** Kohler Merchandise Mart, Cimarron™ Comfort Height™

### 23 ZEN OUTDOOR PATIOS

**Coast Lounge Chair:** Henry Hall, Chestnut

**Coast Cube Side Table:** Henry Hall, Chestnut

**Landscaping:** Christy Webber

### 22 ZEN BATH

**Paint:** Sherwin-Williams, Eggshell, SW6005 Folkstone

**Flooring:** Robbins Hardwood Floors, Artesian Classics, Walnut Natural

## EXTERIOR

**Brick:** General Shale Brick

## THROUGHOUT THE HOUSE

**HVAC:** TRANE; other products include TRANE XLI 9i, TRANE FreshEffects™, TRANE Total Home Humidifiers, TRANE Total Comfort Controls and TRANE Comfort Coils

**Windows and Sliding Doors:** Pella

**Front Door:** Exclusive Windows

**Landscaping:** Christy Webber

## INTERIOR

**Paint on Trim, Doors, and Ceilings:** Sherwin-Williams, Gloss/Flat, SW7049 Nuance

**All Drapery Installation:** Primo Interiors

**All Window Shade Installation:** Roseland Draperies

**All Artwork:** Terri Tito

**Photography:** Jill Buckner Photography, Baby Parts π

