woodwork is used to create lines that emphasize the horizontal feel of the Prairie Style. The golden wood gives a pleasant warmth to every room. A long-hidden, hand-painted mural of poppies was discovered and restored and it now graces the dining room where even the china was designed by FLW. Every fixture and all of the furnishings and fabrics are either the originals or exact reproductions of Wright’s designs. This home is a national treasure and we thank Steelcase for sharing it with us again this year.

FOUNTAIN STREET CHURCH
HOSTS: THE CONGREGATION
Fountain Street Church is also celebrating an important anniversary this year - 150 years as an evolving, spiritual community centered in one of Grand Rapids’ finest examples of Romanesque architecture. This stone structure, with its beautifully-tiled floors and majestic coffered ceilings, is a landmark in our city. The members would like to welcome visitors to view their magnificent church, filled with precious Byzantine art, murals and mosaics. The history of this building and the story of the people responsible for its existence and continued growth as a progressive faith community is a fascinating one and an integral part of the history of the city itself.

THE SWEET HOUSE
HOSTS: THE SWEET HOUSE FOUNDATION
Martin L. Sweet built this ornate Italianate Style home in the early 1860’s during the Civil War era. He was successful in a variety of businesses from lumber to banking and he was the first Republican Mayor of Grand Rapids. In the early 1900’s the home was used as a music school and then a low-end boarding house before the Women’s City Club purchased it in 1927 and restored it to its former glory, adding a dining room and an auditorium. From the widow’s watch tower atop a roof with double-bracketed eaves to the portico-covered entry with its fan-light window, the façade is a work of art. The original interior has a series of intimate rooms coming off of a central hallway. Members donated exceptional antique pieces and fine art to furnish the home. The Women’s City Club no longer uses the building, but the Foundation is maintaining it as an important part of Grand Rapids’ history. It now serves as an important part of Grand Rapids’ history. It now serves as a special events venue.

THE MUSEUM SCHOOL
HOST: GRAND RAPIDS PUBLIC SCHOOLS
Gone are the stuffed, rabbit-eating foxes and the grazing moose! Today the newly-repurposed building at the corner of Lafayette and State Street is filled with eager students in a state-of-the-art learning environment. This 1938 Art Deco Style building was the home of the Public Museum for decades and more recently was used for artifact storage once the museum moved to its new downtown location. Extensive renovation was required and funding was supported by a ten million dollar grant from the Gates Foundation which recognized the program for its innovative approach to learning. The Museum School is open to students in grades 6-12 and it will celebrate the completion of its first year with students this June. GRPS invites the community to come and see the amazing transformation of the site and to hear about this exciting new learning opportunity for the children of our city.

A work of art always looks better in a beautiful frame. That is the case too, for the architectural masterpieces of Heritage Hill. Surround a home with a purple rhododendron here, a crimson Japanese maple there, add a dash of color with a statue or two and VOILA! - the colors, textures and patterns of nature, with a dash of human artistry, make for a more stunning portrait of a lovely Queen Anne home or a stately Georgian mansion. This year’s Garden Tour is scheduled for Saturday, June 15th from 9 A.M. until 2 P.M. A leisurely stroll through our neighborhood on a self-guided tour will lead you to small intimate gardens, wooded hideaways, pollinator-friendly gardens filled with blazing color and quiet retreats from the cares of the day. Over the years, more and more neighbors have been finding joy in the art of gardening and we would love to share the fruits of all the planning, planting, pruning and preening that have brought the Hill so beautifully into bloom.

Tickets will be on sale on the day of tour for $10 at Central Reformed Church at 10 College N.E., where the church has generously offered their lot for free parking. There is additional parking at Elders Helpers at 500 Cherry S.E. and at the Children’s Discovery Center at 409 Lafayette S.E. You may reserve tickets ($ 8) ahead of time at the Heritage Hill Office or by ordering online at heritagehillweb.org or by calling (616) 459-8950 up to the Thursday before the tour. See you on the garden path!
FIFTY YEARS! Time flies when you’re having fun! The founding members of the Heritage Hill Association who so earnestly fought to preserve the history and the neighborhood and the dreams of all those who believed in the neighborhood would be amazed to see how many homes have been restored, how many gardens have been planted, how safe and neighborly our tree-lined streets have become. From the beginning fifty years ago, the desire to share the beauty of these homes has been part of the mission of the Association. Since that time, you will see some of the homes, the exceptional Craftsman Style home on College Ave. that were on the very first tour half a century ago. The seven homes, one apartment and four institutions on tour this year vary in style and decor, but what they all have in common is a spirit and character that shines through after all these years. Each home is as unique as the craftsmen who built it and as different as the current owners who have added their own personal sense of design to the treasures that are now in their care. We thank all the generous neighbors who have offered to share their homes and we hope that you will help us celebrate our 50th anniversary by joining us for a tour of the BEST TOUR EVER!

545 FOUNTAIN N.E.
HOSTS: JULIE & JOHN COLVIN

231 PARIS S.E.
HOST: KAY COURTNEY

332 COLLEGE S.E.
HOSTS: CHRIS & TOM TRUESDALE

440 COLLEGE S.E.
HOSTS: JANE & REID TAYLOR

The other side of the block soon after World War II and was replaced with a commercial office building. That outdated building was razed to make room for this new structure. Visitors will be able to tour the new apartment building as well as the restored carriage house that belonged to the original home and that has been restored and is now being used as a community center for the residents.

This fine handsome home has been transformed from the pariah of the neighborhood to the grand lady she is today thanks to the vision and determination of the current owner. Built in 1875, it is the oldest house on tour this year. It was definitely showing its age when Kay began the two-year-long restoration. The highlights of the interior include a stunning oak foyer, eleven-foot, high ceilings, arched doorways and ornate woodwork throughout the home. Fireplaces are focal points in two rooms and the oak-paneling in the offices has the distinctive grain of old-forest wood. A kitchen/dining area was skillfully designed to use every square foot. The library is a folly of floor-to-ceiling oak bookcases and wrought iron railings all contribute to the grandeur of the room. As you leave, a stroll through the garden is recommended as the flowers that surround the home should be lovely at this time of the year.

少吃盐对身体有益，但过量摄入盐对健康有害。适当的盐摄入量能够帮助调节体液平衡和维持正常的血压水平，但过多的盐摄入会导致高血压、心脏病和中风等健康问题。世界卫生组织建议成年人的每日盐摄入量应不超过5克。不同地区的人群对盐的敏感度不同，例如，一些地区的人群更容易受到高盐饮食的影响而产生健康问题。为了保持健康，建议大家适量摄入盐，并选择一些低钠或无钠的食品和调味料。这不仅可以降低高血压的风险，还可以减少钠的摄入量，从而有助于预防和控制高血压。盐摄入量过高不仅影响血压，还可能增加心脏病和中风的风险。因此，减少盐的摄入量是健康饮食的重要组成部分。