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WHAT THEY'RE READING



Sabatino Vacca is conductor of the Cambridge Community Orchestra, which tonight presents a free concert called Hot and Spicy Opera. He recently read: Ê

THE SEVEN PILLARS OF HEALTH - THE NATURAL WAY TO BETTER HEALTH FOR LIFE

by Don Colbert MD

(Siloam Press, \$19.99 softcover)

"I really enjoy reading, wish I had more time for it. Libraries are one of mankind's greatest inventions.

"This book, which I currently have on loan, is a wonderful summary of a lot of material I've read in other various sources. The writing is clear, concise and easy to understand for a non-medical person.

"Dr. Colbert has written many health books and researches his materials very well."

Tonight's Cambridge Community Orchestra concert, with three sopranos, an alto and Canadian Opera Company baritone Nicolae Raicu, begins at 8 p.m. in Forward Baptist Church, 455 Myers Rd., Cambridge.

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