



NapaLife

**For those who live in Napa Valley –
and those who wish they did...**

An Insider's Look at Napa Valley

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Best bets this week

“Locals Night” at Oxbow Public Market

Oxbow Public Market will hold “Locals Night” each Tuesday evening from 5 to 8 p.m. Market merchants will offer specials such as a free side dish or specialty drink with the purchase of any main dish at Pica Pica, \$2 single cups at Three Twins Ice Cream, a free chocolate bar of your choice with the purchase of any tall bottle of the Chocolate Wine Sauce at Anette's Chocolate Factory, \$3 glasses of wine at Taylor's Automatic Refresher, the Club Flight for \$10 at the Wine Merchant, and more.

Each week, the market will feature local talent, from solo musicians to local school bands and other local entertainers. On May 20, the Market will feature a local school jazz band on the river deck.

Note, too, that the produce market has moved inside during the hot weather for the health of the veggies – and comfort of both the vendors and patrons.

It also adds a nice touch to the Oxbow Market as build out continues on Ritual Roasters and Kanaloa Seafood – and the Market searches for its last four tenants.

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Herb Alpert and Lani Hall at Opera House

Musical icon Herb Alpert and his wife, singer Lani Hall, perform a rare and cozy evening of American and Brazilian jazz at Napa Valley Opera House, Friday, May 23 at 8 p.m.

The evening features a trio of musicians: Bill Cantos on piano, Michael Shapiro on drums and Hussain Jiffrey on bass along with Alpert's trumpet.

They'll perform original arrangements of favorite American standard songs with some spicy Brazilian music in the mix.

Alpert is a legendary trumpeter as well as producer, band leader and co-founder of A&M Records.

Grammy-winning vocalist Lani Hall first rose to fame as lead singer for Sergio Mendes & Brazil '66.

The cost is \$45. Get tickets at 226.7372, www.nvoh.org or with no service charge at the Napa Valley Opera House box office at 1030 Main St., Napa.

Olive oil seminar

The California Olive Oil Council is hosting a seminar

Positively Ageless at Copperfield's

Cheryl Forberg will discuss her new book, *Prevention Positively Ageless: A 28-Day Plan for a Younger, Slimmer, Sexier You*, Saturday, May 24, at 7 p.m. at Copperfield's Books in Napa.

Forberg is a registered dietitian, professional chef, and nutritionist for the NBC reality series *The Biggest Loser*. She has written a number of books

Music on the deck at Oxbow

Oxbow Public Market brings Sounds Good to Music on the River Deck, 3 to 5 p.m. on Sunday, May 25.

Sounds Good features local female vocals and harmonies with a folk-pop style.

It is made up of three experienced musicians and vocalists, Beth Braby, Genavieve Connealy and Darleen Gardener.