

Mount Kuchumaa, the "Scared Mountain" on the Rancho's nature reserve to visit her late son Alex's favorite oak tree. As dawn breaks, knowledgeable guides take guests hiking along these serene valleys and peaks 365 days a year. Today, Rancho is a luxurious oasis of 3,000 acres where you can turn inwards and focus on your spirit and figure. Deborah promises, "In only a week you will learn that the body has an incredible ability to respond to kindness, not the least of which are rest, stretching, vigorous activities and eating well." One look at this earth mother and you are ready to start relearning, breathing, swimming and circuit training. With over 50 unique classes and a tantalizing array of organic gourmet dishes to choose from, you are good to go, at your own pace, from 6 a.m. to 6 p.m. The Bar Method, which Drew Barrymore and Anna Paquin practice is a tad challenging but Ricki Lake used it to train for Dancing with the Stars at Rancho and came in 2nd. Tai chi, yoga and pilates are adjustable so all the guests from 16 to "ever young" get to workout. Deborah's daughter, landscape designer Sarah Szekely Brightwood has created breathtaking vegetable and flower gardens. The beds of white irises, red roses, and yellow lilies along the winding brick paths, vineyards and koi ponds are all memorable. You are invited to pluck succulent fruits, greens and carrots if you're in the mood, or one of the 450 staffers will serve it to you on everything but a silver platter. Want to cook; there is a cooking school, La Cocina Que Canta, where anyone can learn to make paella, delectable dressings and healthy fish dishes with celebrated visiting chefs. The entire experience is fun and doable; the service and accommodations are impeccable. Fans of the spa include Governor Jerry Brown, Erica Jong, Bill Moyers, smart women and savvy CEO's from around the world. Why Not treat yourself? rancholapuerta.com.

ART ATTACK: UPTOWN & DOWNTOWN. Somers & Jonathan Farkas, Wilbur Ross, Celerie Kembel, Chuck Scarborough, Bunny Williams, Jamie Drake and Beth DeWoody were among the chairs of the's preview party for the Spring Art & Antique Dealers Show at the Armory. Six rescued puppies shared the spotlight with 60 booths showcasing furniture and art. A portion of the sales of animal-themed works went to our four-legged friends. Among those shopping were Mario Buatta, Duane Hampton, Harry Heissmann, Marjorie Gordon, and Arie & Coco Kopleman.

Curator Carmen Molina opened "Vitrio" by Saana Wang at the Joy Wai Galley. This show of disturbing images from China is the first in a series of 10 photography installations titled Carmina Figurata that will explore visual arts as a poetic form. Molina's show opens in June. carmenmolina.com.

Lighting artist Bentley Meeker's show "Flame to Now" at gallery nine5 explores the transformative power of light and its effect on our emotions. Meeker, the author of "Light X Design," will show at the Whitney Museum on June 4th. bentleymeeker.com.

Jenna Lash opened "Imagined Memories - A Family Album" at Synchronicity Fine Arts. The painter explores her past and how the family story shapes one's worldview. jennalash.com.

Peter Max opened his studio to Last Chance for Animals to promote a cruelty-free lifestyle. Benefit chairs Leesa Rowland & Robin Cofer sipped Medea Vodka cocktails and nibbled treats by Franchia Vegan Café. icanimal.com. ♦



Elaine Sargent
@ ASPCA Ball

Robin Cofer,
Peter Max &
Leesa Rowland
@ Last Chance
For Animals
Benefit

Michele Gerber Klein
& Bentley Meeker
@ Meeker's Opening

Jenna Lash @
her Art Opening



Christy Cashman
@ the premiere
of her film the
Love Guide



Tony Ingrao and
Randy Kemper
@ AADLA Spring
Art Show

Carmen
Molina @
the Joy Wai
Gallery

Nancy Silberk left @
Bentley Meeker's
Opening