

# JKß – JOY KROEGER BECKNER – JKß

*classical realism, from hounds to humans & more!*

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News & Journeys of Joy! :: Vol. Nineteen, Numbr Five :: Jan. 2025

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## *Coltz LOVES the BARC diet!*

Pay Now or Pay Later...

Dec. 4, 2024: Coltz' vet appointment is perfect! He is perfectly healthy on his Barc Diet! My longtime friend and Dog Guru, Charlotte Peltz, came up with a better name for Biologically Appropriate Raw Food, aka Barf. She calls it Biologically Appropriate Raw Cuisine, aka BARC! Either way, Coltz is perfectly HEALTHY & HAPPY on it.

Learn more here:

<https://joybeckner.com/living-with-your-dog/>

Dec. 6, 2024: Christmas cards arrive from friends I have known 25 and 40 years! Thank you, Margo and Donna & Ken!

In the late 70s & 80s, well before I began making sculpture, I called on music directors at high schools to help them raise money for their school trips. Donna and Ken Bodart taught chorus and band at Eureka High School and we have always kept in touch. Each year they send a photo of themselves with their pups. Margo and I go back to the beginning of Wellbridge in 1996 or 1998. Our birthdays are Dec. 16 and Dec. 17. We'll both be 80 this year! WOW! Who would have thought?

Dec. 8, 2024: I call Cheryl, a friend from Wellbridge and we agree to get together soon. Good!

When I call Michelle, another friend from Wellbridge, I learn she sold her condo and is in an assisted living place. What a shame. She sounds frail, yet always seemed so healthy.

Dec. 10, 2024: Dr. Tyler Kruppenacher, my new hand doctor, gives me a numbing shot in each middle finger knuckle followed by a cortisone shot in each. Yay! Let's hope these shots solve my two trigger fingers. ;-))

I call Derek Burrows, one of my Mac gurus to help me get my internet back on my computer at home. I believe I will have to haul my computer and my new iPhone, and my old iPhone to the Apple store to get everything working well again. Challenges, challenges.

*YAY!*

Dr. Ricardo Lopez Landeros, in San Miguel de Allende, is still making ground raw BARC food for Coltz! We will gladly buy from him!

*Good news!*

Dec. 12, 2024: My dental appointment goes well. I just need to keep doing what I am doing. Dr. Tichenor's mouthwash. ;-))



5:58pm: WOW! Whole Foods' bakers outdid themselves! This is what is left of half of a Brownie Pecan Pie after just half a day at home. It is INCREDIBLE!





Dec. 14, 2024, 10:49am: Today is drippy and rainy. Our common ground storm stream is running with white water. Apparently a very large tree limb fell recently at about 3/4 on the right. At least wind is not blowing and it is around 45 degrees.

*ZELLE!*

*My new go-to payment method*

A long time collector mailed a check Dec. 4 which has not arrived. Today she and I chose to have her pay with ZELLE! Money is in my account after around half an hour. ZELLE is my new go-to payment method for out of



town sales! Sadly, our USPS is no longer reliably fast, not even for Priority mail!

*Easy...*

My beautiful angel wing begonia is blooming!

I only feed it banana water. I place banana peels and avocado peels in my pitcher with water and water it once a week or so.



*Surprise! Dec. 17, 2024*

*I'm 80 years old today!!!*

Dec. 17, 2024: This is a rather peaceful day followed by a fun evening with our neighbors Pam & Carl at my favorite restaurant. I am GRATEFUL for all the birthday greetings sent to me. Wow! What a nice surprise to know so many people remembered! ;-)) *THANK YOU!!!*

Dec. 20, 2024: I book a night in Sherman, TX and a night in Eagle Pass, TX for our drive to San Miguel de Allende, GTO, Mexico, where Brian booked us for three months, January through March this winter.

Dec. 24, 2024, 5:13pm: I pick up my new MacBook Pro from the Apple Store and when I try to set it up, I learn they transferred the problems from my old computer to the new computer. Yikers! I do NOT want to delete all of my emails! I will have to call Derek, a Mac Guru I met in San Miguel many years ago. The GOOD NEWS is that my printer is working with my new computer. ;-))

*Merry Christmas & Happy Holidays!*

Dec. 25, 2024, 3:47pm, CDT: Merry Christmas! WOW! I just got off the phone with one of my Mac gurus, Derek Burrows, who fixed a bunch of stuff that transferred from my old Mac Book Pro to my new one. Thank you, Derek!

Time for a shower after much food preparation earlier today. Then Brian suggests I am tired and maybe we should just have pizza. Perfect! Keep it simple. We'll have turkey, sweet potatoes & parsnips and the spinach salad with apples slices, feta, pistachios and honey mustard dressing tomorrow night.

Dec. 26, 2024: Getting three months of meds is not easy...

The good news is the replacement doctor I chose last year finally sent a prescription for something to prevent a UTI while we are in Mexico. A UTI caused me to go into a-fib one winter. Drinking water is purified in big plastic jars, but shower water? Not so good. I'm happy for the new script.

## *President Jimmy Carter*



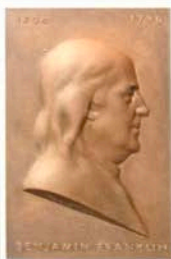
Dec. 29, 2025: President Jimmy Carter died today at age 100. He was a sweetheart. Our flags will be at half staff for 30 days in his honor.





# Works of the American Medallist Sculpture Association

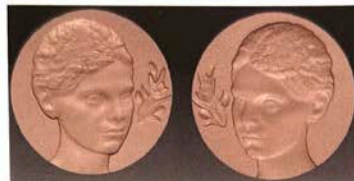
Poster 4, November 2024



Ben Franklin  
Ross Pollard



Vlad  
Roxana Nistor



Flora  
Jim Licaretz



Noir  
Eva Wohn



Hunting in the Dreamtime  
Jeanne Stevens-Sollman



Mouse Munched Medal  
Mike Meszaros



Safe Harbor  
Polly Purvis



Sleeping in the Waves  
Lindley Briggs



Balancing I  
Mashiko



The Challenger  
Jacqueline Loreio



Orea Pod  
Anne-Lise Deering



Smooth-Haired Dachshund  
Joy Beckner



Black Power  
Eugene Daub



Computer Medal  
George Cuhaj



Privacy  
Jeff Briggs



Rising Waters  
Janice MacDonald



William Bolcom  
Douglas White



Interested in becoming a member of AMSA? Scan the QR, or go to [amsamedals.org](http://amsamedals.org)



## *A Nice Surprise*

Meanwhile, a nice surprise comes in an email from AMSA, the American Medallic Sculpture Association. My *"Inspiration" Smooth* is on the latest poster! I made this medal in Wire and Long coats as well. I also made it in pewter for use as a dog show award or as a hanging ornament.

## *Happy New Year!*

Jan 1, 2025, 7:53 am, 32 degrees: We are off to San Miguel!

It's sunny with a big wall of clouds to the south.

Oh, how I wish I had been able to photograph around 50 white cows against distant greenish grass. A good memory. ;-))

Jan. 2, 2025, 4:05pm: It is 70 degrees in Brian's FJ Cruiser with bright sunshine as we head toward Eagle Pass, TX.

In Eagle Pass, we exchange dollars for pesos and then stumble across a restaurant named 'San Miguel'. Wow! Our food was fabulous! I had the Tropical Salad with 9 or 10 warm coconut covered shrimps, mixed greens, bits of mango, strawberry slices and pieces of mandarin orange, with a lemon dressing! Yum... and I have enough for lunch tomorrow! Brian is equally happy with his meal. Try 'San



Miguel” when you are in Eagle Pass! Many migrants crossed the Rio Grande here last year.

Jan. 3, 2024, 8:11am, 54 foggy degrees: After effortlessly crossing into Mexico on the international bridge, we are greeted by a gazillion autos coming into the US from Piedras Negras, Black Rock.

## *crossing the Río Grande*

9:23am: We pass through Immigration and, with our passports stamped we are on the road again. Fog has lifted on our new day.

9:36ish: Dense fog again...

12:58pm, 68 degrees: It's travel day to go back to the States! Brian thinks there are a couple of miles of backed up traffic... Whew! We are at 7100 feet altitude!

2:02pm, 73 degrees: We cannot believe the traffic heading north. Then, there is hardly any, and then there is lot again.

We pass a BYO, an inexpensive Chinese car that's name is short for Build Your Own Dreams.

## *Travel Expenses*

The cost to use a potty at a gas station along the highway is 5 pesos. Today that is .24 cents.



Motorcycles cost more at the highway quotas (toll booth) than cars. What a surprise!

5:05pm: Brian states it is dark in St. Louis. It is 64 degrees and sunny here. Most truck traffic travels north now. We are on Highway 57D. Major highways have been repaved. Nice!

6:49pm: This is the first time we have driven the very narrow two lane road from Highway 57D to San Miguel. It definitely needs to be repaved. We talk about taking another route next time so we arrive in daylight. Oh, topos mucho topos. Oops! Another Caskets to Go.



## *Along the way to San Miguel*

Tiny Los Rodriguez has many topes, speed bumps, with shops open this evening. Outdoor Shops are open and Christmas lights still twinkle.

January 7, 2025, 7:41pm: We just found our home away from home in San Miguel. Oh, will we SLEEP!...







Thank you longtime San Miguel friend Nonnie for the identity of this this gorgeous vine: Blue Trumpet vine, or Thunbergia Grandiflora.

*Bees LOVE it!!!*

Jan. 8, 2025: We meet with our longtime San Miguel friend Arlena at Francesca's which is at the entrance to Aldea where we rent this year. We met walking our dogs probably 24 years ago when we all rented in the San Antonio neighborhood. Arlena is quite keen for age 85!





Jan. 11, 2025: Whew! I finally feel up to writing, It has been so cold in the little casita we are renting.

*Fires, Fires, Fires...*

It's a sad day for those in California who have lost their homes. We should all count our blessings that we are safe from fires.

Jan. 12, 2025: This morning I feel up to zooming a foam rolling class with Diana, a dear teacher from our Wellbridge days.

The electric heater next to my yoga mat feels quite comfortable.

This afternoon Brian holds Coltz while I clip his nails. Yay! No Blood!

4:32pm: Brian just walked Coltz, came in and, again, had to get out of this tiny casita. He said it is WINDY. I'm just trying to clear off our table and get receipts into my computer, receipts etc.

The location of this rental in Aldea is quite good, however it has no TV. We had become used to watching movies after dinner at home. It will be interesting to see if we find a 24" diagonal Smart TV soon. At least a little has been written...

*ugh...*

My credit card was compromised just as we got into Mexico. I cannot update my Microsoft Excel. I need to update my supplements/medications list.



Jan. 11, 2025: Brian surprises me with a lovely bouquet.

*Thank You!!!*



Jan 15, 2025: I find the Ancha location for LaConnexion where we are having our mail forwarded. Street numbers here are not in consecutive order. Weird.

Yesterday a young man stated it was all the way out by City Market, THAT is a LONG walk for me with a-fib. At least I got three checks mailed. ;-))



Tonight I meet with Sharon Draper, our former land lady and good friend we've known for about 20 years for dinner at Hecho en Mexico. Brian meets with his motorcycle buddies.

I wish I had taken a picture of Sharon. Our friend Nonnie is above.

Jan. 16, 2025: Yay! We dine with Nonnie and Ed Markeset at El Pegaso. As it turns out, this was the first restaurant they went to when they first moved to SMA around 20+ years ago. It's the first restaurant we remember going to, too.



January 17, 2025, 5ish: Brian and Coltz, Friday late afternoon...





My favorite hand carved doorway at the end of our block.



WE MUST ACCEPT  
FINITE DISAPPOINTMENT,  
BUT NEVER LOSE *INFINITE HOPE.*

MARTIN LUTHER KING JR.

Hageel Ministries



Jan. 20,  
2025: I pack  
10 days of  
supplements  
and meds. At  
home, our  
counter is  
bigger and I  
pack at least  
twice this  
many.



Jan. 21, 2025: I contact Lynne Dahlen regarding an ad in the upcoming DCA Newsletter. I NEED to retire.

Jan. 23, 2025, 9:41am: Brian takes Coltz to be neutered by our good San Miguel vet, Dr. Ricardo Lopez Landeros. We'll pick him up tomorrow morning. It's sunny today and feels like 60 degrees outside. 60 degrees inside too. Air quality? Not perfect.

Jan. 26, 2025, 3:03pm, 77 degrees and mostly sunny: Inside? 63-64 degrees... Temps are looking up! ;-))

*Great News!*

I have been asked to create a page about my medals in a forthcoming book by AMSA, the American Medallic Sculpture Association. Fortunately, Ross Pollard with AMSA, said he can pull images and articles from my site for the book. Thank you, Ross!

*YAY!*

Jan. 29, 2025: We each get haircuts by Lawrence. On the drive home we see our friends Karen & Jim Quinn outside Karen's sister's gate. Nice surprise.

Jan. 30, 2025: Our inside temperature is finally up to around 67-68 degrees. Ahhhh... Comfort!





Jan. 30, 2025: Happiness is having a clean, neutered boy! Coltz is home from his bath. Thank you, Brian!!! Coltz is shown on our small patio/entrance into our apartment. I do like the tile floor.

**This afternoon, I take my first Pilates class since we got here. Sue Lawrence is an excellent teacher. I'm so glad to have found her probably ten or twelve years ago...**



*"The greatest gift you can give to anyone is LOVE"*

*I send good wishes for good health!*

*Thank you for being in my life!*

*Sincerely, Joy*

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[info@joybeckner.com](mailto:info@joybeckner.com) ..... <https://joybeckner.com>

*We will continue to be out of town through*

*April 1.*

*I will send more news before April 1.*

*Happy New Year!*

*Happy Valentine's Day!*

*Joy*