



The Golden View

The Community Newspaper For Adults 55 Plus

January, 2026

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Ohnward Fine Arts Center Announces 2026 Season

by Rich Hall, Executive Director, Ohnward Fine Arts Center



In a small Iowa town, something remarkable happens when a community decides the arts matter. The Ohnward Fine Arts Center in Maquoketa stands as proof that quality cultural experiences don't require a big-city address.

This volunteer-based nonprofit arts organization has carved out a distinctive role in eastern Iowa's cultural landscape. Rather than simply booking shows and opening doors, Ohnward creates a space where live entertainment, arts education and creative expression intersect with everyday life.

Below is a list of our upcoming shows.

Miracles of the Mind
Hypnotist Mentalist
January 24

Bad Medicine
Bon Jovi Tribute Band
February 14

A Peace of My Heart
Janis Joplin Tribute
March 21

The Highway LIVE
April 18

Real Love
Kenny and Dolly
May 16

The Wichita Lineman
Glen Campbell Tribute
June 20

The Legendary Ladies
of Country Music
July 18

Black & White Night
Roy Orbison Show
August 15

Heartache Tonight
Eagles Tribute Band
September 12

Joseph Hall ELVIS
Reflections of the King
October 17

A Nashville Country Christmas
November 28

Reba Dolly and Friends
Featuring Brooke Byam
New Years Eve
Thursday, December 31

Maquoketa has so much to offer. Maquoketa, Iowa, is a must-visit for nature enthusiasts, offering the stunning Maquoketa Caves State Park with its unique cave systems and scenic trails. Maquoketa's quaint downtown is a charming area that offers a delightful mix of shops, restaurants, and historic buildings. You can enjoy a unique shopping experience with local merchants who hand-select their inventory, providing a variety of specialty items you won't find in regular stores. Additionally, Maquoketa's rich history and vibrant arts scene provide a charming backdrop for a memorable visit.

For tickets or any other information on the Ohnward Fine Arts Center please call 563-652-9815. Box office hours are 9:00 AM - 1:00 PM Monday through Friday. Or check us out online at www.ohnwardfineartscenter.com where you can also purchase tickets! Stop in and see a show. You won't be disappointed!

Honor Flight of Dubuque and the Tri-States Announces Upcoming Flights

by Perry Mason, Hub Director,
Honor Flight of Dubuque and the Tri-States



of Dubuque and the Tri-States

Honor Flight of Dubuque and the Tri-States is pleased to announce the schedule of two flights for Monday and Tuesday, May 11 and 12 of 2026. The trip is open to all Veterans who served from 1975 and older with priority given to WWII veterans, followed by those serving in the Korean Conflict, the Cold War, and the Vietnam War. Terminally ill veterans from any war are given top priority. Anyone that wore a uniform and served, whether state side or overseas and who was not dishonorably discharged are invited to apply to participate in Honor Flight.

It is an exciting day for the veterans, and this no-cost, once-in-a-lifetime tour is a "thank you" for the service they rendered and the freedoms they secured for Americans as well as people around the globe, when serving in the U.S. military.

The cost to send a veteran on this trip is approximately \$700; however, funds to provide this trip, provided at no cost to qualified veterans, come from a grateful public. There

is no funding from federal, state, or local governments. Volunteer guardians who travel with the veterans are asked to contribute \$500 to cover a portion of their expenses.

The Honor Flight of Dubuque and the Tri-States is a 501C3 non-profit organization accepting donations by check to:

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Donations are also accepted in person at all DuTrac Community Credit Union locations.

For additional information or to apply, please visit www.honorflightdbq.org.



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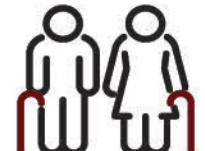
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January 7 at 11 AM
Guttenberg Library
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PLATTEVILLE, WI
January 13 at 11 AM
Country Inn
630 S. Water Street

DUBUQUE, IA
January 19 at 6:30 PM
Holiday Inn Express
2080 Holliday Drive

DARLINGTON, WI
January 22 at 11 AM
Johnson Public Library
131 E. Catherine Street

MAQUOKETA, IA
January 8 at 11 AM
AmericInn
1910 Nairn Drive

LANCASTER, WI
January 15 at 11 AM
Sleep Inn & Suites
1600 S. Madison Street

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Metoprolol Prescription for Palpitations Exacerbates Anxiety

DEAR DR. ROACH: I just discontinued using metoprolol succinate extended release (ER) at a dosage of 6.25 mg. My heart rate is normally in the 70-80s, and my blood pressure is normal. My doctor prescribed it for palpitations, but it seems totally unnecessary. My issue is that I am experiencing tachycardia of over 100 beats every single night as well as dry mouth.

Could this be anxiety? And do you think an antidepressant like Zoloft or Paxil would help? I had a Holter monitor, which showed nothing wrong with my heart. The palpitations were sporadic only when I was anxious.

I stopped metoprolol because it exacerbated my anxiety and caused me depression as well as panic attacks. My doctor prescribed me 1 mg of Ativan to take at bedtime, but I am very scared of getting addicted to it. So, I thought maybe an antidepressant would help instead. My doctor prescribed 25 mg of Zoloft, but I want another opinion. — **S.S.**

ANSWER: Generalized anxiety disorder is a common problem and may be associated with panic attacks (sometimes depression as well). The most common and highly effective medication treatment for

generalized anxiety disorder, with or without panic attacks, is an SSRI-type drug like sertraline (Zoloft). Therapy is another option, and the two together are more effective than they are separately.

Metoprolol is an effective treatment for the fast heart rate that some people get when they have anxiety, and metoprolol by itself is helpful for many people who have anxiety. (The high heart rate can make people feel even more anxious.) However, it sounds like metoprolol did not work for you. There is a small increased risk of depression among people who take beta blockers like metoprolol.

In my opinion, lorazepam (Ativan) is not a good long-term choice for an anxiety disorder, but it can still be helpful in some people while they're waiting for another treatment to start working (such as therapy or a medicine like Zoloft). It takes six to eight weeks to reach maximum effectiveness.

Addiction is not an issue when both the patient and prescriber agree that it will be only used as a short-term treatment. For Zoloft, 25 mg is a low dose, and some people need higher doses (sometimes much higher) to control their symptoms.

DEAR DR. ROACH: Why shouldn't you use antibiotics for a cold? — **T.Y.A.**

ANSWER: There are two main reasons. The first is that antibiotics are effective against bacteria; they're not effective against the viruses, which are the cause of colds. It is true that a person (or their doctor) cannot be 100% sure whether they have a virus, but people are generally pretty good about knowing when they have a cold.

The second is that resistance to antibiotics has become a major issue in medicine. There are now strains of bacteria that

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are resistant to all antibiotics, and I have seen patients die because their bacteria were resistant to all the antibiotics we have. Using antibiotics less often and for shorter durations is a major goal to reduce the rate of antibiotic resistance. (Antibiotic use in animals that are raised for food is a major issue as well.)

Patients can help by not asking for (or demanding) antibiotics for what are almost certainly viral infections.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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The Golden View

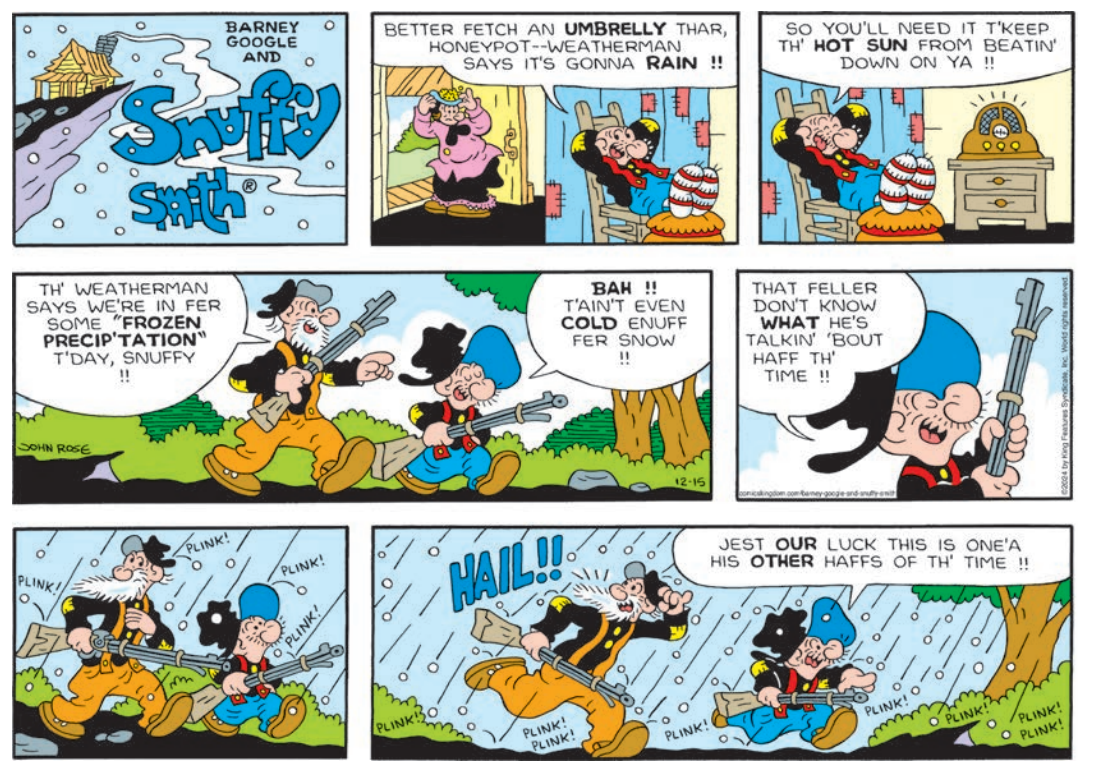
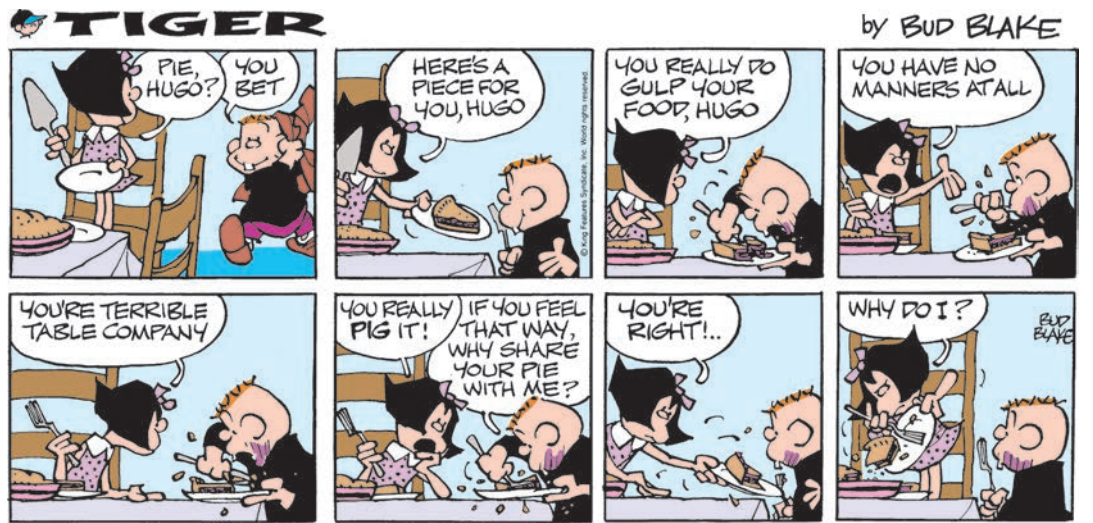
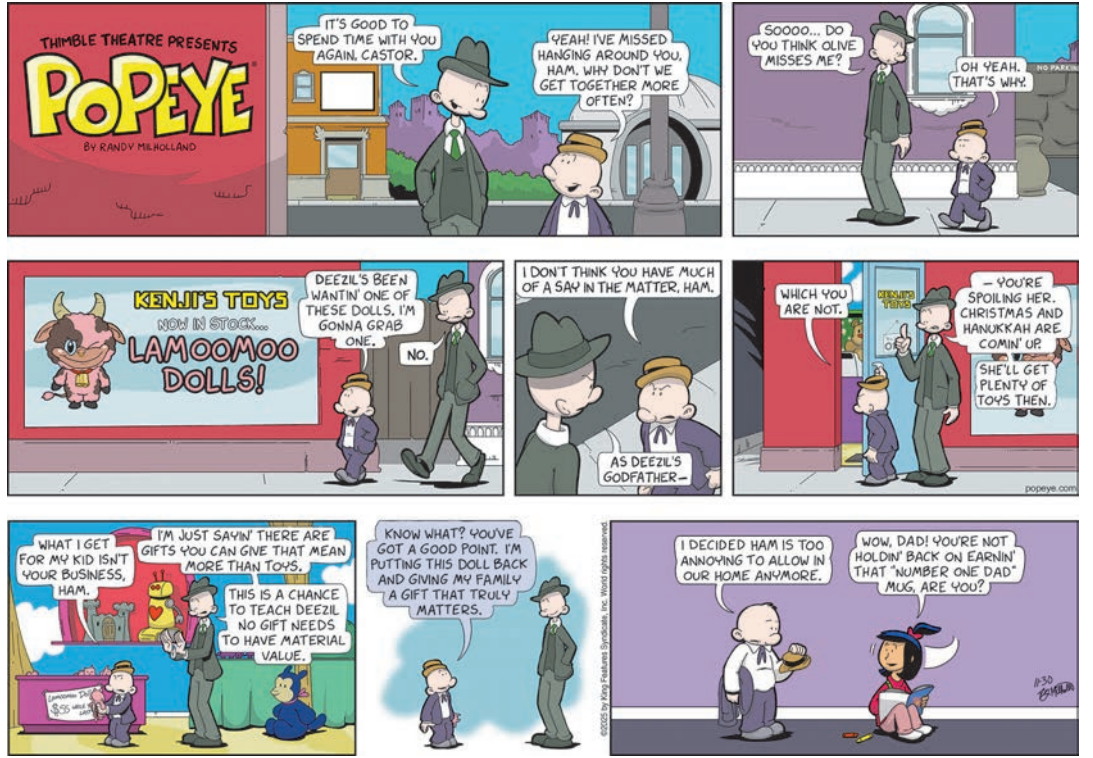
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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+	8	+		= 13			
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	-		×		= 6			
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Go Figure! Answer on Pg. 16

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STICKELERS [sic].
by Terry Stickels

Find a word and its anagram that can be filled into the blanks below.

The prime minister told his secretaries that they had been working under the misguided _____ that governance of the southern provinces was under their jurisdiction. Those five provinces had been given _____ years ago to make their own regional regulations.

Stickelers Answer on Pg. 16
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King Crossword

ACROSS

- 1 Touse
- 5 Resistance unit
- 8 Prego rival
- 12 Bickering
- 13 Zodiac animal
- 14 Pub orders
- 15 Tabula —
- 16 Sheer fabrics
- 18 Santiago resident
- 20 Playful sea critter
- 21 Mormon church, for short
- 22 Top card
- 23 Army bigwigs
- 26 Scolding
- 30 "Humbug!"
- 31 Cooking fuel
- 32 French pronoun
- 33 Upbeat
- 36 Rose protector
- 38 Weeding tool
- 39 Spanish gold
- 40 Parlor pieces
- 43 Bar exercises
- 47 Trailblazing congresswoman
- 49 Power co. supply
- 50 Suffix for million
- 51 "Levitating" singer Lipa

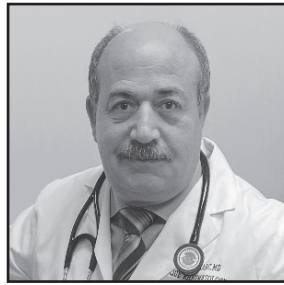
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50						51				52		
53						54				55		

- 52 Poet Teasdale
- 53 Rolling stone's lack
- 54 Lair
- 55 Threaded fastener
- DOWN**
- 1 Artist Chagall
- 2 Beehive State
- 3 Spanish ayes
- 4 Stable enclosures
- 5 Killer whales
- 6 Virtuoso violinist Hilary
- 7 2001, to Cato
- 8 Traveled the rapids
- 9 Oodles
- 10 Hereditary unit
- 11 Cold War initials
- 17 Central points
- 19 Asner and Harris
- 22 Sounds of relief
- 23 Telly network
- 24 Fan's cry
- 25 Sashimi fish
- 26 Automobile
- 27 "As I see it," in a text
- 28 Fish-fowl insert
- 29 Tom Collins liquor
- 31 "My word!"
- 34 Stages
- 35 Ritzy
- 36 Part of TNT
- 37 Truthful
- 39 "Holy cow!"
- 40 Con job
- 41 Columbus' home
- 42 Evergreens
- 43 Crossword hint
- 44 — Bator
- 45 Lima's land
- 46 "Shoo!"
- 48 Quirky

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Planning for a Christmas puppy

DEAR PAW'S CORNER: I know you're probably going to scoff at this, but we want to give our kids a puppy for Christmas. The whole cute scene by the Christmas tree, and all. This isn't a last-minute decision, as we have been talking about it for several months. We feel that our children, who are 10 and 8 years old, are old enough to play a role in the puppy's care and training. Of course, we will take the lead in all matters. My husband researched the best family-friendly breeds, and we've contacted three different breeders to tell them our plan. What do you think? — *Zoey in Knoxville, Tennessee*

DEAR ZOHEY: You'll get no scoffing from me. If there's a "right" way to give kids a

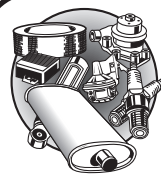
Christmas puppy, this is it. Rather than a spur-of-the-moment decision, you're both putting a lot of thought and planning into this. You have a realistic view of the kids' contribution to the puppy's care and training. You are talking with multiple breeders and communicating your plans to them. This is the responsible way to bring a new pet home.

Be ready for the wrinkles, however. You're adopting a living thing, and they grow by their own schedule. Good breeders will emphasize that they don't guarantee puppies will be ready for homes by a specific date, so have a contingency plan if the puppy isn't mature enough to come home on Christmas Eve. Your kids will be just as thrilled, and you can stage the "reveal" later so you can capture those family photos.

Building a little flexibility into your puppy plan will give you the opportunity to pick the exact breed of dog you'd like, and to meet the puppy ahead of time to determine its temperament.

Send your tips, comments or questions to ask@pawscorner.com.

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COME CHAT with ME

by S. E. Persinger



The rewards of a smile can be filed in the heart. Recently I went to the Davenport, IA, Mall for a salon appointment. But before my appointment I bought a cup of coffee from a shop called The Kitchen. I sat on a bench by the shop to enjoy my coffee as well as a cookie I had brought from home. I was enjoying my coffee when I spotted a mother wheeling her young child in a stroller. I could see that the small boy was looking at me as he was passing by. When he saw me, he gave me the biggest toddler smile I have ever seen, and he waved his tiny hand. He didn't know me and I didn't know him but a bond was made at that moment. I think he had seen my smile first and returned his smile immediately. I had received a free gift. I stored that smile in my memory bank and it would never be taken out.

This event reminded me of the Mona Lisa painting of Leonard da Vinci that he kept with him his entire lifetime. Her smile is timeless. There have been a number of stories as to why the painting of her smile was the target of Leonardo's paint brush. He was a genius at his work. He was not only a

painter but was talented as a musician, architect, anatomist and several other worldly talents. I know I appreciate his painting of the beautiful Mona Lisa smile.

I guess in all fairness I should mention that many times I have read of the multi talented artists that can bring a smile to our faces just by a painting a no smile picture. I believe Grant Wood did this deed in his American Gothic It is from the original picture of the John Curry sod house near old West Union, Nebraska, photograph by S. D. Butcher in 1880's. Grant loved to paint picture scenes from Iowa's past and present. His painting of the couple with the pitch fork in hand was certainly not one of a smiling couple. Actually, they appear to be a pleasant couple just posing for the artist Grant Wood. Grant got a lot of mileage out of that picture. He had given his couple a rural image and this played a big part in some of other paintings. Actually, I can see the hidden smile in the couple's faces. They just held their smiles in for the picture!

I heard somewhere that it takes more muscles to frown than it takes to smile. That is a good thought because my muscles have left town! So from now on I am going to smile more. Would you like to join my club? You can be the boss.

CHARMER, CONFIDANTE, OR CONSPIRATOR? THE EMERGING PROBLEM OF "AI PSYCHOSIS"

Tuesday, February 10, 6:30 - 8:00 pm via Zoom



Join Dr. Marlynn Wei, MD, JD, as we explore how AI chatbots, while offering support, also pose psychological risks like emotional dependence and delusional thinking.

Dr. Wei will share how these technologies impact our minds, emotions, and relationships, drawing on research and real-world examples.

\$5 per person; please register by noon on Friday, February 6th.

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He who would leap high must take a long run.

—Danish Proverb



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You can buy chickpea flour plain or blended with other gluten free flours. A 1/4-cup serving of chickpea flour contains 120 kilocalories, 21 grams carbohydrate, 5 grams fiber, 1.5 grams fat, and 5 grams protein. Key nutrients include folate, copper, and manganese. This flour has a fine texture. The nutty, mild flavor works well for sweet products.

Lentil flour is the most nutrient-dense pulse flour. You can combine it with other flours, such as almond or brown rice, in sweet and savory recipes. A 1/4-cup serving of lentil flour contains 170 kilocalories, 29 grams carbohydrate, 14.5 grams fiber, 0.5 grams fat, and 12

grams protein. Key nutrients include folate, iron, manganese, and potassium.

Green pea flour has a mild, almost sweet flavor. It is slightly lower in calories than other flours. A 1/4-cup serving of green pea flour contains 100 kilocalories, 18 grams carbohydrate, 8 grams fiber, 0 grams fat, and 8 grams protein. Key nutrients include folate, iron, thiamin, and zinc. Be aware that this flour will turn baked goods green!

Lupin flour is another good source of plant-based protein. A 1/4-cup serving of lupin flour contains 110 kilocalories, 12 grams carbohydrate, 11 grams fiber, 2.5 grams fat, and 11 grams protein. This flour also promotes the "good gut bugs." Individuals with peanut or soy allergies should be cautious about consuming items prepared with lupin flour. This flour should be blended with other flours to offset the bitter favor.

Source:

The Ultimate Guide to Pulse Flours,
www.todaysdietitian.com.
Adapted from Iowa State University
Extension and Outreach Words On
Wellness, December 2020

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An Uplifting Moment
with **Rev. David J. Claassen**
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Living Life for the Greatest of Purposes

Captain Steve Scheibner has a huge following on social media that includes me. He has been a commercial pilot for over 30 years. He shares on social media his professional insights and opinion as to what happens with the various aviation incidents that make the news.

Captain Steve recently retired as a pilot, grateful for all the years he's been able to fly. It might have been different.

On the afternoon of September 10, 2001, he had accepted an assignment to fly a plane the next morning from Boston's Logan airport to Los Angeles. Later, he found he was bumped from the flight by a pilot, Tom, who had more seniority. The flight was American Airlines Flight 11, the first of the two planes that were hijacked and flown into the twin towers.

Watching his aviation videos, I wasn't aware that Captain Steve is a committed follower of Jesus Christ. In the video titled "In My Seat," he shares

his purpose of life, which he had written down years before 9/11.

His purpose of life? "It's to seek, trust, and glorify God through humble service and continual prayer. To raise up qualified disciples as quickly as possible that one day I might hear God say, 'Well done my good and faithful servant!'"

Steve says that "the events of September 11 took that life objective I already had and it intensified it for me. I need to live like I'm living on borrowed time, because I am. I can look and see my smoking hole [where Flight 11 smashed into the tower]. I saw where I should have died but I didn't."

Steve goes on to share, "Somebody died in my place, not once but twice. That's where God comes into the whole thing for me. Tom sat in the very seat on that plane that I was qualified to sit in, and by all rights, that was my seat that day. I should have been in that seat."

"But Tom didn't die for my sins. You see God sent His own Son to die for my sins. Jesus Christ was the other one who died in my place. And He hung and He bled, and He suffered on a cross to pay a price for me."



"So, one guy sat in a seat I should have sat in, the other hung and bled on a cross. One is far more significant than the other. That's not to trivialize what happened to Tom. It's to elevate and glorify what God

An Uplifting Moment cont. Pg. 11

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THE ILLUSTRATED BIBLE

Now Mary arose in those days and went into the hill country with haste, to a city of Judah, and entered the house of Zacharias and greeted Elizabeth. And it happened, when Elizabeth heard the greeting of Mary, that the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit. Then she spoke out with a loud voice and said, "Blessed are you among women, and blessed is the fruit of your womb!"

LUKE 1: 39-42

Detail from "Two Women" by Fernand Léger (1922)



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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Bethlehem (KJV) in the Old or New Testament or neither?
2. Where did the angel Gabriel appear to Mary saying, "Blessed art thou among women"? *Nazareth, Tyre, Ninevah, Gazi*
3. With perhaps two different biblical answers, who was the father of Joseph? *Jacob/Heli, Gideon/Ishmael, Solomon/Nahum, Samuel/Pilate*

4. Which Old Testament prophet predicted Jesus would be born in Bethlehem? *Amos, Obadiah, Micah, Nahum*
5. For the journey to Bethlehem, how did Mary and Joseph travel? *Bible not specific, Cart, Rode donkey, Small raft*
6. Which of these wasn't a gift from the wise men (Magi)? *Silver, Myrrh, Gold, Frankincense*

ANSWERS

(1) Neither, (2) Nazareth, (3) Jacob/Heli, (4) Micah, (5) Bible not specific, (6) Silver

More than 1,200 brand-new trivia questions in Wilson Casey's latest book "Quest for Bible Knowledge" available in bookstores and online.

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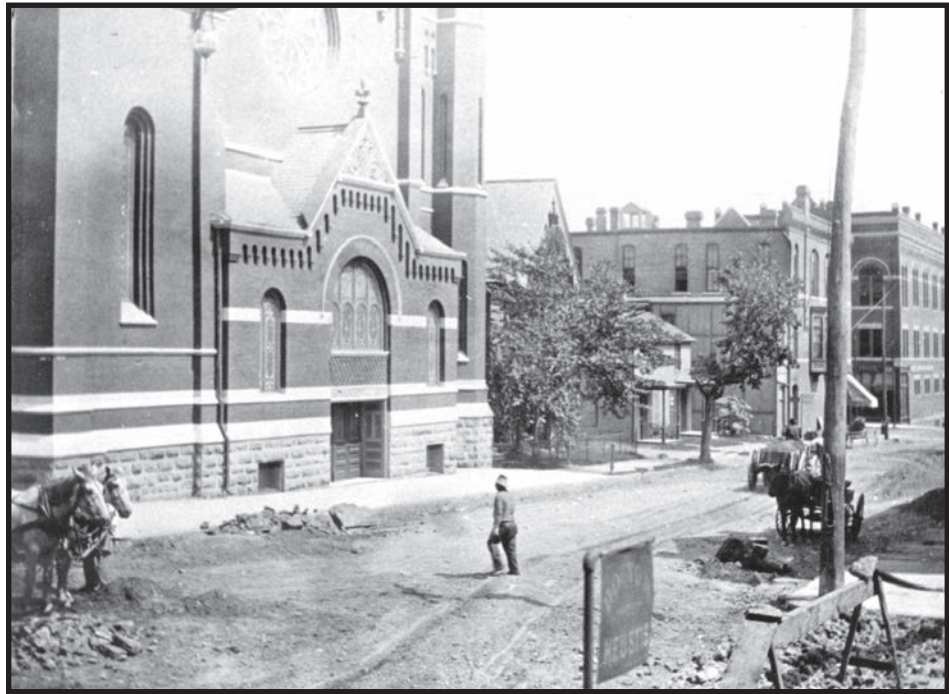

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YESTERDAY AND TODAY
 BY MICHAEL GIBSON



This ca.1900 photo, at 10th & Locust, shows street construction with the First Congregational Church in the background. The cornerstone was laid in 1856, but the sanctuary was not completed until 1860. The small sign in the foreground reads "Doctor Heustis" a prominent physician, but it must be an advertisement because he never lived on Locust Street and his office was in the B & I Building. (Courtesy of the Loras College Center for Dubuque History, OHE p.64 Neg. 5735).

Yesterday & Today cont. Pg. 9

Trivia test by Fifi Rodriguez

1. TELEVISION: What is the name of the bloodhound featured on the sitcom "The Beverly Hillbillies"?
2. HISTORY: Which Chinese dynasty mostly built the Great Wall?
3. MOVIES: Which 2003 movie is about juveniles who are sentenced to work at a desert camp?
4. MUSIC: Which famous song begins with the line, "Hello darkness, my old friend..."?
5. ANATOMY: What's another name for the patella?
6. GEOGRAPHY: What is the capital of Chile?
7. FOOD & DRINK: Who perfected

- the Champagne method?
 8. GENERAL KNOWLEDGE: What are the national flowers of Japan?
 9. LITERATURE: Who wrote the novel "Love in the Time of Cholera"?
 10. SCIENCE: Which wire is usually the main "hot" one in electrical work?

Answers

1. Duke.
2. The Ming dynasty.
3. "Holes."
4. "The Sound of Silence" by Simon & Garfunkel.
5. Kneecap.
6. Santiago.
7. A Benedictine monk named Dom Perignon.
8. The cherry blossom and the chrysanthemum.
9. Gabriel Garcia Marquez.
10. Black, although red also can be hot in two-wire circuits.

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FABULOUS FRIDAYS ARTISTS SERIES 2026
St. Luke's United Methodist Church
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St. Luke's United Methodist Church is proud to present our 34th season of Fabulous Fridays, which begins on January 9 and concludes on March 27, 2026. This popular series began in 1992 with musicians from St. Luke's. Over the years these informal downtown performances have grown to include hundreds of local, regional, and nationally recognized artists.

is available. Our winter weather policy is that if the artist can get there, the show is on.

Performances will be live-streamed, with the performers' permission, and can be found at stlukesdbq.org/fabulousfridays.

SCHEDULE

- January 9** St. Luke's artists: Sue Hattel, clarinet; Otto Krueger, trumpet; Ann Duchow, violin; David Patterson, cello
- January 16** Dr. Keisy Peyerl Xavier, piano
- January 23** Dr. Evelyn Dias, piano
- January 30** Dr. Sharon Jensen, piano; Elisa Cooper, piano
- February 6** Marcus DeJesus, classical guitar
- February 13** Clarke Vocalists and Dames of Dubuque - Amanda Huntleigh, director
- February 20** Addilyn Dolan, bassoon; Renaissance Recorders - Dave Overby, director
- February 27** Chuck Bregman, piano
- March 6** Dr. Charles Barland, organ
- March 13** University of Dubuque Choir - Kristen Eby, director
- March 20** Ralph Kluesman, piano and vocals
- March 27** Potosa Strings - Ann Duchow, director

St. Luke's is located at the corner of 12th and Main in Dubuque, Iowa. Performances are in the sanctuary and begin at noon and conclude at 12:30 p.m. Many in the audience enjoy time together after the performances in the church's South Hall, where beverages and desserts are available. The performances, beverages, and desserts are free, but baskets are provided for contributions to People In Need and our St. Luke's Food Ministries. The alley entrance to the church is handicap accessible for those with accessibility needs. Metered street parking

FLASH BACK
POP, ROCK & SOUL TRIVIA
 BY MICK HARPER

1. Which group released "You Really Got Me"?
2. Mel Carter had two hits that topped the charts. What were the songs?
3. Who wrote and released "Coming Up"?
4. Who released "Sowing the Seeds of Love"?
5. Name the song that contains this lyric: "When I see her comin' down the street, I get so shaky and I feel so weak, I tell my eyes look the other way."

- guitar sound was created by slicing open the speaker on the amp and sticking pins in it for the vibration. They named the amp "little green."
 2. "Hold Me, Thrill Me, Kiss Me" in 1965, and "Band of Gold" in 1966.
 3. Paul McCartney, in 1980. He recorded the song at his Scotland farm one track at a time, beginning with drums, then guitars and finally vocals. John Lennon called that the "freaky version."
 4. Tears for Fears, in 1989.
 5. "I Go to Pieces," by Peter and Gordon, in 1965. Written by Del Shannon, it was the duo's first song that hadn't been written by two of the Beatles, John Lennon and Paul McCartney. The song made it to the top 10.

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Answers

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