# June 4, 2015

**COASTAL LIFE** Living Locally Gala

Lower Nehalem Community Trust celebrates the local area

**FEATURE** 

**TRAVEL** Skamokawa

A Venice village on the lower Columbia River

**Goonies Day Weekend** 

Astoria celebrates the 30th anniversary of the film June 4 to 7

DINING

Mouth of the Columbia

Firehouse Grill in Seaside makes simplicity sing



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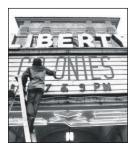






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### on the cover

A worker hangs the marquee letters for "The Goonies" at the Liberty Theater in Astoria in 1985.

Daily Astorian file photo

See story on Page 10

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## Astoria walking and writing workshop offered in August

ASTORIA — "All truly great thoughts are conceived while walking," wrote the philosopher Friedrich Nietzsche, and perhaps he was right.

Many people take walks to nurture their creative minds. There is nothing quite like walking on the beach, along a river, or around town, for inspiration and reflection. A new idea or fresh insight may emerge. The mind may empty altogether. One never knows what can result when a person begins walking and thinking. As the novelist Thomas Mann wrote, "Thoughts come clearly while one walks."

Author, educator and Nestucca Spit Publisher Matt Love is a habitual walker and has written many books and essays in his mind while walking. "Walking is essential to my creative process," he says. "I write up most of my ideas during my walks and then sit down later and let them flow onto the page."

Love developed a unique ambulatory writing workshop because, "I thought other writers and creative minds might enjoy experiencing my process to see if it could help them get started or unstuck, he said.

During the workshop, students will take a series of short walks around Astoria, alone and in groups, and then go through a variety of writing exercises seeking to unlock the creative mind and provide

Coast Weekend welcomes comments and contributions from readers. New items for publication consideration must be submitted by 10 a.m. Tuesday, one week and two days before publication.

#### To submit an item, contact Rebecca Sedlak

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Submitted photo

Author Matt Love will teach a walking and writing workshop in August.

participants with interesting new avenues to approach writing or other creative endeavors. The workshop should also appeal to junior and high school English teachers looking for innovative methods to teach nonfiction writing.

The workshop will be held at the Fort George Brewery Lovell Showroom from 9 a.m. to 4:30 p.m. Saturday,

Aug. 22, with an hour break for lunch. The cost is \$75. Email Love at nestuccaspitpress@gmail.com to register. The class will be capped at 15 participants.

