



So, you want to amplify your advocacy message? Sounds like it's time to write an OpEd or Letter to the Editor! The AAP has tips on how to craft an effective LTE or OpEd in their online [Advocacy Guide](#).

Below are some resources for the most widely circulated Maine newspapers where you may consider submitting your letter.

If your letter is published, be sure to send a copy to dee.kerry@maineaap.org so we can share it on social media, and consider sending a copy to your elected representatives for additional impact!

Portland Press Herald

Letter to the Editor: max 250 words (online submission: <https://www.pressherald.com/reader-services/letters-editor/>)

Maine Voices Column (OpEd): 550-650 words; must include author's name, address, and daytime phone number (email to mainevoices@pressherald.com)

Bangor Daily News

Online submission: <https://www.bangordailynews.com/submit/>

Letter to the Editor: max 250 words (may also email directly to letters@bangordailynews.com)

OpEd Commentary: Max 650 words (may also email directly to OpEd@bangordailynews.com)

Lewiston SunJournal

Online submission: <https://www.sunjournal.com/letters-to-the-editor/>

Letter to the Editor: Max 250 words

OpEd Column: Max 700 words, must be exclusive to the SunJournal

Rebuttals to LTE/OpEds published in the last 2 weeks: Max 450 words

Kennebec Journal & Morning Sentinel

Letter to the Editor: Max 300 words (submit online: <https://www.centralmaine.com/letters-editor/>)

Maine Compass Reader-Submitted Column: 650-750 words; must include author's name, address, and daytime phone (email to letters@centralmaine.com)