

How to Write A Great Letter to the Editor:

Keep it short. Stay within the publication's rules—likely no longer than 250 words. This may seem very short, but shorter letters are the most effective. Get to the point. Also, many people will stop reading after the first paragraph, so put your best material at the top!

Tell *your* story. Begin the letter with a brief story about you or someone you know. People can argue with your positions, but they can't argue with your experience. Describe how this issue has affected you, your family, a coworker or a friend. Make it personal.

DON'T worry about delving policy. There is not enough room in 250 words to make a nuanced policy argument. When using facts and numbers, use only one or two, and choose the most powerful. A long string of facts and information is not an argument.

Make a call to action. End your letter with a specific call to action to your local lawmakers or community members. Your LTE will only be effective if it gets others to take action!

Sign your letter. Be sure to write your full name (and title, if relevant) and to include your address, phone number, and e-mail address. Newspapers won't print anonymous letters, though in some cases they may withhold your name on request. They may also call you to confirm that you wrote the letter before they publish it.

Get ready to submit. You should submit your letter to one paper only -- so decide which is the best choice for you. If you're looking at a very local issue, it might be your hometown paper; if it's something broader that impacts the whole state, it would likely be one of the bigger papers like the Press Herald or the Bangor Daily News.

Just press send! This might be the most difficult part of publishing a letter to the editor. All too often, we spend too much time wordsmithing and hoping the perfect combination of words will appear. The best LTEs and the ones published are the ones that are authentic, personal and have been submitted. Papers are looking for local content to feature, you've got something you care about, it's a perfect match!

Publications

Here's a list of Maine daily and prominent local weekly newspapers. Note: It is important to keep your submission within each publication's guidelines for length. Typically, newspapers reject submissions that exceed their requirements. Make sure to include your name, your town, and a telephone number. If the newspaper decides to publish your LTE they'll call you to make sure you wrote the letter. Good luck!

Daily newspapers

- **Bangor Daily News:** (250 words for LTE or 650 words for OpEd)
You can submit your LTE online [via this form](#). This will link to a form that you can fill out online. If you'd rather submit an email than fill out a form, send letters to the editor to letters@bangordailynews.com and opinion columns to OpEd@bangordailynews.com.
- **Portland Press Herald:** (250 words for LTE)
Submit your LTE online [via this form](#). "Maine Voices" columns (600-700 words) should include the author's name, address and daytime phone number. They may be emailed to: mainevoices@pressherald.com.
- **Kennebec Journal and Morning Sentinel:** (300 words for LTE)
Letters sent using the [form at this link](#) are emailed to the letters editor of the Kennebec Journal and Morning Sentinel. Reader-submitted "Maine Compass" columns (650-750 words) in the Kennebec Journal and Waterville Sentinel should include the author's name, address and daytime phone. Columns may be emailed to: letters@centralmaine.com.
- **Lewiston Sun Journal:** (250 words for LTE.)
Submit your LTE online [via this form](#). OpEds are limited to 700 words and must be exclusive to the Sun Journal for publication. Writers should display an authoritative knowledge on the subject on which they are commenting. Writers are restricted to one published op-ed every six months.
- **The Times Record:** (350 words for LTE; 600-800 words for guest commentary.)
Submit your LTE online [via this form](#) or submit by email to letters@timesrecord.com

Weekly newspapers

- **Weeklies aligned with Lewiston Sun Journal:** Advertiser Democrat, Bethel Citizen, Franklin Journal, Livermore Falls Advertiser, Rangeley Highlander, Rumford Falls Times. (250 words for LTE). Submit online [via this form](#).
- **The Forecaster:** (300 words for LTE; 600 words for guest commentary).
The Forecaster is a regional weekly newspaper in southern Maine that's distributed for free. It publishes several different versions, including "The Forecaster" covering the city of Portland; "Northern Forecaster," which covers the towns north of Portland; "Southern Forecaster," which covers South Portland, Cape Elizabeth and Scarborough; and "Coastal Journal," which covers Bath, Brunswick,

Harpswell and Topsham. Letters and guest columns should be emailed to editor@theforecaster.net. All letters and guest columns must include the writer's name, town of residence and a telephone number, for confirmation purposes only. Letters and guest columns must be received by noon the Friday before publication.

- **The Ellsworth American:** (350 words for LTE). Submit your LTE via email to news@ellsworthamerican.com.
- **The Mount Desert Islander:** (350 for LTE; 500 words for Viewpoint commentary) Submit your LTE or commentary via email to news@mdislander.com.
- **The County: Aroostook Republican; Houlton Pioneer Times; The Star-Herald:** (350 words for LTE) Submit your LTE via email to nepleters@nepublish.com.
- **The Camden Herald:** (350 words for LTE) Submit your LTE via email to editor@villagesoup.com.
- **The Republican Journal** (Belfast) Submit your LTE via email to news@villagesoup.com.
- **The Courier-Gazette** (Rockland) Submit your LTE via email to news@villagesoup.com.
- **Free Press** (Rockland/Camden/Belfast area). Submit your LTE by Noon on Thursday via email to copyedit@freepressonline.com.

For a full list of weekly newspapers in Maine, see the media list maintained by the [Natural Resources Council of Maine](#).