

How to Submit an op-ed or Letter to the Editor

Nowadays, letters or op-eds should almost always be submitted by email. If you happen to know the opinion editor at a certain newspaper, or a friend who knows that editor, that rarely hurts; send it directly to him or her. Otherwise, see the list below.

Include a brief bio and explanation of the project/ assignment along with your email address and Animas High School at the bottom beneath your “signature”. For an op-ed, use a succinct cover letter to establish why you are qualified to write this piece. Explain (very briefly!) why the issue is important and why readers would care.

Be sure to attach the article!

Student Example:
To Whom it May Concern:

My name is [redacted] and I'm interested in submitting my op-ed article on the death penalty. This was an assignment that our teacher, Ashley Carruth, gave to the Junior class at Animas High School in Durango, CO. We had to do extensive research about the different viewpoints of a certain political issue. Then we had to form our solution or form of justice, clearly explaining our stance through the op-ed article. Being a citizen and representative of the United States, I felt it was important to take an international view in regards with the death penalty. I felt the U.S. should abolish the death penalty as it goes against the image of the U.S. being a progressive country. I have cc-ed my teacher, Ashley Carruth if you have any questions regarding this project. Thank you for your consideration and keep on writing fantastic articles.

Sincerely,
Name

Animas High School
phone: 970-243-4444
email: [use your animas high school one!](#)

Where to Submit

The following pages contain contacts and guidelines for the 101 highest circulation newspapers in the United States. Note: many publish extended web editions with room for far more opinion content than the print editions. Check newspaper sites for such opportunities.

Beyond newspapers, you might look into national publications that might be of interest:

LOCAL Newspapers

1. *The Quill* (they will select only a few to include in their publication):

quill@animashighschool.com

2. *The Telegraph* (they will select only up to five to include in their publication)

telegraph@durangotelegraph.com

Telegraph letters must be limited to 750 words

3. *The Herald*: email meg@durangoherald.com

TOP NEWSPAPERS, BY CIRCULATION

****The contact information may not be up to date for all of these publications. You can always go directly to the newspaper and search for how to submit an op-ed/letter to the editor***

1.	USA Today	Op-Eds: 600-800 words. Fact-based approach. Include background information--qualifications for writing about subject, basic contact information. E-mail the Forum Page Editor at theforum@usatoday.com (No attachments). (circ. 2,220,863) Glen Nishimura, Opinion Page Editor, gnishimura@usatoday.com, 703-854-4426 Letters: 250 words or less. Include name, address, phone, and submit online at asp.usatoday.com/marketing/feedback/feedback-online.aspx?type=18 or e-mail editor@usatoday.com.
2.	Wall Street Journal	Op-Eds: 600-1200 words, double-spaced. Must be strong argument about issue in news, not response to Journal article. Exclusive use of your article is required and the paper reserves 10 working days to keep it under consideration. Include cover letter, name, address, phone, fax, e-mail. E-mail edit.features@wsj.com or fax 212/416-2255. (circ. 2,106,774) Tunku Varadarajan, Opinion Page Editor, tunku.varadarajan@wsj.com, 212-416-2565. Go to opinionjournal.com/guidelines/ for more information. Letters: 300 word limit, must relate to story or editorial in WSJ--include date, headline and page number of article, city where writer is located. E-mail wsj.ltrs@wsj.com or fax 212/416-2255.
3.	New York Times	Op-Eds: Suggested length is 650 words, but articles of any length will be considered. The Times will respond within one week if the op-ed is to be published. Cannot return unused submissions. Op-eds can be on any topic, but not a response to Times article. Please include name, title, phone number, and address. Op-eds can be e-mailed (in body of e-mail) or faxed. Fax: 212/556-4100, E-mail oped@nytimes.com or The Op-Ed Page, 229 W. 43 rd St., New York, NY 10036. (circ. 1,121,057) David Shipley, Opinion Page Editor, dshipley@nytimes.com, 212-556-7735. For further guidelines go to nytimes.com/ref/membercenter/help/opedsubmit.html or call for recorded instructions: 212/556-1831.

		Letters: 150 words or less, exclusive to Times, refer to article within past 7 days, include author's phone numbers, address e-mail to letters@nytimes.com or Letters to the Editor/ The New York Times, 229 W. 43 rd St., New York, NY 10036. Fax: 212/556-3622.
4.	Washington Post	Op-Eds: 750-1000 words, must be written exclusively for The Post. Writers must include work and home phone numbers, an address and job title if applicable. E-mail oped@washpost.com. Fax: 202/334-5269. Mail: Editorial Page Editor, 1150, 15 th St., NW, Washington, DC, 20071. Courier to 1515 L St., NW, Washington, DC 20071. Allow 2-5 days for decision. Check submissions at 202/334-7471 or 202/334-7470. (circ. 751,871) Fred Hiatt, Opinion Page Editor, hiattf@washpost.com, 202-334-7281. Outlook (Washington Post Sunday commentary section) Susan Glasser, Editor, glassers@washpost.com, (202) 334-6053 Or Steve Luxenberg, Opinion Page Sunday Editor, outlook@washpost.com, 202-334-7348. Guidelines: http://projects.washingtonpost.com/opeds/submit/ Letters: Do not send attachments, include contact info. and, if sending by mail, signature. Submit by e-mail letters@washpost.com or mail to Letters to the Editor, The Washington Post, 1150 15 St. NW, Washington, DC 20071. The Post is unable to acknowledge letters it does not publish.
5.	Los Angeles Times	Op-Eds: 700 word limit. Exclusive use required. Please give the newspaper 10 days to consider the submission. Manuscripts cannot be returned unless accompanied by a self-addressed, stamped envelope. Submit by e-mail at op-ed@latimes.com or fax: Nicholas Goldberg, 213/237-7968. Call 213/237-2121 for complete submission information. (circ. 902,164) or go to: http://www.latimes.com/oe-howtosubmitoped,0,4524067.story Nicholas Goldberg, Opinion Page Editor, oped@latimes.com, 213-237-7807 Bob Sipchen, Opinion Page Sunday Editor, bob.sipchen@latimes.com, 213-237-3412 Letters: 250 words or less, must include mailing address, phone number, signature. Letters must be written in plain text without attachments. E-mail letters@latimes.com. Call 800/LATIMES ext. 74511 for more information.
6.	Christian Science Monitor (Boston, MA)	Op-Eds: Prefer less than 750 words; more than 1,200 words risks being disqualified purely out of lack of staff time to edit it. Exclusive use required; if chosen, you will be called to verify, and you will be included in the editing process. If you haven't heard back within 48 hours for articles pegged to news events, or within 2 weeks for articles without a news peg, feel free to submit your piece elsewhere. Submit to opinion editor Josh Burek, joshW@csmonitor.com, 617-450-2452, or via fax to 617/450-2317. Prefer completed submissions rather than queries. For further guidelines, go to http://www.csmonitor.com/About/Contributor-guidelines. Letters: 200 words or less, include your first and last name, city and state, and telephone number. All letters to be published are subject to editing/condensing. Submit online at csmonitor.com/cgi-bin/encryptmail.pl?ID=CFF0C5E4.
7.	Philadelphia Inquirer (PA)	Op-Eds: approx. 700 words, include phone number, mailing address. Submissions by e-mail: oped@phillynews.com, or by mail: Commentary Page Editor, Philadelphia

		Inquirer, Box 41705, Philadelphia, PA 19101 or fax: 215/854-5884. Letters: approx. 200 words, same contact information as above. If about specific regional issue, refer to inquirer.philly.com/opinion/edweb_e-mailaddresses.asp for more detailed information. For general letters, submit by e-mail: Inquirer.Letters@phillynews.com, fax: 215/854-4483 or mailing address above (addressed to Letters Editor).
8.	Chicago Tribune (IL)	Op-Eds: Manuscripts may be submitted to the op-ed page by fax: 312/222-2598, or e-mail: ctc-COMMENT@tribune.com. (circ. 573,744) Marcia Lythcott, Opinion Page Editor, mlythcott@tribune.com, 312-222-4198 Letters: include phone numbers, address. Submit by e-mail: ctc-TribLetter@Tribune.com, fax: 312/222-2598, mail to Voice of the People, Chicago Tribune, 435 N. Michigan Ave., Chicago, IL, 60611 or online at chicagotribune.com/news/opinion.
9.	Daily News (New York, NY)	Op-Eds: 550 words or less. Include address and phone numbers. Submit by fax: 212/643-7828, e-mail: nobrien@edit.nydailynews.com, or mail: Daily News, Attn: Robert Laird, 450 W. 33rd St., New York, NY 10001. (circ. 715,052) Nancy O'Brien, Opinion Page Editor, nobrien@edit.nydailynews.com, 212-210-1912 Letters: the shorter the letter, the more likely to get published. Include name, address, phone number. Submit by e-mail to voicers@edit.nydailynews.com.
10.	New York Post (New York, NY)	Op-Eds: 500 words or less. The Post prefers op-eds to be faxed or mailed. Mr. Cunningham also encourages individuals to call and discuss their ideas for op-eds with him. The Post very rarely uses info. from PR-type organizations. Be selective in what is sent because he stops considering pieces if he's "received too much junk." E-mail: cunningham@nypost.com; mail: 1211 Avenue of the Americas, New York, NY 10036-8790 or fax: 212/930-8542. (circ. 686207) Mark Cunningham, Opinion Page Editor, cunningham@nypost.com, 212-930-8539 Letters: submit online at nypost.com/postopinion/letters/letters_editor.htm or e-mail letters@nypost.com. Include name and basic contact information with all submissions.
11.	Star Tribune (Minneapolis)	Op-Eds: 800 words or less. Prefer writers exclusive to the state. Submit to Eric Ringham, Op-Ed Editor, via e-mail: opinion@startribune.com; fax: 612/673-4359 or mail: Opinion Editor, Minneapolis-St. Paul Star Tribune, 425 Portland Ave. South, Minneapolis, MN 5548. Letters: 250 words or less, include all contact information and a signature. All letters become the property of the Star Tribune and if chosen, will be published within a month. Send to Editorial Department at same address above.
12.	Rocky Mountain News	Op-Eds: 650-700 words. All items submitted should have a local connection. E-mail: letters@RockyMountainNews.com. Send both plain text and attachment. Include name, basic contact info.

	(Denver, CO)	Letters: The shorter, the more likely it will be printed. Include all contact information. Mail: Letters to the Editor, Rocky Mountain News. P.O. Box 719, Denver, CO 80201. Fax: (303) 892-2568. E-mail: letters@RockyMountainNews.com .
13.	Houston Chronicle (TX)	Op-Eds: 600 words or less. The subject matter of the article should be of specific interest to the local area. The writer should have a demonstrated expertise in the subject matter area. Attachments accepted, include full contact and byline information. E-mail: viewpoints@chron.com , fax: 713/362-3575 or regular mail (address below). (circ. 554,783) James Gibbons, Opinion Page Editor, james.gibbons@chron.com , 713-362-7520 Letters: 250 words or less, must have all contact information. Submit by e-mail: viewpoints@chron.com , fax: 713/362-3575 or mail to: Viewpoints, c/o Houston Chronicle, PO Box 4260, Houston, TX 77210.
14.	Newsday (Long Island, NY)	Op-Eds: 700-800 words. Viewpoints occasionally publishes unsolicited opinion essays. Include name, phone numbers, address and e-mail. Submit as open text to oped@newsday.com . Editor will contact you if essay is to be published. (circ. 459,305) Noel Rubinton, Opinion Page Editor, noel.rubinton@newsday.com , 631-843-2313 Leslie Seifert, Opinion Page Sunday Editor, leslie.seifert@newsday.com , 631-843-2907 Letters: 250 words or less. Must mention relevant political, financial or other interest in subject, Newsday does not return submitted letters or accept e-mails as attachments. Include all contact information. Submit to letters@newsday.com or by fax 631/843-2986 or 718/793-6422 or send to Letters Editor, Newsday, 235 Pinelawn Rd., Melville, NY 11747.
15.	Dallas Morning News (TX)	Op-Eds: Less than 750 words. Include daytime phone number and mailing address. Submit by e-mail: viewpoints@dallasnews.com . (circ. 519,014) Keven Ann Willey, Opinion Page Editor, kwilley@dallasnews.com , 214-977-8253 Sharon Grigsby, Opinion Page Editor, sgrigsby@dallasnews.com , 214-977-8494 Letters: Less than 200 words. Include address and phone number. Submit via e-mail to: letterstoeditor@dallasnews.com , online form at dallasnews.com/cgi-bin/lettertoed.cgi , fax: 972/263-0456 or regular mail: Letters from Readers, The Dallas Morning News, Box 655237, Dallas, TX 75265.
16.	Chicago Sun-Times (IL)	Op-Eds: 650 word limit. Topic must relate to an issue currently in the news and be exclusive to the Chicago area. Please include full name, address and telephone number. Send plain-text e-mail to shuntley@suntimes.com or fax submissions: 312/321-2120. (circ. 487,480) Steve Huntley, Opinion Page Editor, shuntley@suntimes.com , 312-321-2535 Letters: letters@suntimes.com . Include full name, phone number and address.
17.	San Francisco Chronicle (CA)	Op-Eds: 650 words or less. Contact Op-Ed editor John Sullivan. E-mail is the best way to submit: forum@sfchronicle.com or fax: 415/543-7708. Subject line of e-mail should read - "For Open Forum." No attachments. (circ. 505,022). Jim Finefrock, Opinion Page Editor, jfinefrock@sfchronicle.com , 415-777-7923. For further guidelines, go to sfgate.com/chronicle/submissions .

		Letters: 200 words or less. Editor prefers e-mail submissions, does not accept attachments: letters@sfcchronicle.com or fax: 415/543-7708.
18.	Arizona Republic (Phoenix)	Op-Eds: To submit My Turn Columns under 600 words for the main Opinion page, mail: My Turn, The Arizona Republic, PO Box 2244, Phoenix, AZ 85002; e-mail: my.turns@pni.com; fax: 602/444-8933. For more information, call 602/444-8499. (circ. 413,268) Dan Nowicki, Opinion Page Editor, dan.nowicki@arizonarepublic.com, 602-444-6899 Letters: 200 word limit, must be signed, include daytime phone number, mailing address, submit online: www.azcentral.com/arizonarepublic/help/contact.html#editor or mail to Letters to the Editor, The Arizona Republic, P.O. Box 2244, Phoenix, AZ 85002. Letters may also be faxed to 602/444-8933 or e-mail: opinions@arizonarepublic.com.
19.	Boston Globe (MA)	Op-Eds: 750 words or less. Marjorie Pritchard is responsible for the content of the op-ed page. She can be contacted by phone, mail or fax. Boston Globe, PO Box 2378, Boston, MA 02107-2378 Phone: 617/929-3041 fax: 617/-929-2098. E-mail: oped@globe.com (circ. 451,471) Marjorie Pritchard, Opinion Page Editor, m_pritchard@globe.com, 617-929-3041 Nick King, Opinion Page Editor, n_king@globe.com, 617-929-2838 Letters: limit 200 words. Include all contact information. E-mail: letter@globe.com or mail to Letters to the Editor, Boston Globe, P.O. Box 55819, Boston, MA 02205-5819 or fax to 617/929-2098. For more information, go to bostonglobe.com/newsroom/Editorial-Opinion/letterstoeditor.stm.
20.	Miami Herald (FL)	Op-Eds: 600 words or less for weekly editions of the paper. Longer pieces may be utilized for the Sunday edition but rarely if unsolicited. Published submissions are to be used exclusively for the Miami Herald. E-mailed submissions are preferred. You will only be notified if the paper will be using your piece. E-mail: HeraldEd@herald.com or oped@herald.com. Letters: include name, address, phone number, e-mail to HeraldEd@herald.com (no attachments), mail to The Readers' Forum, The Miami Herald, 1 Herald Plaza, Miami, FL 33132-1693 or fax 305/376-8950.
21.	Star-Ledger (Newark, NJ)	Op-Eds: 800 words or less. Include name, address, phone number. Submit by e-mail: oped@starledger.com or fax 973/-392-5845. Letters: 200 words or less, e-mail elletters@starledger.com or mail to 1 Star- Ledger Plaza, Newark, N.J 07102 or fax to 973/392-4040.
22.	Atlanta Journal-Constitution (GA)	Op-Eds: 750 words or less. All submissions should be exclusive to other papers in Georgia, Florida, and the Carolinas. Include name, address and phone. Fax to 404/526-5611. E-mailed submissions are preferred: dbeasley@ajc.com. Letters: 150 words or less, include basic contact info. Submit letters online at ajc.com/opinion/content/opinion/letters/index.html or e-mail letters@ajc.com.
23.	San Diego Union- Tribune	Op-Eds: 700 words or less. Submissions should be about something in the news

	(CA)	that would be of interest to area resident, sign if faxed or mailed. E-mail: bill.osborne@uniontrib.com or opinion@uniontrib.com fax: 619/260-5081 or mail: Opinion Editor, The San Diego Union-Tribune, PO Box 120191, San Diego, CA 92112. Letters: published according to ratio of letters expressing given side on issues. No more than one letter per author per 120 days. Submit by e-mail: letters@uniontrib.com or fax or mail to above contacts (address to Letters Editor).
24.	Plain Dealer (Cleveland, OH)	Op-Eds: 900 words or less. Please include a cover letter explaining who is submitting the op-ed and the relevance of the issue. E-mail: forum@plaind.com or mail/fax to same information below. Letters: 250 words or less, include full contact information, submit online form at www.cleveland.com/plaindealer/lettertoeditor.ssf e-mail: letters@plaind.com, mail to Letters to the Editor, Cleveland Plain Dealer, 1801 Superior Ave., Cleveland, OH 44114 or fax 216/999-6209.
25.	Oregonian (Portland,OR)	Op-Eds: 600 words or less, preference given to short essays on "highly topical issues or themes of particular relevance to the Pacific Northwest, Oregon, and the Portland Metro area." Special expertise a pre-requisite on national or international matters. Send plain-text by e-mail to oped@news.oregonian.com. Or fax: 503/294-4193. Letters: 150 word limit, include address and daytime phone. Submit by e-mail to letters@news.oregonian.com, fax: 503/294-4193 or by mail: Letters to the Editor, The Oregonian 1320 SW Broadway Portland, OR 97201.
26.	Detroit Free Press (MI)	Op-Eds: 750- 800 words, and prefers local writers, issues and angles. The Free Press provides stipends for published columns. Please include a complete address and both day and evening telephone numbers. E-mail: editpg@freepress.com, submit by mail or fax to contacts below. Letters: 200 words or less, subject to editing. Does not accept e-mail attachments--include letter in body of e-mail. Must include full mailing address and phone numbers. Anonymous letters, letters to third parties and letters to other publications will not be considered. Submit to letters@freepress.com or Editor, Detroit Free Press, 600 W. Fort, Detroit, MI 48226 fax: 313/222-6774.
27.	St. Petersburg Times (FL)	Op-Eds: The Times very rarely uses op-eds, but those submitted should be 750 words or less. Submit by e-mail, text only, to: gailey@sptimes.com; Fax: 727/893-8675. Letters: 200-300 words, E-mail: letters@SPTimes.com. Include name, address, phone, e-mail address in body of e-mail, signature if possible.
28.	Denver Post (CO)	Op-Eds: 650-700 words, should address specific issues, not refer to previously published items. Must include full name, home address, e-mail address and phone

		numbers for verification. No attachments. Mail: Guest Commentary, The Denver Post, 1560 Broadway, Denver 80202; Fax: 303/820-1502; E-mail: openforum@denverpost.com. Letters: Limit 200 words on topics of general interest. Must include full name, address, e-mail address, and day/evening phone numbers for verification. Mail: The Open Forum, The Denver Post, 1560 Broadway, Denver 80202; fax: 303/820-1502; e-mail: openforum@denverpost.com.
29.	Orange County Register (CA)	Op-Eds: Prefer 650 words for daily (M-F) op-ed section or 850 words for weekly "guest columns" section. Must be topical and make case through evidence and facts. Most likely to publish local focus, single issue, well-supported articles written by local author. Also prefer articles that agree with editorial page's "commitment to individual liberties and limited government." E-mail op-eds to commentary@ocregister.com, columns editor Chris Reed at PO Box or fax listed below. Letters: should be around 150 words. Submit to Letters Editor Betty Talbert by e-mail: letters@ocregister.com, or mail to PO Box 11626, Santa Ana, CA 92711 or fax: 714/796-3657.
30.	Investors Daily	Does not accept unsolicited opinion pieces.
31.	St. Louis Post-Dispatch (MO)	Op-Eds: should be approximately 500 words. Preference given to Illinois and Missouri authors, others not ruled out. E-mail as text: letters@post-dispatch.com or fax 314/340-3139. Letters: 250 words or less, mail to Letters to the Editor, St. Louis Post-Dispatch, 900 North Tucker Blvd., St. Louis, Mo. 63101, e-mail letters@post-dispatch.com or fax above number.
32.	Baltimore Sun (MD)	Op-Eds: Should be approximately 700 words. E-mail: commentary@baltsun.com. If you would like to follow up, call Mr. Block at 410/-332-6051. Fax: 410/332-6977. Letters: The Sun welcomes letters of 250 words or less. All letters become property of the Sun, which reserves the right to edit them. Include name, address, day and evening telephone numbers. Mail: Letter to the Editor, The Sun, PO Box 1377, Baltimore, MD 21278-0001; Fax: 410/332-6977; or E-mail: letters@baltsun.com.
33.	Sacramento Bee (CA)	Op-Eds: 550-600 words. E-mail opinion@sacbee.com. Submit in plain text, with lines between paragraphs (no attachments) or mail P.O.Box 15779, Sacramento, CA 95852. Include name, address and daytime phone. Call Jewel Reilly, Op-Ed editor 916/321-1913 with any questions. Letters: 200 words, reference article in Bee if possible, refer to issue covered within last two weeks, include name, mailing address, daytime phone. E-mail opinion@sacbee.com or fill out online at sacbee.com/static/live/opinion/letters_form.html.

		Questions: John Hughes, Letters Editor 916/321-1906.
34.	San Jose Mercury News (CA)	Op-Eds: 650 words or less. E-mail: letters@mercurynews.com. Direct questions and submissions for the commentary page to Jim Braly, 408/920-5475; Mail: 750 Ridder Park Dr. San Jose, CA 95190; or fax: (408) 271-3792. Letters: include name, address and phone. E-mail letters@mercurynews.com or send to 750 Ridder Park Dr., San Jose, CA 95190.
35.	Kansas City Star (MO)	Op-Eds: 800 words or less. E-mail: oped@kcstar.com or mail to Charles Coulter, Opinion Page Editor, The Kansas City Star, 1729 Grand Blvd., Kansas City, MO 64108. For more information, contact Charles Coulter 816/234-4476. Letters: 150 words, E-mail letters@kcstar.com or mail to The Kansas City Star, Letters, 1729 Grand Blvd., Kansas City, MO 64108. Please include your full name, address and daytime phone number with anything you send.
36.	South Florida Sun-Sentinel	Op-Eds: Prefers 800 words or less, but will consider a submission of up to 1,000 words if it is about an important issue. They also prefer e-mailed submissions. Fax: 954/-356-4559; E-mail: kguy@sun-sentinel.com. Letters: 200 words or less; should include name, address, phone, and signature. E-mail (no attachments) letter@sun-sentinel.com or submit online at sun-sentinel.com/news/opinion/sfl-letterseditor.customform.
37.	Milwaukee Sentinel (WI)	Op-Eds: Open submissions should be 700 words or less and include both day and evening phone numbers along with an address. E-mail: jsedit@journalssentinel.com. Letters: The Journal-Sentinel generally only accepts Letters to the Editor of 200 words or less. Include full contact information. More information and form to submit online: jsonline.com/news/editorials/submit.asp, or e-mail jsedit@journalssentinel.com or mail to The Milwaukee Journal Sentinel, P.O. Box 371, Milwaukee, WI 53201.
38.	Orlando Sentinel (FL)	Op-Eds: 700 – 750 words; E-mail: insight@orlandosentinel.com. Do not submit by fax. Mail: “My Word”, Orlanda Sentinel, 633 N. Orange Ave, Orlando, FL 32801-1349. Letters: 200-250 words or less and include name, address and daytime phone. E-mail: insight@orlandosentinel.com, Fax: 407/-420-5286 or Letters to the Editor, Orlando Sentinel, 633 N. Orange Ave., Orlando, FL 32801-1349.
39.	Times-Picayune (New Orleans, LA)*	Op-Eds: The Times Picayune rarely prints unsolicited op-eds, but those submitted should have a local angle and around 800 words or less. Include name and phone number. E-mail: ttroncale@timespicayune.com. Letters: 200 words or less, include contact information. E-mail: letters@timespicayune.com, no attachments. All submissions become Times-Picayune property and will not be returned.

40.	Indianapolis Star (IN)	Op-Eds: 800 words. Prefers local writers, but outside writers on national/international topics are okay. Tear sheets of published pieces are sent to writers. Make sure e-mail indicates that the piece is intended for Lichtenberg and the op-ed page. This newspaper's owner also owns Indianapolis News. Editors will respond in two weeks to submissions they intend to print. E-mail: stareditor@starnews.com; Fax: 317/656-1435 Mail: Jane Lichtenberg, Op-Ed Page Editor, P.O. Box 145, Indianapolis, IN 46206. Letters: fax above or e-mail at stareditor@starnews.com, or mail to Letters to the Editor, Indianapolis Star, P.O. Box 145, Indianapolis, IN 46206.
41.	Boston Herald (MA)	Op-eds: 650-800 words. E-mail: oped@bostonherald.com or fax: 617/542-1315. Include all contact information. Letters to the editor should be e-mailed to: Letterstoeditor@bostonherald.com or faxed to 617/542-1315.
42.	Columbus Dispatch (OH)	Op-Eds: 700-800 words. Submit via e-mail to the Forum Page Editor at forum@dispatch.com. No attachments. Fax: 614/461-8793. Letters: 200 words or less. Typed submissions are preferred, all may be edited. Signature, address, daytime phone numbers are required. Please specify a date if there's a reference to previous article on letters. Submit to letters@dispatch.com; Mail: Letter to the Editor, Columbus Dispatch, 34 S. 3 rd St., Colombus, OH 43215; Fax: 614/461-8793.
43.	Pittsburgh Post-Gazette (PA)	Op-Eds: 600-800 words of particular interest in the local area, but willing to consider longer pieces. E-mail opinion@post-gazette.com, no attachments. Letters: 250 words or less. E-mail letters@post-gazette.com or mail to Letters to the Editor, Pittsburgh Post-Gazette, 34 Blvd of the Allies, Pittsburgh, PA 15222, fax: 412/263-2014. To submit online: post-gazette.com/contact/comments_form.asp?ID=40.
44.	San Antonio Express-News (TX)	Op-Eds: Comments should run no more than 600 words and should follow the rules for letters. E-mail: letters@express-news.net; Fax: 210/-250-3465. Letters: 250 words or less; and should address a single issue. Letters must be signed -- no initials or pseudonyms. Include a correct address and daytime telephone number for verification (but not publication). Letters will be edited for clarity, length, taste and legal reasons. E-mail: letters@express-news.net; Fax: 210/250-3465; Mail: Letters, c/o Express-News, P.O. Box 2171, San Antonio, TX 78297.
45.	Charlotte Observer (NC)	Op-Eds: Submit your op-ed pieces to the same mailing address, fax number and e-mail as letters to the editor with "op-ed" in the subject heading.

		Letters: Letters typically address a single idea and do not exceed 150 words. Please sign (unless you are using e-mail or computer fax) and include your address and daytime telephone number. They edit for brevity, grammar and clarity, and they reject letters published elsewhere. They cannot return or acknowledge letters not used. Published letters will appear in paper and electronic format. Send letters to The Observer Forum, The Charlotte Observer, P.O. Box 30308, Charlotte, NC 28230-0308 or fax them to 704/358-5022. Letters can also be emailed to opinion@charlotteobserver.com.
46.	Star-Telegram (Fort Worth, TX)	Op-Eds: 800 words or less, prefers timely issues that are of particular interest in the region. Mail: Op-Ed Page Editor, Box 1870, Fort Worth, Texas 76101, fax: 817/390-7831. Submissions via e-mail are preferred: letters@star-telegram.com. Letters: Send as e-mails with a full name, address and daytime phone number. They should be concise, to the point and original - no form letters, please. Writers are limited to one a month. E-mail: letters@star-telegram.com.
47.	Detroit News (MI)	Op-Eds: must be exclusive in Detroit metro area. 600-750 words are ideal. Send by e-mail to jhadden@detnews.com or comment@detnews.com or fax to 313/222-6417 or mail to Richard Burr, Associate Editor / Features, Editorial Page, 615 W. Lafayette Blvd., Detroit, Michigan 48226. Preference given to local and state topics by Michigan writers. Letters: preference 250 words or less, include all contact information. E-mail: letters@detnews.com; or fax 313/222-6417; or mail: The Detroit News, Letters, Editorial Page, 615 W. Lafayette, Detroit, MI 48226.
48.	Tampa Tribune (FL)	Op-Eds: 500-750 words. Submissions should be about an issue that is of interest in the local area. Include name, address, title, phone number and "any information that you think would be needed for footer info." E-mail: ngordon@tampatrib.com. Letters: 150 word limit, include daytime phone and address. Submit your letter online: http://tampabayonline.net/letters.htm; mail: P.O. Box 191, Tampa, FL 33601-4005; or e-mail: tribletters@tampatrib.com.
49.	Buffalo News (NY)	Op-Eds: Columns for My View, The View from Canada, and Surroundings may be submitted to the Editorial Page Editor, The Buffalo News, One News Plaza, P.O. Box 100, Buffalo, NY, 14240. Alternatively you may fax your column to 716/856-5150 or you may send an e-mail to EditPage@buffnews.com. Maximum number of words is 630. More information at buffalonews.com/contact_us/guidelines.asp#news_everybody. Letters: No more than 200 words, sign and include phone number and address. Write to Everybody's Column, The Buffalo News, One News Plaza, P.O. Box 100, Buffalo, NY, 14240; or fax to 716/856-5150; or e-mail to LettertoEditor@buffnews.com; or submit online:

		www.buffalonews.com/contact_us/submit_editorial.asp?type=news_everybody .
50.	Louisville Courier-Journal (KY)	Op-Eds: 500-700 words. Prefers to receive by fax: 502/582-4066 by e-mail to Keith Runyon at krunyon@courier-journal.com. Letters: 200 words or less, mail to Readers Forum, The Courier-Journal, P.O. Box 740031, Louisville, Ky., 40201-7431 or e-mail your letter to cjletter@louisv02.gannett.com; submit online: courier-journal.com/cjconnect/edletter.htm; or fax 502/582-4155.
51.	Seattle Times (WA)	Op-Eds: 750 word maximum, must be exclusive to Seattle Times, preference given to local writers and issues. Submit to Lee Moriwaki, The Seattle Times, P.O. Box 70, Seattle, WA 98111, fax it to 206/382-6760, or e-mail to opinion@seattletimes.com, include basic contact information. Letters : 250 words or less , submit to e-mail above, Letters Editor, Seattle Times, PO Box 70, Seattle, WA 98111 or fax 206/382-6760. For more information, call 206/464-2132.
52.	Daily Oklahoman (Oklahoma City, OK)	Op-Eds: 500 words or less, op-eds exclusive to the Oklahoman are preferred. E-mail: PBennett@Oklahoman.com. Indicate "Point of View" in subject line. Fax: 405/475-3971. Mail: Your Views, U.S. Postal Service: Your Views, The Oklahoman, P.O. Box 25125, Oklahoma City, OK 73125. Letters: 150-225 words. Include full contact information. No attachments. E-mail: yourviews@oklahoman.com, fax 405/475-3971 with subject: Your Views, U.S. Postal Service: Your Views, The Oklahoman, P.O. Box 25125, Oklahoma City, OK 73125
53.	Omaha World-Herald (NE)	Op-Eds: about 700-800; Fax to 402/-345-4547. Indicate for "Another Point of View" E-mail: pulse@owh.com. However, this e-mail and the fax number are the same for letters to the editor. Mail: Omaha World-Herald, 1334 Dodge Street, Omaha, NE 68102. Letters: Send by e-mail to pulse@owh.com. Include full contact info. Limit Pulse letters to about 200 words or so.
54.	Hartford Courant (CT)	Op-Eds: Submissions should be sent via e-mail to oped@courant.com. 750 words or less. Public policy issues should be of interest to Connecticut residents. Persons submitting op-eds should have strong credentials in the subject matter. Fax: 860/520-6941. Letters to the editor: E-mail: letters@courant.com or submissions may be filled out at the following web form: courant.com/about/custom/thc/thc-letters.0.86431.customform. Letters require full name, mailing address, phone numbers and e-mail address for verification. Your letter should be exclusive to The Courant. Your submission may be edited and shortened. Writers will ordinarily be limited to one published letter every two months.

55.	Virginian-Pilot (Norfolk, VA)	Op-Eds: 750 words or less. Local interest is key to getting your op-ed printed. Be sure to include your name, address and phone number. E-mail letters@pilotonline.com by fax at 757/446-2051. Letters: 150 words or less, include full contact information. E-mail: letters@pilotonline.com or fax at 757/446-2051, or mail to Letters to the Editor, P.O. Box 449, Norfolk, VA 23501-0449. Submit online at home.hamptonroads.com/feedback/submit.cfm?id=1.
56.	Pioneer Press (St. Paul, MN)	Op-Eds: maximum of 750 words. Preference to regional issues, writers and communities typically underrepresented on opinion pages. Fax op-ed to 651/228-5564 or e-mail it to letters@pioneerpress.com. Letters: Preference goes to letters under 225 words, all letters are subject to editing. Must be exclusive. Include full name (at least two initials and the last name) and your city of residence for publication. In addition, include street address and daytime phone number, not for publication. Please send your letter as plain text in the body of the e-mail, not as an attachment. E-mail: letters@pioneerpress.com; Fax: 651/228-5564. Direct questions to 651/ 228-5545.
57.	Cincinnati Enquirer (OH)	Op-Eds: 400-450 words. Use the same e-mail address as letters: letters@enquirer.com. Require a photo and a two-line bio about the author in order to be published. Also include a daytime phone number for the author. Letters: 200 words or less, submit via e-mail: letters@enquirer.com or by mail: Cincinnati Enquirer, Letters to the Editor, 312 Elm St., Cincinnati, OH 45202.
58.	Times-Dispatch (Richmond, VA)	Op-Eds: 800 words or less. Rarely accept unsolicited op-eds, and the ones they use must be specifically Virginia- and/or Richmond-related, as well as exclusive to the Times-Dispatch. This excludes most pieces dealing with national or international subjects. Fax: 804/775-8090 or e-mail cparis@timesdispatch.com. Letters: for guidelines or to submit online: timesdispatch.com/editorials/letters.shtml. Submit signed letters by fax: 804/-819-1216 or e-mail letters@timesdispatch.com.
59.	Austin American-Statesman (TX)	Op-Eds: You may submit a column — 750 words maximum — but your odds are better writing a letter. On most days, they run only four columns. Most of those slots go to staff writers and syndicated columnists—but they're always looking for well-written, thoughtful pieces. Send to the editorial board at the following fax number: 512/912-5927. Letters: 150 words or less. Fax: 512/-912-5927, e-mail to letters@statesman.com.
60.	Arkansas Democrat-Gazette (Little Rock, AR)	Op-Eds: Should be 700-800 words and written by Arkansas residents. The Democrat-Gazette will publish essays from Arkansas residents bearing no more than two bylines. Include name, address, a note of bio and a daytime telephone number. E-mail Meredith Oakley, meredith_oakley@ardemgaz.com. For out of state submissions, contact Ed Gray for Sunday editorial/feature section. E-mail

		ed_gray@adg.ardemgaz.com. Letters: 250 word limit, only accept letters from Arkansas residents. Submit online: ardemgaz.com/Info/voices.asp or by e-mail: voices@ardemgaz.com.
61.	Tennessean (Nashville)	Op-Eds: Should be between 600-700 words. E-mail op-eds for Nashville Eye. E-mail Sandra Roberts, sroberts@tennessean.com, or fax to 615/259-8093. Letters: 250 words or less, preference given to readers from Middle Tennessee area, include full contact information. E-mail letters@tennessean.com or fax 615/-259-8093 or mail to Letters to the Editor, The Tennessean, 1100 Broadway, Nashville, TN 37203.
62.	The Record (Bergen County, NJ)	Op-Eds: 800 words or less. E-mail: oped@northjersey.com or fax: 201/646-4749. Letters: Please be brief and include all contact information. E-mail: letterstotheeditor@northjersey.com or fax above.
63.	Daily News (Los Angeles)	Op-Eds: 600-700 words. Send to dnopinion@dailynews.com to the attention of Chris Weinkopf. Letters: 100 words or less, include full contact information. E-mail: dnforum@dailynews.com or fax 818/713-3723 or mail to Public Forum, P.O. BOX 4200, Woodland Hills, CA 91365.
64.	Palm Beach Post (FL)	Op-Eds: 600-700 words, must be timely, a strong opinion and well-stated. E-mail to lafrala@pbpost.com; fax: 561/820-4728. Letters: Maximum of 250 words, all are subject to editing. Must be about issues of current interest and material that has appeared in the newspaper. Include a phone number for letter verification. Send to letters@pbpost.com. Mail: Letters to the Editor, The Palm Beach Post, PO Box 24700, West Palm Beach, FL 33416. Fax: 561/820-4728.
65.	Contra Costa Times (East Bay area of CA)	Op-Eds: E-mail 650 words or less to clopez1@cctimes.com. Letters: 200 words or less. Include all contact information. E-mail to letters@cctimes.com, fax to 925/943-8362, or mail to The Times, P.O. Box 8099, Walnut Creek, CA 94596. For more info or to submit online: contracostatimes.com/mld/cctimes/news/editorial/letters/.
66.	Rochester Democrat & Chronicle (NY)	Op-Eds: 750 word limit, usually only accepts pieces from its circulation area. The writer should have some level of expertise in the subject matter. Writer should speak with K. Wagner at 585/258-2414 before e-mailing piece to dceditpage@democratandchronicle.com. Letters: 175 word limit. Must be concise, timely and appeal to a broad readership. Name, address and phone should be included for verification and contact

		information. E-mail: dceditpage@democratandchronicle.com ; Mail: Letters to the Editor, Democrat and Chronicle, 55 Exchange Blvd., Rochester, NY 14614. For more information, call 585/258-2250.
67.	Commercial Appeal (Memphis, TN)	Op-Eds: 800 word limit. Fax your "Viewpoint" submissions to: (901) 529-6445 and use same e-mail or web form as letters to the editor. Letters: submit by fax to above number, e-mail letters@commercialappeal.com or submit online web.commercialappeal.com/newgo/forms/letters.htm Letters should be as brief as possible. Or mail: Letters to the Editor, The Commercial Appeal, Box 334, Memphis, TN 38101.
68.	Florida Times-Union (Jacksonville)	Op-Eds: 750 word limit, the shorter the better. E-mail: tuletter@jacksonville.com or mail: Florida Times-Union, c/o Lloyd Brown, P.O. Box 1949, Jacksonville, FL 32231. Letters: Send via e-mail at tuletter@jacksonville.com which goes to the Editorial Page Editor. Broad topics are less likely to be used than specific topics. Please avoid attachments and always include your full name, home address, occupation and daytime phone number.
69.	Las Vegas Review-Journal (NV)	Op-Eds: 600-900 words. Submit by e-mail: letters@reviewjournal.com . Letters: include signature if fax or regular mail. Submit via e-mail: letters@reviewjournal.com . Subject line should be "Letters to the Editor." Fax 702/383-4676 or, for guidelines, online submissions: reviewjournal.com/about/print/press/letterstoeditor.html . Regular mail: PO Box 70, Las Vegas, NV 89125.
70.	Riverside Press-Enterprise (CA)	Op-Eds: Manuscripts must be brief. Submit to the Executive Editor by telephone: 909/368-9403; fax: 909/368-9022; or e-mail: letters@pe.com . Letters: 200 word limit. Must include writer's home address and daytime phone number for verification. E-mail: letters@pe.com ; Fax: 909/368-9022 or mail: Executive Editor, Riverside Press-Enterprise, 3512 Fourteenth Street, Riverside, CA 92501.
71.	Raleigh News & Observer (NC)	Op-Eds: 650-700 words, should be of particular interest to their local readers. Please include name, address, phone and how you are affiliated with the issue. E-mail: forum@newsobserver.com . For more information, call 919/829-4517. Chances of printing for an international (non-Carolina piece) are virtually zero. Letters: 250 words or less. E-mail: forum@newsobserver.com or atorrey@newsobserver.com (no attachments) or mail to The People's Forum, P.O. Box 191 Raleigh, N.C. 27602 or fax to 919/829-4872. Include contact information.
72.	Seattle Post-Intelligencer	Op-Eds: 600 word limit. Limited op-ed space. Include full name, address, and daytime phone number. For an op-ed piece, include a tagline in terms of describing

	ncer (WA)	your relationship (if any) to the subject you are writing about. If there is no relationship other than a strong interest, we can use something like "the writer lives in ...") Use the same e-mail as letters to the editor: editpage@seattlepi.com or use following information for letter submission. Letters: 200 word limit, must include name, address, telephone number and signature. All letters are subject to editing. Mail: P-I Letters to the Editor, Box 1909 Seattle, WA 98111; Drop off: Seattle P-I, 101 Elliott Ave., W, Second Floor; Fax: 206/448-8184; E-mail: editpage@seattlepi.com.
73.	Fresno Bee (CA)	Op-Eds: Submit 750 words or less for Valley Voices, E-mail to letters@fresnobee.com or submitted online at: fresnobee.com/opinion/valley_voices/submit/. Letters: 200 words or less, include contact information. Submit online: fresnobee.com/opinion/letters/send/ or e-mail: letters@fresnobee.com.
74.	Asbury Park Press (NJ)	Op-Eds: 400 words or less, prefer writers with expertise in the area they are writing about. Submit all manuscripts to Op-Ed Editor, Randy Bergmann. E-mail: rbergmann@app.com or fax: 732/643-4014. Letters: 200 words maximum. Editor will review any subject. Include name, town, phone number, fax number and e-mail. E-mail: yourviews@app.com.
75.	Providence Journal (RI)	Op-Eds: averaging 700-900 words that would be of particular interest in the region. Prefer e-mail: rwhitcom@projo.com or U.S. Postal Service: Editorial (Opinion), The Providence Journal, 75 Fountain Street, Providence, RI 02902. No faxes, please. Letters: 250 word limit, submit to letters@projo.com cite date and page number if replying to specific article, and include full contact information.
76.	Birmingham News (AL)	Op-Eds: 600 words. "My Turn" is a commentary section of the paper which runs on Sundays in which pieces must contain original thought. Must include name, address, and contact phone number. E-mail Joel Kennedy: jkennedy@bhamnews.com or call for more information: 205/325-2466. Letters: 200 words or fewer. Letters, faxes and e-mails to the editor appear Sunday through Friday. Submissions must include writer's name, address and daytime phone number. E-mail: epage@bhamnews.com; Mail: Letters to the Editor, Birmingham News, P.O. Box 2553, Birmingham, AL 35202; or fax: 205/325-3345.
77.	Des Moines Register (IA)	Op-Eds: around 700 words on topics related to Iowa and of interest to our readers. If published, a head shot and a signed essay agreement form is necessary. E-mail to letters@dmreg.com. Letters: Send with contact information by fax to (515) 286-2504 or E-mail letters@dmreg.com or mail to Letters to the Editor, The Des Moines Register, P.O.

		Box 957, Des Moines, IA 50304 or submit on line at desmoinesregister.com/help/letter.html .
78.	Honolulu Advertiser (HI)	Op-Eds: 500 words, the Advertiser welcomes longer submissions on topics of local interest for the Island Voices column. Send to letters@honoluluadvertiser.com or submit by using their Web form: the.honoluluadvertiser.com/current/op/commentary. Letters: 200 words or less, letters must be in good taste on any topic. Submissions must include writer's true name, address and telephone number (for verification purposes only). Writers are limited to one submission per month. Mail: P.O. Box 3110, Honolulu, HI 96802; e-mail: letters@honoluluadvertiser.com or complete online form: the.honoluluadvertiser.com/current/op/submitletter; or fax: 808/525-8037.
79.	Dayton Daily News (OH)	Op-Eds: 700-750 words, include daytime phone numbers with all submissions. E-mail: edletter@coxohio.com. Letters: 200-250 word limit, e-mail edletter@daytondailynews.com.
80.	Tulsa World (OK)	Op-Eds: around 650 words. Use same e-mail as letters: letters@tulsaworld.com. Letters: 200-250 words. Send by e-mail to letters@tulsaworld.com with daytime phone number.
81.	Akron Beacon Journal (OH)	Op-Eds: 500-750 words. Guidelines listed daily in print edition of paper. Author should include bio. E-mail: vop@thebeaconjournal.com. Letters: include contact information. Submit to vop@thebeaconjournal.com.
82.	Grand Rapids Press (MI)	Op-Eds: 750 words or less, Press prefers that the author be both an area resident and an expert on the issue. Prefers e-mail submissions. E-mail (no attachments) to pulse@grpress.com or fax to 616/222-5212. Letters: 300 word limit. All submissions are subject to condensation and editing. Must include address and phone number. Writers are limited to one letter every 60 days. Mail: Letters to the Editor, 155 Michigan Street, NW, Grand Rapids, MI 49503; or e-mail: pulse@grpress.com (no attachments).
83.	Philadelphia Daily News (PA)	Op-Eds: 450-500 words ideal. Exclusive to Daily News, include contact information. E-mail to burgosf@phillynews.com. Letters: Submit online at philly.com/mld/philly/contact_us/feedback_np2/.
84.	Toledo Blade (OH)	Op-Eds: Saturday Essays: 1000-1100 words. Include full name, address and daytime phone number. This requires a photo also and can be done via e-mail with JPEG format. Use the same e-mail as letters to the editor with "op-ed" in the subject heading. Letters: for Readers' Forum, should be limited to 300 words. Must include full name, day phone and an address. Preference is given to short, succinctly expressed

		e-mails. E-mail (no attachments, plain text) all submissions to letters@theblade.com or fax to 419/724-6191.
85.	Salt Lake City Tribune (UT)	Op-Eds: All submissions should include name, address, telephone number and some information on the author so that it can be included on the end of the piece. E-mail Vern Anderson, editor of the editorial page, at vanderson@sltrib.com (no attachments); send the typed, double-spaced submission to Vern Anderson, The Salt Lake Tribune, 143 S. Main, Salt Lake City, UT 84107; or fax 801/257-8515. For more information on guidelines, go to sltrib.com/help/forum.asp. Letters: Should be as brief as possible, e-mail as plain-text to letters@sltrib.com. E-mails with attachments will not be accepted. To fax: 801/257-8950.
86.	Allentown Morning Call (PA)	Op-Eds: Must be between 650-750 words, should be about one issue only. E-mail submissions are preferred: kranzley@mcall.com; or fax to 610/770-3720. Letters: 250 word limit, but shorter is better. Starting line must include full name, hometown, and a telephone number where you can be reached. Submissions through e-mail: letters@mcall.com; fax: 610/770-3720; or mail: Letters to the Editor, The Morning Call, Box 1260, Allentown, PA 18105.
87.	Tacoma News Tribune (WA)	Op-Eds: "Your Voice" should be limited to 600 words, e-mail editorial page editor: david.seago@thenewstribune.com or mail to David Seago, The News Tribune, PO Box 11000, Tacoma, WA 98411. Letters: prefer less than 150 words, must be 250 words or less. Include all contact information. E-mail to letters@mail.tribnet.com or submit online: secure.thenewstribune.com/opinion/letters.
88.	Knoxville News-Sentinel (TN)	Op-Eds: E-mail to letters@knews.com indicate that it's intended to be an op-ed submission. 600-700 words. Need jpeg headshot and 2-line bio. Letters: E-mail to letters@knews.com, 200 words or less. Include contact info.
89.	The State (SC)	Op-Eds: Prefer 600 words in length. Need full contact, include 1 or 2 line bio on the writer. If selected you will be contacted about submitting a headshot photo. Mark Lett, The State, P.O. Box 1333, Columbia, SC 29202. Fax: 803/771-8639. Letters: 200 words. Include contact information, no attachments. Mail: Letters to the Editor, The State, P.O. Box 1333, Columbia, S.C. 29202. E-mail: stateeditor@thestate.com or fax to 803/771-8639. Questions: 803/771-8465.
90.	News Journal (Wilmington, DE)	Op-Eds: Submissions should be made to the Editorial Page Editor with Op-Ed in the subject of any e-mail or fax that is sent. E-mail: ghuffenberger@wnewsj.com. Fax: 302/324-2595. Letters: Should be brief as possible, include full contact information. Mail to

		Letters to the Editor, Box 15505, Wilmington, DE 19850 , fax 302/324-2595 or e-mail: ghuffenberger@wnewsj.com .
91.	Lexington Herald-Leader (KY)	Op-Eds: 700 words max and writer must have demonstrated special interest. Prefer e-mail heditorial@herald-leader.com , include name, address, phone. By fax: 859/255-7236. Questions, call 859/231-1652. Letters: 250 words or less. Include name, address, phone. Prefers e-mail: heditorial@herald-leader.com or mail Letters to the editor, Lexington Herald-Leader, 100 Midland Avenue, Lexington, KY 40508 or fax 859/231-3332. Or submit online at kentucky.com/mld/kentucky/contact_us/newspaper_services/letters_to_the_editor/ .
92.	Sarasota Herald-Tribune (FL)	Op-Eds: Up to 700 words. E-mail: editor.letters@heraldtribune.com . Letters: 300 words or less, submit online: heraldtribune.com/apps/pbcs.dll/section?CATEGORY=OPINION04 .
93.	La Opinion (Los Angeles, CA)	Spanish newspaper in Los Angeles. Send by e-mail to editorial@laopinion.com or tribuna@laopinion.com .
94.	Albuquerque Journal (NM)	Op-Eds: Prefers locally written commentaries and a limit of 750 words. Fax to 505/983-2523. E-mail: smills@abqjournal.com . Letters: Preference is given to letters that are fresh, brief and clear. Please make sure to include a home address with telephone number and a reliable daytime phone number for verification. Letters are to be submitted using the following online form: www.abqjournal.com/letters_form.htm .
95.	Greensburg Tribune-Review (PA)	Op-Eds: Send to opinion@tribweb.com or fax to 724/838-5171. Letters: 200 words or less. Include contact information. Guidelines, online submissions: pittsburghlive.com/x/tribune-review/opinion/letters/send or e-mail: opinion@tribweb.com or mail Letters to the Editor, Tribune-Review, 622 Cabin Hill Drive, Greensburg, PA 15601 or fax 724/838-5171.
96.	Post & Courier (Charleston, SC)	Op-Eds: No more than 850 words. Send to editor@postandcourier.com . Letters: Submissions are subject to editing for length, clarity, libel and good taste. Must carry writer's address and a daytime telephone number. Mail: The Editor, The Post and Courier, 134 Columbus St., Charleston, S. Carolina 29403; submit online: archives.charleston.net/news/editform.html ; or e-mail: letters@postandcourier.com .
97.	Spokesman-Review (Spokane, WA)	Op-Eds: submit to dougf@spokesman.com as text of message. Or fax: 509/459-3815. Limit is 850 words, and preference given to local and regional issues and authors. Letters: Letters up to 200 words on topics of general interest may be submitted. All letters are subject to editing. Please sign them with your full name (first, initial, last) and include a daytime telephone number for verification. Fax letters:

		509/459-3815 or e-mail: editor@spokesman.com .
98.	News Journal (Daytona Beach, FL)	Op-Eds: 400-500 words. E-mail (no attachments, with “op-ed” as subject heading): david.wiggins@news-jrnl.com; or Fax (make sure to clarify it is an op-ed submission on the cover sheet): 386/258-1577. Letters: Full name, home address and daytime phone number of the writer should be included. Letters should be written exclusively for the News-Journal. Mail: Letters to the Editor, The News-Journal, P.O. Box 2831, Daytona Beach, FL 32120; Fax: 386/258-1577; Online: news-journalonline.com/03LettersIndex.htm#form; or e-mail: letters@news-jrnl.com (no attachments, include text in the body of the e-mail).
99.	Telegram & Gazette (Worcester, MA)	Op-Eds: 750 word limit, e-mail to gfrench@telegram.com. Letters: 250 words. To be published, letters must have as the subject, “Letter to the Editor”. Letters must NOT include second-hand material, opinions that are too personal, verse or essay form. Make sure that the letter is hand signed with the author’s full name, including a complete home address and a day time telephone number. Note: each individual is limited to one published letter in two months. Fax to 508/793-9313 or e-mail: letters@telegram.com.
100.	Washington Times (DC)	Op-Eds: 600 to 800 words. The Washington Times does not accept unsolicited manuscripts by e-mail. Please mail all articles. Requires exclusivity in DC area, i.e. can not submit to Washington Post when submitting to Washington Times. Fax: (202) 832-2982 Mail: Commentary Page, The Washington Times, 3600 New York Avenue, NE, Washington, DC 20002. Letters: 300-400 words. Please include your name, address and a phone number where you can be reached. E-mail your letters to letters@washingtontimes.com.
101.	Clarion-Ledger (Jackson, MS)	Op-Eds: 600 word limit include jpeg photo and sentence about the writer. Submit to the same e-mail as letters: letters@jackson.gannet.com with “op-ed” in the subject heading. Letters: Letters of 250 or fewer words have the best chance of being published, must be signed and include an address and daytime telephone number for verification. Letters are edited for accuracy, length and clarity. Submit to letters@jackson.gannett.com; fax 601/961-7211; or mail The Clarion-Ledger, Box 40, Jackson, MS 39205.