Provide a clear and organized presentation. Show all of your work, give exact values only, and completely simplify your answers. Given the vector valued function below, evaluate $\int_{-r}^{r} (t) dt$

$$\overline{r}(t) = \left\langle \frac{\sqrt{t-3}}{t+2\sqrt{t-3}}, \sin^2 t \cos^2 t, \frac{2t^4+16t^3+40t^2+47t+22}{t^4+5t^3+10t^2+9t+3} \right\rangle$$