



How to

## Make Your Voice Heard

at the Capitol

Look up a legislator or committee:

1. Go to [www.arkleg.state.ar.us](http://www.arkleg.state.ar.us) . At the top of the menu on the left, click "Legislators and Committees." This will bring up a more specific menu. Click on the item you wish to view: "Senators" for a list of senators; "Representatives" for a list of representatives; "Committee Memberships" for a list of committees and their members, etc. If you explore the site, you will find you can look up when committee meetings are held and where, what the topics are, etc.
2. Go to [www.arkansas.gov/house/reps.php](http://www.arkansas.gov/house/reps.php) . This will give you a map where you can click on your area for information about your representative.
3. Go to [www.arkansas.gov/senate/senators.php](http://www.arkansas.gov/senate/senators.php) . This will give you a map where you can click on your area for information about your senator.

Contact a legislator:

1. The above mentioned sites will give you addresses, phone numbers, and e-mail addresses of your elected representatives.
2. Representatives –  
Arkansas House of Representatives  
Room 350  
State Capitol  
Little Rock, AR 72201

To leave a phone message during the session:  
501-682-6211

3. Senators –  
Arkansas Senate  
Room 320  
State Capitol  
Little Rock, AR 72201

To leave a phone message during the session:  
501-682-2902