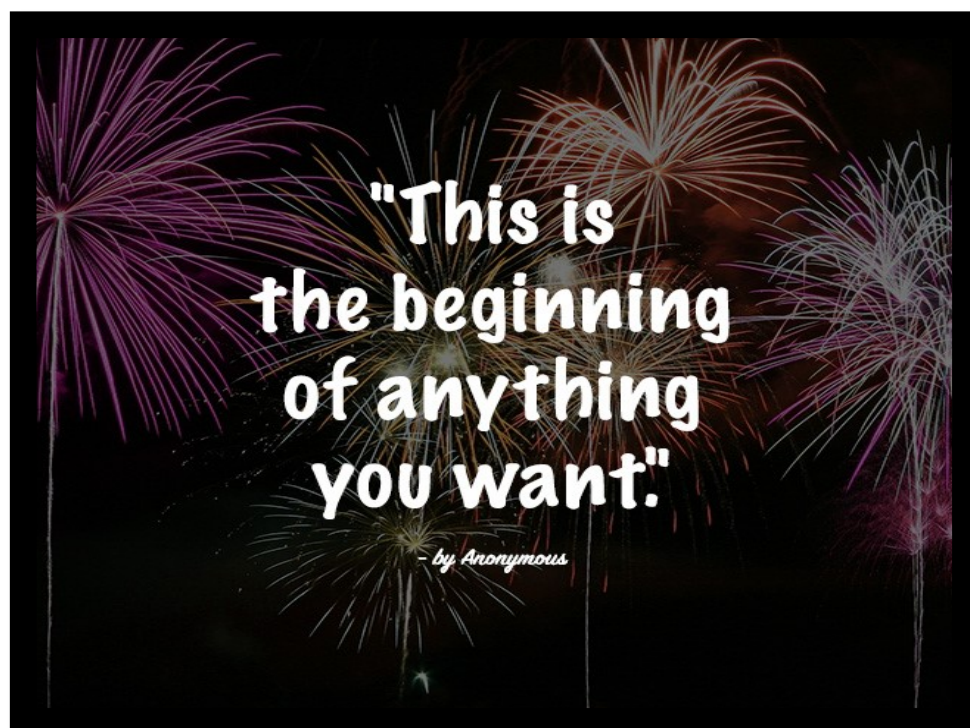




*Whatever the new year brings to you will depend greatly on what you bring to the new year.*

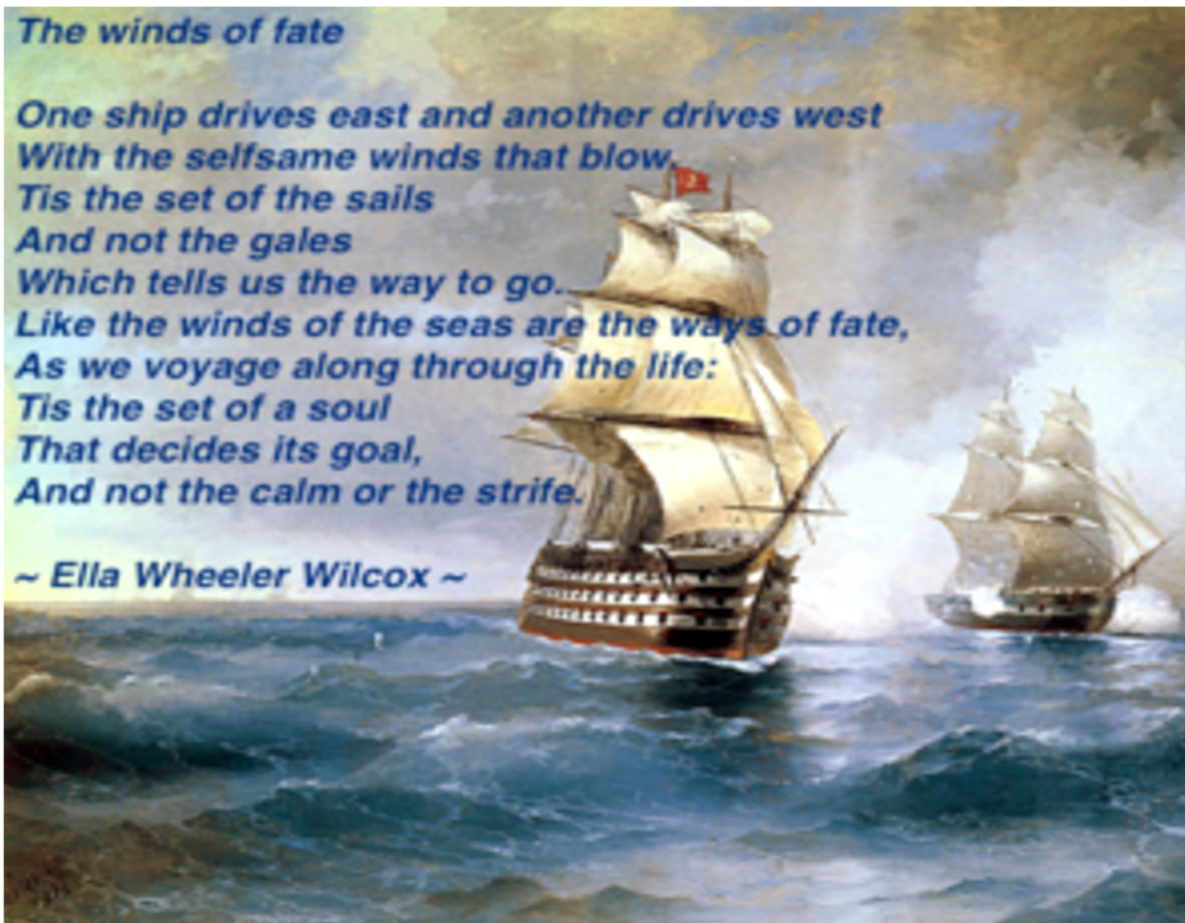




*The winds of fate*

*One ship drives east and another drives west  
With the selfsame winds that blow,  
Tis the set of the sails  
And not the gales  
Which tells us the way to go.  
Like the winds of the seas are the ways of fate,  
As we voyage along through the life:  
Tis the set of a soul  
That decides its goal,  
And not the calm or the strife.*

*~ Ella Wheeler Wilcox ~*



A POSITIVE  
ATTITUDE GIVES  
YOU POWER  
OVER YOUR  
CIRCUMSTANCES  
INSTEAD OF YOUR  
CIRCUMSTANCES  
HAVING POWER  
OVER YOU

-JOYCE MEYER

## Oklahoma County Retirement Plan Participants:

The Oklahoma County Retirement Board voted to offer participants a one-time opportunity to refinance existing loans taken through the Oklahoma County Defined Contribution Retirement Plan Loan Program beginning on December 2<sup>nd</sup>, 2019.

This offer is being made to allow participants to consolidate multiple loans.

This opportunity is only available to qualifying\* participants with existing loans for refinancing purposes. The amount refinanced cannot exceed your current loan amount, plus a \$75 loan origination fee. If you have had a combined loan balance of \$50,000 including refinanced loans at any time in the past 12 month period, you will not be eligible to consolidate your loan(s). If you need additional financing, an application for a separate loan will need to be made, subject to current plan rules and Internal Revenue Code (IRC) limits. The rate at the time you refinance may be higher or lower than the fixed rate you have on your outstanding loans. Also, remember that outstanding loan balances are not invested into your selected mutual funds, which means you are out of the stock market.

To facilitate this loan consolidation/refinance the following provisions of the Loan Program have been **temporarily** extended:

| PLAN PROVISION - MAXIMUMS | CURRENT PLAN   | TEMPORARY PROVISION FOR REFINANCING ONLY (One day only) |
|---------------------------|--|---|
| Aggregate Loan Amount     | The lesser of \$50,000 or 50% of your vested balance. Maximum number of 5 loans. | Maximum number of 6 loans.                              |

*\*Internal Revenue Code (IRC) imposed limits do exist, therefore, not everyone will qualify for this opportunity. In addition, loan fees are payable by the Participant.*

**The consolidation period will begin December 2<sup>nd</sup>, 2019, and end at the close of business on February 28<sup>th</sup>, 2020.**

**Plan Participants who currently have outstanding loans may contact InvesTrust, NA at (405) 848-0258 to determine eligibility for this program - on or after December 2nd.**

Completed loan forms should be submitted to InvesTrust Retirement Specialists for review and processing. Forms may be mailed to 5100 N Classen Blvd, Suite 620, Oklahoma City, OK 73118, emailed to [sponsor@investrust.com](mailto:sponsor@investrust.com) or faxed to 1-888-748-7835. If the forms are not completed properly, we will return the form to you with an explanation of what additional information is necessary. If you have any questions concerning loans, please call (405) 848-0258 for assistance.

## **DETENTION OFFICER OF THE MONTH JANUARY 2020**



### **DETENTION OFFICER II, DAVID MUGISHA**

David Mugisha was born and raised in Uganda, Africa proudly called Pearl of Africa by Winston Churchill. Uganda was given this name because of its natural beauty, vegetation and water bodies. David has eight siblings and is now married with three sons, whom he works hard for. Mr. Mugisha started working for OCJDC as a Cadet August 21, 2017, then promoted to DOI and DOII in a short time. DOII Mugisha is a Christian minister and it has been his passion to make sure our youth succeed in life. David enjoys watching movies, socializing with people, going to church and listening to Christian music. David feels blessed with the teamwork and spirit that is on shift; he loves all of his team and he prays for them always.

DOII David Mugisha is the “peanut butter to the shift’s jelly” for the 3-11 shift. DOII Mugisha is the epitome of an ALL-STAR, he shows up to work on time and rarely ever calls in. David is always willing to go above and beyond to show new staff the proper way to work in detention. He has also volunteered to come in and work on his off days; and has attended meetings for his shifts supervisors. All the reasons explained above are why DOII David Mugisha is an excellent candidate as Detention Officer of the Month!

**Congratulations to David Mugisha for being Detention Officer of the Month for  
January 2020!**



## DETENTION OFFICER OF THE MONTH DECEMBER 2019



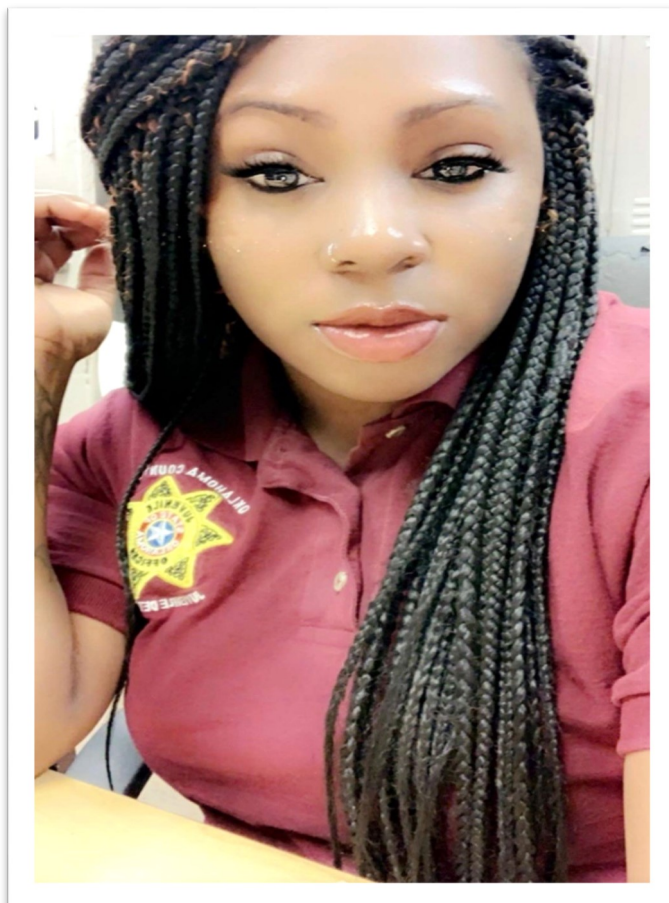
### DETENTION OFFICER II, BILDAD AKOM

Bidad Akom was born July 8, 1983 in Lobe, Cameroon. Which is also known as the “bread basket of Central Africa, in Africa miniature”. Mr. Akom is married with two children. Some of his hobbies are soccer, coaching and singing.

DOII Bidad Akom is one of our most dependable staff members, always there to help another team member. Bidad is always willing to come in on his off days to work and does so without complaint. He comes to work daily with a positive attitude and works very hard. DOII Akom works well with the residents in detention and they have a great deal of respect for him. Without a doubt Mr. Akom is always willing to go the extra mile for his team, he chose to come to work as his new baby girl was being born. DOII Bidad Akom is extremely dedicated which makes him a great Detention Officer of the Month!!

**Congratulations to Bidad Akom for being Detention Officer of the Month for December 2019!**

## **DETENTION OFFICER OF THE MONTH NOVEMBER 2019**



### **DETENTION OFFICER II, SADE COLEMAN**

Sade Coleman is 28 years old with two amazing boys. She began her career as a Cadet at OCJDC in October of 2018; and has already had many accomplishments. Some of Sade's goals are to ensure proper care for the residents and expand her career as a Detention Officer.

DOII Sade Coleman dedicates her time and heart daily. Sade works two jobs; however, detention is her priority. Officer Coleman is very attentive to all our residents needs and has been committed to our facility since she started. Sade will work any dayroom without complaint. DOII Sade Coleman is reliable and gives a 110% each day she is on shift. Coleman's consistency, tenacity and dedication is why she is a great fit for Detention Officer of the Month.

**Congratulations to Sade Coleman for being Detention Officer of the Month for November 2019!**



## New Employees

**Michael Brantley**  
Detention Officer

**Kaycee King**  
Detention Officer

**Terrell Marshall**  
Detention Officer

**Shateria Shannon**  
Detention Officer

## Promotions

**David Mugisha**  
Probation Officer



## New Detention Staff

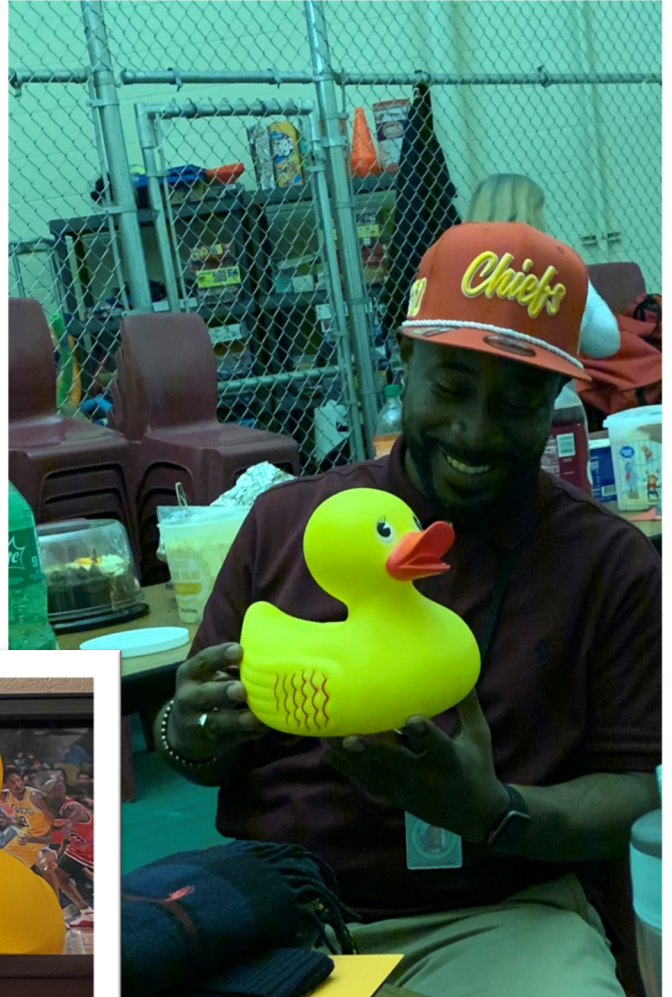


Detention Officer Sierra Mays





Facility Administrator Tommy Brown's birthday bash. Now, he has the biggest duck collection in the facility.





**Brooke Smith  
Senior Probation Officer I**

OCJB Probation Officer  
of the Quarter

**Someone You Should Know...**

**Brooke Smith** has been selected as the Court Services Probation Officer of the fourth Quarter (October – December 2019).

Brooke was born and raised in Oklahoma City, Oklahoma, and graduated from Northwest Classen High School in Oklahoma City, Oklahoma, in 2001. She graduated college at The University of Central Oklahoma (UCO) with a Bachelor's Degree in Criminal Justice in 2009.

Brooke is a dedicated mother of three (3) beautiful girls, Carmen (12), Lauren (8) and Jordan (2), who keep her and her husband on their toes. In 2008, Brooke started her journey with the Oklahoma County Juvenile Bureau (OCJB) as an intern, and was hired full-time in 2009. Brooke was promoted to Detention Officer II and quickly transferred to the Intake and Diversion Services Unit (IDSU) in November 2011 as an Intake Officer I (IOI). Brooke just recently transferred to the Probation Services Unit (PSU) in October 2019.

Brooke's co-workers have described her as knowledgeable, sincere, dedicated, and very passionate about helping the youth and families she serves. Brooke continues to help and assist the IDSU whenever needed. She is an overall team player.

**Congratulations to Brooke Smith for being selected as Court Services Employee of the Quarter**



On 01/22/2020, **Officer Clewis, and Officer Truss** transported a client to the Adolescent Transitional Living Facility (ATLF) in Paul's Valley, Oklahoma. The trip went smooth and everyone that we came across at ATLF were very pleasant and willing to share information.

This facility is designed for Native Americans...doesn't matter what percentage you are, if you have proof of being Native American, they will not turn your youth away (unless they have no beds available).



**Officer Clewis with Ashlie Simpson (Director) and Cindy Turley (Lodge Supervisor / Youth Counselor)** of the Tulsa Boys Home after transporting client for admissions.





**Resolution 2019-185**

**A Resolution accepting the following donations made in November and December of 2019, for use by Oklahoma County:**

**WHEREAS**, the following Oklahoma County Juvenile Bureau employees donated snacks for the youth on probation who participate in programs: Erin Pence, Hajr Hamin, Kim Tomes and J'me Overstreet;

**WHEREAS**, Ms. Jennae Hodge, Sr. Probation and Parole Officer, and Ms. Marie Himmler, of Farmington Hills, Michigan donated games for the youth;

**WHEREAS**, the following citizens and/or employees of Oklahoma County donated clothing to the Clothing Closet: Ms. Jane Hamm Lerum of District 3, Mr. Charles Dodson of District 2, Commissioner Brian Maughan and Mr. Jim Harris of Oklahoma City, Oklahoma;

**WHEREAS**, the following citizens and/or organizations donated food, clothing, and gift bags for the Christmas Parties held for the youth in detention: Chaplain Gina Jansen and the Oklahoma Jail and Prison Ministries organization, Ms. Marla Johnson and family, Ms. Kendal Kelly and the ComeBack Kid Society, and Ms. Tsinena Thompson and the Oklahoma Lawyers for Children;

**WHEREAS**, Mr. Douglas J. and Mrs. K. Jennelle Enevoldsen, of Oklahoma City, donated more than 20 original paintings and drawings of one of their children's art work, valued at approximately \$4,000.00, to be displayed throughout the Oklahoma Juvenile Justice Center so that youth may be inspired to pursue their artistic talent; and

**WHEREAS**, Oklahoma County accepts these donations with gratitude.

**BE IT THEREFORE RESOLVED**, the Board of County Commissioners of Oklahoma County does hereby accept these generous donations and expresses great appreciation for all of the support received by the citizens of Oklahoma County and the numerous city, county, and state leaders who have given of their time to invest in the success of the at-risk youth of Oklahoma County.

**APPROVED** this 15th day of January, 2020.

**BOARD OF COUNTY COMMISSIONERS:**

\_\_\_\_\_  
**Kevin Calvey, Chair**

\_\_\_\_\_  
**Brian Maughan, Vice-Chair**

\_\_\_\_\_  
**Carrie Blumert, Member**

**ATTEST:** \_\_\_\_\_  
**David B. Hooten, County Clerk**

# Brain Teaser

Where's the squirrel in this picture...answer on the last page.





- **All Hands Meeting—February 13, 2020 @ 9:00AM and 2:00PM in the Detention Library. Come hear the results of the Employee Satisfaction Survey conducted in December 2019!**
- **Personal Development Training—February 28th @ 9:00AM and 2:00PM in the 3rd Floor Conference Room. We will be discussing how to improve workplace communication. This is a great training for anyone who has issues communicating with their supervisor, subordinate, or co-workers. We will discuss how to deal with conflict with each personality type, and effective ways to get the job done without causing unnecessary conflict with others.**
- **Did you know that Oklahoma County offers discounted Gym Memberships with both 10-Gym and the YMCA? Contact the Benefits Department at 405-713-2249 or visit our benefits website to keep up your New Years' Resolutions for less money!**



# 47 Habits of Successful People

Submitted by Joshua McDaniel

1. They Think About the Skills They Need for the Next Job
2. They Speak Up in Meetings
3. They Dress for the Job They Want
4. They Get to Know the Higher-Ups
5. They Know How to Communicate With Those Higher-Ups
6. They Don't Panic When They're Caught in the Elevator With a CEO
7. They Take Charge
8. They Look for Leadership Opportunities
9. They Make Allies Across the Organization
10. They Give People Their Full Attention
11. They Stay Professional
12. They Show Up on Time
13. They Think Like Managers, Not Employees
14. They Record Their Accomplishments
15. They Communicate Those Accomplishments
16. They Focus on Results, Not Just Activities
17. They Pay Attention to Who Else is Getting Promoted
18. They Don't Compare Themselves to Others
19. They Pitch In
20. They Listen to Feedback
21. They Solve Problems
22. They Identify Inefficiencies
23. They Steer Clear of Gossip
24. But They Don't Avoid Politics Altogether
25. They Keep Tabs on the Business as a Whole
26. They Keep Tabs on Other Parts of the Business
27. They Commit to Learning
28. They Stay Positive
29. They Socialize
30. They Pay Attention to Body Language
31. They Know How to Pitch Ideas (the Right Way)
32. They're Comfortable With Pressure
33. They Look Cool, Calm, and Collected (Even When They're Not)
34. They Don't Over-Apologize
35. They Look for Opportunities to Get in Front of Others
36. They Don't Worry About Perfection
37. They Own Up to Their Mistakes
38. They Take Opportunities They're Afraid Of
39. They're Not Afraid to Ask for Help
40. They Don't Say Yes to Everything
41. They Constantly Think About Their Careers
42. They Always Know What They Need to Work On
43. They Know What They Need to Do Their Best Work
44. They Actually Like Their Jobs
45. They Ask for What They Want (and How to Get There)
46. They Don't Stop Reaching Higher
47. They read all of these Habits

# Kudos To You

Kudos to **Elizabeth Vega** for great court room demeanor, proper courtroom attire, and being knowledgeable while in front of the court.

Kudos to both **Shawn Clewis and Elizabeth Vega** for being great officers, great team players, and open minded about how things are changing here at the Bureau.

Crystal Pierce

Kudos to **J'me Overstreet , Hajr Hamin, Erin McConnell, and Crystal** for making this training MSOYW possible for me! It has been a blessing and look forward to sharing the information! Know I Am Grateful for this!

Delma Harding

I want to say thank you to **Erin McConnell, Tommy Brown, and Elizabeth Rose** for taking over my duties while I was out of the office for a few months. I also want to thank everyone that reached out to me during that time. It was greatly appreciated.

Much Love, Kasandra West

KUDOS TO THE **11-7 SHIFT**...FOR DOING SUCH AN EXCELLENT JOB ON THEIR DOOR CHECKS...

Janet Clincy

Kudos to the Court Services Supervisors (**Crystal Pierce, Nicole Mullins, Winnie Strong and Erin Pence**) for their dedicated service towards the growth and improvement of Court Services.

Kudos to **Emily Fees and Kim Tomes** for their consistent support with Court Services.

Kudos to the **OCJDC** for providing breakfast for Court Services on January 3, 2020. What a great way to start off the New Year. You Guys ROCK!

Hajr Hamin

Kudos to **Estabraq Al-Adhami and the Maintenance Team** for analyzing the problem and finding the solution to repair the breakroom refrigerator. This saved the Bureau approximately \$500.

Valerie Lee

# Oklahoma County Juvenile Justice

Monthly B-12 + Vaccine  
Boosters!  
3rd Floor Conference Room



**Tuesday Feb. 4th!**  
**8:30-9:30 am**

**No appointment needed**

**Vaccines available:**  
**Flu, 65+ Flu, Pneumonia,**  
**Tdap, Hepatitis A/B, MMR,**  
**HPV, Meningitis, &**  
**Shingles (new)**

**No charge w/ health**  
**insurance ID card**

**Vitamin B-12: \$20.00 due @**  
**time of service per patient**

**Questions?**  
**Passport Health Nurse: Kim**  
**(405) 563-8961 ext 2885**  
**[myclinic@passporthealthok.com](mailto:myclinic@passporthealthok.com)**





The OCJB training program will strive to provide job-related training opportunities in 2020 to improve employee development. The following trainings are currently scheduled:

- On 02/12/2020, **TBRI One-Day Overview Training**, HALO Project, Church of Christ in Edmond, Oklahoma (9:00 a.m.-4:00 p.m.);
- On 02/13/2020, **All Hands Meeting**, J'me Overstreet, OCJB Director, in the Detention Library (9:00 a.m. and 2:00 p.m.);
- On 02/20/2020, **Gang Training**, Tim Hock, Oklahoma City Police Department Gang Unit, in the 3rd floor conference room (9:00 a.m.-11:00 a.m.);
- On 02/24/2020, **TBRI Caregiver Training**, TBRI Practitioners, in the 4th floor large conference room (8:00 a.m.-5:00 p.m.); and
- On 10/21/2019, **Current Drug Trends**, Michael Snowden, Oklahoma Bureau of Narcotic and Dangerous Drugs, in the 3rd floor conference room (9:00 a.m.-11:00 a.m.).

A sign-up sheet has been placed on the training bulletin board. If you plan to attend the training place an "X" next to your name. If your name is not listed, then write your name on one of the empty slots and/or email [KTomes@oklahomacounty.org](mailto:KTomes@oklahomacounty.org).

**"NO ONE LEARNS AS MUCH ABOUT A SUBJECT AS ONE WHO IS FORCED TO TEACH IT."  
PETER DRUCKER**

# Genius Happiness Hacks That Will Banish the Winter Blues

Best Life Editors

1. **A quick reminder of something motivating can be an instant pick-me-up, so create those reminders for yourself!** "Place index cards with pictures of your favorite things or [positive coping statements](#) by your coffee maker or in your car visor where you can see them all the time," says [Dawn Raffa](#), PhD, a licensed clinical psychologist. Not sure which quotes to use? Start with these [30 Uplifting Smile Quotes to Boost Your Mood](#).

2. **Single out one thing to look forward to each day.** Having one bright spot to focus on during the dark days of winter can make all the difference. "Whether it is a walk in the park, a bubble bath, meeting a friend for lunch, or a steamy hot chocolate, have one thing every day to look forward to," Raffa suggests.

3. **Listen to a funny podcast or stand-up bit on your way to work.** If you want to ensure you start your day smiling, seek out the thing that makes you laugh and subscribe! "Listen to your favorite comedian either when you are getting ready or on your way to work in the morning," Raffa recommends.

4. **Move your workstation next to a window.** If you aren't near a window at work, try to relocate your desk. In a 2016 study published in the journal [PLOS One](#), researchers found that exposure to sunlight in the workplace both decreased depression levels and made workers more passionate about their jobs. And if you're struggling to smile at the office, [This Is the Single Easiest Way to Be Happier at Work](#).

5. **And clean up your desk.** If the [winter blues](#) are killing your vibe, take a few minutes to [clean up your workspace](#). Clutter makes you feel stressed, so taking 30 minutes or so to reorganize your desk can both [improve your mood](#) and boost your productivity. And for more productivity tips for the colder weather, check out [25 Amazing Ways to Have a More Productive Winter](#)

6. **Go on an tiny adventure.** "Sometimes changing your surroundings is all you need to lift your spirits. "Take an 'adventuring' trip at least 30 minutes away from your home to find a new coffee shop," suggests self-help author [Natalie Wise](#). "Be determined to find a new coffee shop [and] don't return home until you find one. Bring a book or journal to further inspire you to stay and sit a while."

7. **Make a list of your "must-dos."** Allow yourself to succeed by setting [attainable goals](#) for the day. "Make a list of the day's 'non-negotiables,'" Wise recommends. "These are the things you cannot end the day without doing. Make sure you do them." Keep the list handy so you can cross items off as you go, which is another great way to keep the winter blues at bay.

8. **Repaint your walls.** [Color impacts us more than we know](#)," says [Nora Bouz](#), a well-being interior design expert. "Scientific research shows that certain colors can increase our energy and support focus, productivity, and even creativity." Specifically, green and yellow are great for adding a little more happy into your glum winter days, while blue can create a sense of calm, according to [Health](#) magazine. Bouz adds that "[colors can also annoy us](#) and even make us feel bored." Her advice? "Avoiding dominantly white spaces in winter can help us feel more supported and less isolated."

**9. Bring a bit of nature into your home.** "Whether it's plants, natural wood, stone, a water feature, or the sound of nature, integrating natural elements indoors will rejuvenate and refresh you, simply because we are biologically encoded to associate with natural features," Bouz says. "Connections to nature are instrumental to our well-being."

**10. Eat some eggs, cheese, and turkey.** A 2016 paper published in the journal [Nutrients](#) points out that the amino acid tryptophan can increase your levels of serotonin, which is often called the "happy chemical." Foods high in tryptophan include eggs, cheese, turkey, salmon, and tofu, so double up on those this winter.

**11. Use your slow cooker to make your life easier.** "There's nothing better than returning to a home full of the smells of delicious cooking and your dinner already prepared," points out [Julie Driver](#), a Pilates educator. To take advantage of this winter mood booster, stick all your ingredients into your slow cooker before you leave for the day, and you're set!

**12. Start your morning with a power song.** Listen to a song that you associate with fun times, laughter, and energy first thing in the morning, and you're likely to have a good day, even if the weather outside is frightful. "The first song you hear in the morning usually gets stuck in your head for the rest of the day," explains Jovanovic. "You can create a whole playlist of power songs that you can sing and dance to."

**13. Grab a clementine.** Go ahead and grab a clementine the next time you're feeling sad. One 2005 study published in [Chemical Senses](#) found that when people took a whiff of the citrusy fruit, they felt more stimulated and happy.

**14. Watch a movie you can relate to.** "Find songs, movies, plays, art, and other media about overcoming hardships," suggests [Aerin Ogden](#), an outreach expert with Utah Addiction Centers. "There are countless forms of media that can uplift you by showing you people can overcome hard things."

**15. Pick up a small gift for someone else.** We're not saying you have to buy your spouse a new car, but grabbing their favorite dessert on your way home could score you some extra happiness points. In a 2011 [Harvard University](#) study, subjects who spent money on others reported feeling happier about it than those who spent money on themselves.

**Try a phone-free day or weekend.** Cell phones are a major part of modern life. But that doesn't mean having one on you at all times is a great idea. As a 2014 study published in the journal [Computers in Human Behavior](#) shows, more frequent cell phone use is associated with [higher levels of anxiety and lower levels of happiness](#).

So, the next time you have a day off or a weekend with minimal plans, try shutting down your phone, leaving it at home, and going out to do something you enjoy—minus the technological distractions.



A large, light-colored stone statue of Martin Luther King Jr. is shown from the waist up, standing against a clear blue sky. The statue is positioned on the right side of the image, with its head turned slightly to the right. The background is a solid blue sky.

## **Martin Luther King Jr. Quotes**

"Let no man pull you low enough to hate him."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." .

"Faith is taking the first step even when you don't see the whole staircase."

"We are not makers of history. We are made by history."

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

"There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because his conscience tells him it is right."

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."

"Injustice anywhere is a threat to justice everywhere."

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word."

"Never, never be afraid to do what's right. Especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the ones we inflict on our soul when we look the other way."

"If I cannot do great things I can do small things in a great way."

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy." .

"That old law about 'an eye for an eye' leaves everybody blind. The time is always right to do the right thing."

**"It is not possible to be in favor of justice for some people and not be in favor of justice for all people."**

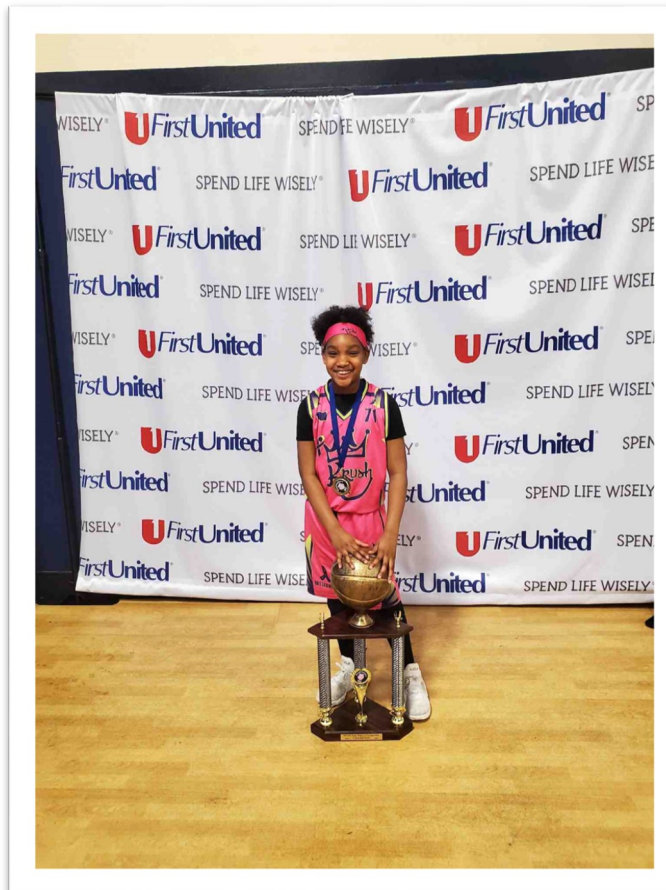
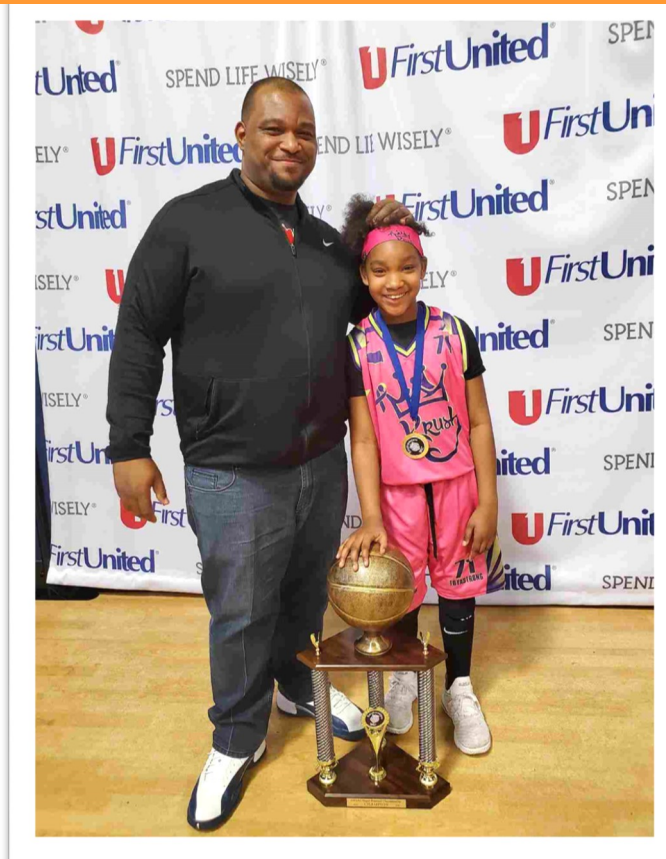


## **HOW do we connect?**

Each of us within the Oklahoma County Juvenile Bureau (OCJB) plays a piece in the overall success. Whether you are a Detention Officer, Intake Officer, Probation Officer, Supervisor and/or Administrative we all play a role. In working in the Juvenile Justice system to even Child Welfare you must share a passion for what we do. That passion takes love and commitment. So from time to time, please reflect on your purpose here at the OCJB. Take that purpose and pour nothing but love and commitment into it, ultimately, we will then begin to build up our community. The saying goes “It takes a village”. We are the village, we are the change. Let us pour our love and commitment into these youth. Change is a team effort.

Submitted by  
Hajr Hamin

The “Crush Queens” has crushed it again. “CoCo” Lewis is the granddaughter of **Margie Byrd-Dean**.





# The Real Reason Why Wedding Rings Are Worn on the Left Hand

Best Life Editors

Head to any engaged person's Facebook or Instagram, and odds are that most—if not all—of their photos will not-so-stealthily include their left hand. Why? They're showing off their new jewels, of course! Yes, in the Western World, both engagement rings and wedding rings are traditionally worn on the left ring finger. But why are engagement and wedding rings worn on the left hand? And why is the second finger from the left considered the "ring finger" anyway?



Well, we dug deep into the history books to find the answers, which date back thousands of years. It turns out, the ring finger became the ring finger a long, long time ago—specifically, during Ancient Egyptian times.

It was then that, according to **George Monger's** *[Marriage Customs of the World](#)*, people started to believe that there was "a vein or nerve [that] went from this finger to the heart" called the *vena amoris* (AKA the vein of love). During the 17th century, Dutch physician **Lemnius** even claimed that he could revive fainted women by pinching the *medicus finger* (as they called it) and using a bit of saffron. His claim was that these simple tactics could "refresheth the fountain of life unto which this finger is joined," as Monger notes in his book.

Science has since proven that every single finger has veins running to the heart. However, that hasn't stopped engaged and married individuals from keeping up with this wedding tradition. The science might not all be there, but the romantic notion remains. Monger also believes Americans continue to wear their wedding rings on the left hand as a matter of convenience as well as tradition. Considering approximately [10 percent of the population is left-handed](#), "the left hand is, as a rule, not used as much as the right," he writes.

However, there are plenty of people around the world who *don't* wear their wedding rings on their left ring finger. According to wedding ring seller My Trio Rings, couples opt to wear their wedding rings on the right hand in India, where the left hand is considered unclean, and Orthodox Christians also customarily wear their wedding bands on their right hands. That tradition began due to the evil association with the word "left"—"sinister" comes from a Latin word that means "on the left side," Merriam-Webster notes.

Ultimately, how you decide to wear your wedding ring is up to you. Though tradition dictates that you should wear it on your left ring finger, there's nothing wrong with switching it up and putting that ring on your right hand if you'd like!



Here's the squirrel

