



THE GATEWAY
 POST PRESENTS:
 EVANSVILLE
 GAZETTE
 JUNE 2026

Helping people live a meaningful and purposeful life in the direction of their choice.

GATEWAY MISSION

June

World Environment Day

June 5

Flag Day

June 14

Juneteenth

June 19

**ANIMAL OF THE MONTH:
DOVE**

The dove is the universal symbol of peace and harmony. As such, the dove is the ideal bird month for people born in June who are known to have a peaceful, sociable demeanor. Beyond peace, the dove's soft and gentle presence epitomizes love. For centuries they have carried a strong historical connection with the divine realm and intuition.

**FLOWER OF THE MONTH:
ROSE**

Roses evolved 33-23 million years ago in the northern hemisphere, and they are found wild in North America, Europe, and Asia. All roses are typically colorful, highly fragrant, deciduous plants with oval-shaped serrated leaves. Many roses have thorns, which are actually "prickles" in botanical terminology, which are hard, sharply pointed outgrowths of the stem. Depending on the variety, roses can be shrubs or bushes, climbing or trailing vines, or even dwarf or miniature plants.

**BIRTHSTONE OF THE MONTH:
PEARL**

The pearl has been a timeless, simple, yet elegant wardrobe staple for centuries. They are the only gem found within living creatures, both salt and freshwater mollusks (oysters or mussels). Pearls are formed when the mollusk secretes a substance called nacre around an irritant that gets lodged in their shells, such as a piece of sand or invading parasite.



RECIPE OF THE MONTH

Best Chicken Salad Recipe

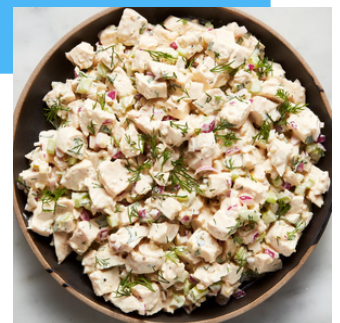
Serves 4

Ingredients:

- 2 lb. boneless, skinless chicken breasts (3 to 4)
- 6 cups low-sodium chicken broth or water
- 2 Tbsp. seasoned salt (such as Lawry's) or kosher salt, divided
- 1/3 cup full-fat Greek yogurt
- 1/3 cup mayonnaise
- 2 Tbsp. finely chopped fresh parsley
- 1 Tbsp. plus 1 1/2 tsp. finely chopped fresh dill
- 1 Tbsp. grainy or smooth Dijon mustard
- 1/2 tsp. finely grated lemon zest
- 2 Tbsp. fresh lemon juice
- 2 celery ribs, finely chopped
- 1 small red onion, finely chopped
- 1/4 cup finely chopped dill pickles (from about 2 spears)
- 3/4 tsp. freshly ground black pepper

Directions:

In a large pot over medium-high heat, combine chicken, broth, and 1 Tbsp. plus 1 1/2 tsp. seasoned salt. Bring to a boil, then reduce heat to medium, cover pot, and cook until chicken is cooked through, about 10 minutes. Transfer chicken to a cutting board. Let rest 5 minutes. Meanwhile, in a large bowl, stir yogurt, mayonnaise, parsley, dill, mustard, lemon zest, and lemon juice until smooth. Cut chicken into 1/4" cubes and add to yogurt mixture, tossing to coat. Add celery, onion, pickles, pepper, and remaining 1 1/2 tsp. salt and mix until well combined.



WHAT DOES "JUNE" MEAN?

The month of June is named from Junius, Latin for Juno, the Roman goddess of marriage and childbirth. Wife of Jupiter, this powerful ruler was known as a protector of women and children, and deemed a forceful guardian for those in need. In Latin, the month was spelled "Iunius" meaning "related to Juno." (Juno was spelled "Iuno" then.) In the 1600s, the French changed all Latin words spelled with an initial "I" (like the month "Iunius") to an initial "J."

June Fun Facts:

- June is also thought to be inspired from the Latin "juvenis," meaning "young people."
- The Anglo-Saxons referred to June as June and July as Liða, an Old English word meaning "mild" or "gentle," which referred to the period of warm, seasonable weather either side of Midsummer.