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RIVER-CADE PARADE RETURNS

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MOVIES IN A MINUTE

Watch Journal Entertainment Editor Bruce Miller review the new Superman movie

DEAR ABBY

# Husband's gaslighting has reached a new level

**DEAR ABBY:** I have been married to my husband for nearly 20 years and lived with him for three years before marrying him. How do you deal with a narcissistic husband? I am tired of the manipulation — the fights he has caused and then made to look like I was to blame.

The worst part is how he has “punished” me. He often gives me the silent treatment not for a day or two, but for weeks, sometimes months. He comes from an abusive upbringing, and even though I have tried to show him what he’s doing is wrong, I can’t seem to get through to him. I mentioned therapy once, and he responded with a big fat NO.

The last episode was



JEANNE PHILLIPS

when he sent me a text message claiming I told one of my friends how abusive he is to me and that the police were at our home inquiring about the situation. (My friends know we have fights, but abuse has NEVER been mentioned.) I contacted the police the next day and, of course, there never was a police officer at our home the day before. I am so mad at him that I haven’t spoken to HIM in more than two months. I have no idea what to do. I hope you can help. — **SILENT NO MORE IN CANADA**

**DEAR SILENT NO MORE:** Your husband is more than narcissistic — he is also emotionally abusive and sadistic. That you have tolerated his behavior for 20 years (assuming that it didn’t start until after your marriage) is shocking. The help you need is as close as the office of a licensed marriage and family therapist, not

for him but for YOU. Consult one and you will learn how dysfunctional your husband is and, hopefully, find the courage to leave and live the life you deserve.

**DEAR ABBY:** A very dear longtime friend I’ll call Lois lives a few hours from us in her vacation home. We used to visit and sometimes spend the night there, but her house smells awful. The smell has worsened over time. We never spend the night there now, and our visits are shorter.

Lois has always owned one or more indoor dogs that she lets outside to go to the bathroom. They also have access to a special room inside where they can do their business, but they also go everywhere. Her ability to clean up after them has diminished. For years, we have avoided telling her why we have shortened our visits. Her husband died recently, and we

should be helping, but we feel unwell being there. If you think we should tell her, how should we do it? We don’t want to hurt or embarrass her. — **LOST FOR WORDS IN THE SOUTH**

**DEAR LOST:** If Lois ASKS why you no longer visit the way you used to, tell her the truth. Explain that you care about her, but the odor (which she’s likely so used to that she doesn’t notice) makes you and your husband feel unwell. Suggest that allowing her dogs to use her house as a bathroom may not be healthy for her, either, and offer to help her find a cleaning crew to get the place back in order.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

# Nakasone to headline Chamber Dinner

Former Commander of U.S. Cyber Command; event is Sept. 25

**JARED MCNETT**  
[jmcnett@siouxcityjournal.com](mailto:jmcnett@siouxcityjournal.com)

SIoux CITY — The Siouxland Chamber of Commerce’s annual dinner has its speaker.

The Chamber announced Wednesday that retired four-star Gen. Paul M. Nakasone, the former commander of U.S. Cyber Command and a former director of the National Security Agency, will give the keynote address at Sept. 25 event in the Sioux City Convention Center. Nakasone served in the two roles from 2018 until 2024 when he retired.

“At the Annual Dinner,



Nakasone

leadership and technology, as well as the threats and challenges emerging in a rapidly changing world,” the Siouxland Chamber said.

The keynote address is set for 8 p.m. and will be preceded by the dinner and chamber program as well as a social hour and a color guard presentation. Cost for an individual seat is \$120 while tables of ten run \$1,200. The event is also known for the W. Edwards Deming Business Leadership and Entrepreneurial Excellence Award

which has been presented at the annual Chamber meeting since 1991 when Gateway co-founder Ted Waitt received the award. The 2024 recipient was Charese Yanney, owner of Guarantee Roofing, Siding, and Installation.

Nakasone, a Minnesota native and graduate of St. John’s College in Collegeville, Minnesota, has had Army assignments in Afghanistan, Iraq and South Korea and has commanded “a company, battalion, and brigade, and served as the senior intelligence officer at the battalion, division and corps levels,” according to the U.S. Department of Defense.

A husband and father of four, Nakasone has received a number of awards including: Distinguished Service Medal, the Defense Superior Service Medal,

Legion of Merit, Bronze Star, Defense Meritorious Service Medal, Army Commendation Medal, Joint Service Achievement Medal, Army Achievement Medal, Joint Meritorious Unit Award, Iraq Campaign Medal, Afghanistan Campaign Medal, Combat Action Badge and the Joint Chiefs of Staff Identification Badge.

Past keynote speakers have included Five for Fighting performer John Ondrasik, former U.S. Secretary of State Mike Pompeo, former New York City Mayor Rudy Giuliani and Erik Weihe, a blind man who reached the summit of Mount Everest.

Jared McNett is an online editor and reporter for the Sioux City Journal. You can reach him at 712-293-4234 and follow him on Twitter @

QUOTE

“If you have love in your life, it can make up for a great many things that are missing. If you don’t have love in your life, no matter what else there is, it’s not enough.”

Ann Landers (1918–2002)  
American columnist

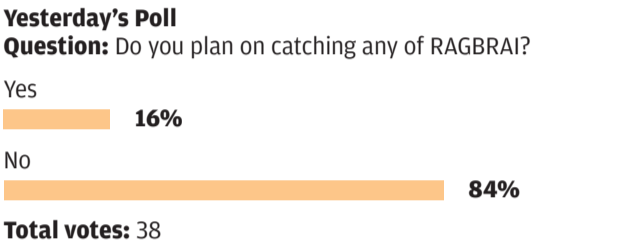
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If you have a question for FAQ, send it to [bmiller@siouxcityjournal.com](mailto:bmiller@siouxcityjournal.com) or mail it to Bruce Miller, Sioux City Journal, 2802 Castles Gate Drive, Sioux City, Iowa 51106

ONLINE POLL

**Today’s Question:** Would you like to see more information released from the Epstein files?



SPEAKOUT

**Today’s Question:** What’s a fond memory you have of RAGBRAI?

**Sound off at [www.facebook.com/SiouxCityJournal](https://www.facebook.com/SiouxCityJournal)**

LOTTERIES

|   |   |
|---|---|
| <b>TUESDAY Mega Millions</b><br>6-10-24-35-43 MB: 1<br>MONDAY | <b>Powerball</b><br>8-12-45-46-63 PB: 24<br><b>Lotto America</b><br>9-30-35-43-49 SB: 8 |
|---|---|

BRIEFS

## Police release name of motorcyclist killed in I-29 crash

SIoux CITY — Sioux City police have released the name of the man killed July 3 in a motorcycle crash on Interstate 29 in Sioux City.

Police said Donald Emery, 49, of Sioux City, was traveling north in I-29 at a high rate of speed when it appeared he lost control and was thrown over the front of the motorcycle and onto the pavement near Mile Marker 149.

Emery was not wearing a helmet, police said, and died later at a local hospital.

## City announces closure of 11th Street bridge

SIoux CITY — The Sioux City Engineering Division announced the immediate closure of the 11th Street bridge over the Floyd River on Wednesday.

The closure will allow emergency repairs to be made to the bridge.

The bridge will remain closed to traffic until further notice, according to a statement from the city. Motorists are advised to use alternative routes.

## Spencer man gets 14 years for drugs, guns

SIoux CITY — A Spencer, Iowa man has been sentenced to more than 14 years

in prison.

The United States District Court for the Northern District of Iowa announced Wednesday Dana Eugene Igou, 41, was sentenced after pleading guilty in January to “one count of possession of firearms by a drug user and domestic abuse misdemeanor and one count of conspiracy to distribute methamphetamine,” the court stated in a release.

Igou, according to the court, possessed several firearms during the course of a conspiracy to distribute at least 500 grams of methamphetamine. In December 2023, he was stopped for a traffic violation and authorities found a 9 millimeter handgun as well as a “small amount of methamphetamine.”

“Igou was prohibited from possessing firearms because of his prior felony convictions and his prior conviction of a crime of domestic violence,” the court stated.

The following spring, in March 2024, Igou was arrested again and was found at that time with firearms, ammo, brass knuckles and close to nine ounces of meth.

United States District Court Judge Leonard T. Strand sentenced Igou and in addition to a 170-month imprisonment he must serve a five-year term of supervised release after the prison term, according to the court.

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