

perfectly frank: health and humor

by Frank Bures, M.D.

Influenza update

You are probably ready to be done hearing about "the flu going around." But it is not done with us yet. This is a brief update on its infectious activity (about everywhere) and what to do try to keep from getting it.

An article by an emergency room pediatrician (Zachary Binder in the Independent, Jan. 20, 2026) points out that he has seen a tremendous amount of flu in the past two weeks, and is hearing a similar refrain from ER colleagues around the country. In early January, New York State recorded the highest number of flu cases in a single week per their records. As of Jan. 15, the CDC estimates the flu has caused 15 million infections, 180,000 hospitalizations, and 7,400 deaths so far this season. Instead of affecting mainly folks over 65, this year kids are getting worse and more cases, coming into the ER sick with a high fever. Some articles cite Minnesota now as having "high flu activity."

The most prevalent variant this season is called subclade K, a subtype of flu virus H3N2. The K mutation was first seen in Australia in 2025 (their winter). To date, 91.5% of U.S. infection are subclade K, and it is also responsi-

ble for the Canadian peak. The ER doc writing says he is seeing more particularly high fevers, which produce dehydration and febrile seizures. Another ER doc, not identified in the article, wrote that in his ER in Brookfield (no state designated) they saw 94 patients in 12 hours, and 41 had the H3N2 flu strain. He also described some very sick patients' cases.

Not everyone with a flu infection gets sick if they get infected, depending on what prior immunity they developed with past infections. This strain is not necessarily causing worse cases, but it seems very contagious, hence the connotation "super flu". The current year's flu vaccine was matched to prior strains (like every year) but couldn't include the new K mutation. The different writings say it is still valuable to get vaccinated because it helps keep you from getting really sick and going to hospital, or dying. Sounds worth it. All three references I have say it is still not too late to get it. It takes about two weeks build full immunity.

The unidentified Brookfield doc wrote about a nasal iodine spray to use to keep all the respiratory viruses — flu,



COVID, RSV, and adenovirus — which all start in noses, from multiplying. Within hours they can generate millions of new viruses. Iodine itself can be very irritating in a nose. He cites a formulation with a buffer called fulvic acid to buffer the harshness and lists a brand Nasomin. Viruses can't develop immunity to it. "Research shows 99% viral reduction in 90 seconds," he writes.

The viruses can live on surfaces for a while. Wipe them down if someone is sick in the house. Good hand washing is of benefit (right, Mom?). The antiviral medicine Tamiflu can "soften the blow," but it's best given in the first two days symptoms. Perhaps a nasal culture for this virus might help know how to proceed. People can do home tests, but they are often too timid to shove the swab up their schnoz far enough for a good sample. If your health is already compromised, the culture is much more valuable.

The last suggestion, which is not being mentioned perhaps like it should be, is to revert to the bad old COVID days and wear a mask in crowded places. A tight mask, N95 or KN95, can really filter out lots of different viruses. I now see some folks in big box stores wearing them. It no longer looks odd, but rather ordinary. Just maybe they are trying to prevent their viruses from spreading. Perhaps some fashion designer could devise an ensemble that could glamorize wearing masks.. If you haven't been vaccinated, consider doing it for you and the people around you.

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legals

First Publication Date: Wednesday, January 28, 2026

NOTICE OF MORTGAGE FORECLOSURE SALE THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in the conditions of the following described mortgage:

DATE OF MORTGAGE: January 15, 2014

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$178,391.00

MORTGAGOR(S): Sheila A. Hadaway, a married person and Michael E. Hadaway, a married person

MORTGAGEE: Wells Fargo Bank, N.A.

LENDER OR BROKER AND MORTGAGE ORIGINATOR STATED ON THE MORTGAGE: Wells Fargo Bank, N.A.

SERVICER: Nationstar Mortgage LLC

DATE AND PLACE OF FILING: Filed January 23, 2014, Winona County Recorder, as Document Number A579356

ASSIGNMENTS OF MORTGAGE: Assigned to: Nationstar Mortgage LLC

LEGAL DESCRIPTION OF PROPERTY: Lot One (1), Block Seven (7), Knopp Valley First

Addition to the City of Winona

PROPERTY ADDRESS: 26 Hillsdale Court, Winona, MN 55987

PROPERTY IDENTIFICATION NUMBER: 322750620

COUNTY IN WHICH PROPERTY IS LOCATED: Winona

THE AMOUNT CLAIMED TO BE DUE ON THE MORTGAGE ON THE DATE OF THE NOTICE: \$137,875.11

THAT all pre-foreclosure

requirements have been

complied with; that no action or proceeding has been

instituted at law or otherwise

to recover the debt secured by said mortgage, or any

part thereof;

PURSUANT to the power of sale contained in said

mortgage, the above

described property will be

sold by the Sheriff of said

county as follows:

DATE AND TIME OF SALE: March 26, 2026, 10:00AM

PLACE OF SALE: Sheriff's Main Office, Lobby of Winona County LEC, 201 West 3rd,

Winona, MN 55987

to pay the debt secured by said mortgage and taxes, if any, on said

premises and the costs and disbursements, including

attorneys fees allowed by

law, subject to redemption within 6 Months from the

date of said sale by the

mortgagor(s) the personal

representatives or assigns.

TIME AND DATE TO VACATE PROPERTY:

If the real estate is an

owner-occupied, single-

family dwelling, unless

otherwise provided by

law, the date on or before

which the mortgagor(s)

must vacate the property,

if the mortgage is not

reinstated under section

580.30 or the property is

not redeemed under

section 580.23, is 11:59

p.m. on September 26,

2026, or the next business

day if September 26, 2026

falls on a Saturday, Sunday

or legal holiday.

"THE TIME ALLOWED BY

LAW FOR REDEMPTION BY THE MORTGAGOR,

THE MORTGAGOR'S

PERSONAL

REPRESENTATIVES

OR ASSIGNS, MAY BE

REDUCED TO FIVE

WEEKS IF A JUDICIAL

ORDER IS ENTERED

UNDER MINNESOTA

STATUTES SECTION

582.03 DETERMINING

AMONG OTHER

THINGS, THAT THE

MORTGAGED PREMISES

ARE IMPROVED

WITH A RESIDENTIAL

DWELLING OF LESS

THAN 5 UNITS, ARE

NOT PROPERTY USED

FOR AGRICULTURAL

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