

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 responsible

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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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: Nationalstar 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 P E R S O N A L REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES SECTION 582.032 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 PRODUCTION, AND ARE ABANDONED.”
Dated: January 22, 2026
Nationstar Mortgage LLC
Assignee of Mortgage LOGS Legal Group LLP

Tracy J. Halliday - 034610X
Attorneys for Mortgagee
1715 Yankee Doodle Road, Suite 210
Eagan, MN 55121
(952) 831-4060
THIS IS A COMMUNICATION FROM A DEBT COLLECTOR
First Publication Date: Wednesday, January 28, 2026
State of Minnesota Winona County District Court Third District Court File Number: 85-PR-26-108
Case Type: Formal Unsupervised In re the Estate of Edward H Hentges, Deceased
Notice and Order for Hearing on Petition for Probate of Will and Appointment of Personal Representative and Notice to Creditors
It is ordered and notice is given that on March 10, 2026, at 3:30 PM a hearing will be held via Zoom, see Notice of Remote Hearing, at Winona County Courthouse, 171 W 3rd St., Winona, MN for the formal probate of a document that is claimed to be the: original Will of the Decedent, dated May 6, 2019; copy of the Will dated May 6, 2019 (Petitioner has reason to believe that the original Will has been lost or destroyed); and for the appointment of:

Name: Thomas L. Hentges
Address: PO Box 63, Fountain City, WI 54629
as Personal Representative of the Estate of the Decedent in an unsupervised administration.
Any objections to the petition should be filed with the Court prior to or raised at the hearing.
NOTE: You will need to pay a filing fee when you file the objection. If you cannot afford the fee, you can ask for a fee waiver (see http://mncourts.gov/GetForms.aspx?c=19&p=69). If proper and if no objections are filed or raised, the Personal Representative will be appointed with full power to administer the Estate including the power to collect all assets, to pay all legal debts, claims, taxes and expenses, to sell real and personal property, and to do all necessary acts for the Estate.
Notice is also given that (subject to Minn. Stat. § 524.3-801) all creditors having claims against the Estate are required to present the claims to the Personal Representative or to the Court Administrator within four months after the date of this Notice or the claims will be barred.
Date: 2026.01.21 15:42:
BY THE COURT:
Digitally signed by Luhmann Dwight
District Court Judge
Becky Brandt
Court Administrator

Attorney for Personal Representative:
Name: Scott J. Curtis, Driftless Law Office, LLC, d/b/a Curtis Law
Address: 601 Huff Street Winona, MN 55987
Attorney License No.: 0394862
Telephone: 608-433-2250
First Publication Date: Wednesday, January 28, 2026
STATE OF MINNESOTA COUNTY OF WINONA DISTRICT COURT THIRD JUDICIAL DISTRICT PROBATE DIVISION Court File No. 85-PR-25-2367 In Re: Estate of Ann Marie Stueve, also known as Ann M. Stueve, Decedent. NOTICE OF INFORMAL PROBATE OF WILL AND INFORMAL APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS
Notice is given that an application for informal probate of the Decedent's Will dated November 22, 2019 has been filed with the Registrar. The application has been granted.
Notice is also given that the Registrar has informally appointed Nicholas J. Stueve, whose address is 712 W. 5th St., Winona, Minnesota 55987, as having claims against the Estate of Decedent. Estate are required to present the claims to the Personal Representative or to the Court Administrator within four (4) months after the date of this Notice or the claims will be barred.
2026.01.23
Probate Registrar, Tammy L. Merchlewitz
Becky Brandt, Court Administrator
ATTORNEY FOR PERSONAL REPRESENTATIVE Steven Badiong Libera Knapp, P.A. 125 Center St. Winona Minnesota 55987
Winona License No.: 0223773
Telephone: 507-452-3246
e-mail: sbadiong@liberaknapp.com

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