C-7.13

Construct a heap (e.g. Bottom-up heap construction), which takes $O(n)$ time
Call removeMinElement() $\log n$ times, which takes $O(\log n \cdot \log n)$ time.
Call removeMinElement() $\sqrt{n}$ times, which takes $O(\log n \cdot \sqrt{n})$ time. Thus, total time is $O(n)$.