

# Tripoli Calmer As Gadhafi's Men Pushed Out

BY KARIN LAUB AND PAUL SCHEMM  
Associated Press

TRIPOLI — Tripoli began to look like a solidly rebel-held city on Friday, the calmest day in the capital since Moammar Gadhafi's opponents swept in nearly a week ago. Some even celebrated in the streets, marching and chanting, "Hold your head high! You are a free Libyan."

There were still occasional gunbattles, but nothing like the bloody firefight Thursday in which rebels drove loyalists from a neighborhood close to Gadhafi's captured compound.

As the fighting waned, the International Committee of the Red Cross in Geneva expressed concern about treatment of detainees on both sides. The ICRC has been able to visit some prisoners, but "there are hundreds more probably," spokesman Steven Anderson said.

Dozens of decomposing bodies were piled up in and near an abandoned hospital next to the Gadhafi compound, revealing some of the war's brutality. One hospital room had 21 bodies lying on gurneys. The floors were covered with shattered glass and bloodstains, and medical equipment was strewn about.

It was unclear when the men died or who killed them, but they had darker skin than most Libyans. Gadhafi had recruited fighters from sub-Saharan Africa.

Some residents emerged gingerly from homes where they had taken cover for days. They looked

upon a shattered city, largely without power or water and sinking with garbage, but also with no sign of the man who had ruled their lives for the past 42 years. Gadhafi's whereabouts were unknown. His portraits have been trampled, his green flags shredded and replaced with the rebel red, black and green.

Umm Yahya, who limped on a cane through Tripoli's shuttered downtown, leaning on her daughter for help, said her family had been surviving for days on pasta and tomato paste, but the fear and suffering in six months of civil war were worth it to taste freedom.

"We can speak freely now. We can talk on the phone," she said with a tired smile. "People are comfortable now spiritually and with that, anything is possible."

Rebels were pushing Gadhafi fighters to Tripoli's outskirts. Abdul Majid Mgleta, a rebel military chief, said there were still some pockets of resistance, but he hoped to take full control over the capital and capture Gadhafi within days.

Still, Tripoli's rebel military commander was confident enough to declare the capital liberated.

"Libya is now free with dignity," Abdel-Hakim Belhaj told reporters Friday night. He added that hundreds of Gadhafi fighters had surrendered in the past two days.

Rebel fighters and NATO turned their attention 250 miles (400 kilometers) east to Gadhafi's hometown of Sirte, his last major

bastion of support. British war-planes struck a large bunker there, while local rebel commander Fadl-Allah Haron said that if city residents don't surrender fast, "a battle will be waiting for them there."

In the five-day battle over Tripoli, at least 230 people were killed and hundreds more wounded, according to doctors at three major hospitals. With bodies still in the streets, the real toll is likely far higher.

In the Abu Salim neighborhood, the scene of Thursday's ferocious clashes, there was massive destruction along the main road, including torched cars.

Three charred bodies lay on

the ground floor of a bombed-out firehouse where eight wounded men, apparently Gadhafi supporters, had been abandoned.

Abu Baker Amin, his right leg broken by a grenade, said he had not received food or water for two days. An emaciated man lay on the floor, pleading for water. Another man appeared to be in too much pain to speak.

In the parking lot, rebels kept guard over four injured men they said were Gadhafi loyalists. Rebels in the area said there were no hospitals available or cars to take the men for treatment, and that in any case they wanted to interrogate them first.

"These are from the Gadhafi brigades!" a neighbor exclaimed.

Eventually, a rebel took all the wounded he could fit in his pickup truck to a hospital. He was stopped repeatedly at checkpoints, where some rebels kicked the prisoners, spat on them and tried to stop their transfer.

The abandoned hospital where the bodies were found is near the firehouse. Nearly 50 bodies were stacked in three areas — a parking lot, a ward and in the basement.

Another 15 decomposing corpses lay in a grassy area surrounding a traffic roundabout on the outskirts of Abu Salim. Five of the dead were in a tent hospital; one appeared to have been killed while resting on a mattress.

Rebels often suspect people

from sub-Saharan Africa of being mercenaries, though many are simply migrant workers.

One of the injured men in the firehouse said he was from Niger. Asked why he was in Libya, he said, "I really don't know."

Mohammed al-Egely, the rebels' justice minister, said he has visited detained Gadhafi fighters and they were being treated according to international humanitarian law. He said the rebels are doing the best they can.

"We are in a state of war — the airport hasn't even been liberated yet," he said. "Do you expect the fighters to bring them (prisoners) flowers? They are all fighting — and so there will be victims from each side."

## Barth

From Page 1

their efforts to win the class warfare of taking money from Social Security, Medicaid and Medicare and give additional large tax breaks to their friends who are in fact the puppet masters, the plutocrats who have paid their way and bribed their way into power. I just find that very objectionable....

"Kristi Noem proclaimed herself a Tea Party person, acted as a Tea Party person (and) supported the Tea Party in their efforts to get Barack Obama. She needs to go," he said.

In making their top priority to "get rid of Barack Obama," Barth said, the Tea Party has let the country down.

"Now, I was never a fan of George W. Bush, but I sure hoped he was right and I was wrong. I sure hoped that his policies would succeed and America would be the better for it," he said. "The idea of going out with the express purpose of getting rid of our president and making him fail, to damage our country — that's wrong. That's not very American."

Barth also took issue with cuts to Medicare, Medicaid and Social Security, particularly in light of the "death panel" rumors leveled at the Obama administration over its proposed health care reform.

"As (Gov. Dennis) Daugaard and Kristi Noem and their Tea Party buddies cut funding for these types of programs ... what's going to happen to grandma sitting in the nursing home? Are we just going to roll her out on the street? Are we going to cut food? Are we going to cut care? The true death panel is the Republican Party and the Tea Party

working together to dismantle those safety nets," he said.

Noem defeated three-term representative Stephanie Herseth Sandlin in 2010.

Barth said he plans to spend "at least \$100,000" on his primary campaign, and approximately \$1 million more if he receives the Democratic nomination.

"I don't expect I'll be able to raise the \$4 million that Kristi Noem will be able to raise," he said.

The son of a diplomat, Barth grew up in various European and African nations, as well as the Washington, D.C., area. He served in the U.S. Army Reserve from 1976-1982, and has lived in Minnehaha County since 1984.

Barth was elected to the Minnehaha County Commission in 2006. He currently is on his second term as a commissioner.

He and his wife Sherrie have two married daughters and four grandchildren.

On introducing Barth at the meeting Friday, Clay County Commissioner Jerry Wilson said, "All of my experience with Jeff shows that he's a fair-minded, balanced, good thinker and a leader."

Wilson did offer one caveat, however.

"I'm not sure about this, but I don't think he has enough speeding tickets to qualify," he joked, in reference to the driving record of Noem, as well as former governor and U.S. Rep. William Janklow.

Barth said Friday was the end of his first campaign swing, but said he would be back out on the road again after Labor Day.

He added that he hopes he will be able to make a difference for the state.

"I think that if you can make it a little bit better, you're better off," he said. "Just because you can't do it all doesn't mean you shouldn't do anything. I think we can make it better."

For more information, visit [www.jeffbarth.com](http://www.jeffbarth.com).



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## Assisted Living/Hospice

**Q Our loved one with a terminal illness has been considering hospice. What would you advise?**


**A.** Cancer, heart or lung disease, or dementia can sometimes be so advanced that further treatment appears futile. Families and their loved ones then focus on comfort and dignity as their prime goals of further care at home or in a hospice facility.

The dedicated hospice staff and medical director work with your family physician to assure freedom from pain and to manage any symptoms. Spiritual support by chaplains and priests is also emphasized.


Eligibility is determined by your loved one's physician and hospice medical director. Hospice care is especially designed for end of life care expected to last 6 months or less.

Private insurance, Medicare, Medicaid, and Department of Veterans Affairs are major financing sources. Contact the hospice staff who will gladly provide you and your loved one with further information and assistance.

605-689-0382



Lars Aanning, MD  
Medical Director




Yankton, SD

## Family Medicine

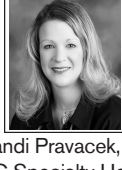
**Q What does a vasectomy involve?**

**A.** Many people do not understand all that a family doctor is trained to do. Family doctors can do many procedures in the office, among these include a vasectomy. A vasectomy is a procedure that involves removing a small portion of the vas deferens. The vas deferens is the tubular type tissue that transports sperm from the testicle. Removing a small portion will interrupt this pathway making it impossible for the sperm to flow out. This effectively makes the man sterile. It is a very safe and straight forward procedure that can be done on an outpatient basis in the office. Healing is usually complete in 1 1/2 to 2 weeks. You are usually able to return to work in a few days after the procedure, depending on the type of work you do. If you have any interest in this procedure, please call us and schedule a consultation in the office. At Lewis & Clark Family Medicine, we would be happy to answer any questions you have. Call 605-260-2100 to schedule your appointment. And remember there is a vas deferens between men and women.


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Jeffrey Johnson,  
M.D.



Brandi Pravacek, CNP  
L&C Specialty Hospital




## Ear, Nose & Throat


**Q Dr. Rumsey, I used to get a lot of earaches when I was little. Can this affect my hearing when I'm older? I seem to hear better out of my right ear, but if I remember correctly, my earaches always seemed to be in my left ear.**

**A.** This is a good question that we get quite a lot. Although there are scenarios where earaches as a child can lead to permanent hearing impairment as an adult, usually it does not. It is interesting that you notice the ear that was most affected is also the ear with the greatest hearing difficulty. A comprehensive hearing evaluation would be the best way to determine the type, degree and potential cause of your hearing difficulties. There are three types of hearing impairments: conductive, sensorineural and a mixture of both conductive and sensorineural. A conductive hearing loss would be linked to earaches and ear infections and is best treated and corrected through medication or surgery. A sensorineural hearing loss is less likely to be linked to middle ear difficulties and is best managed with hearing aids. I hope that this has answered your question. If you need more information or would like to schedule a hearing evaluation, do not hesitate to call me.

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## Podiatry

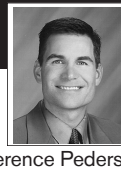
**Q Why do I have heel pain on the back and on the bottom of my heel?**

**A.** While most heel pain is still a result of a biomechanical condition or predisposition in the foot, guidelines have been expanded to help podiatrists distinguish cases that are more neurological, traumatic or arthritic in nature and require more specialized care. A thorough assessment is key to proper diagnosis and treatment. The most common diagnosis related to heel pain remains plantar fasciitis, a condition caused by chronic inflammation of the connective tissue extending from the heel to the toes, but heel pain can also be a result from other conditions such as a Haglund's deformity, which is a bony enlargement on the back of heel which can cause the soft tissue near the Achilles tendon to become irritated when it rubs against shoes.


Bursitis, which is inflammation of the bursa, can also be a result of abnormal heel bone shape, often caused by the rubbing of a Haglund's deformity against a shoe.

In most cases, these forms of heel pain can be treated with anti-inflammatory medications, padding and strappings, shoe modifications, physical therapy, cortisone injections, and surgery. The vast majority of patients with these types of heel pain improve without surgery, but early intervention is critical for optimal success. If improvement occurs, the guideline specifies that initial therapy should continue until the pain is resolved. But if no relief is experienced, the patient should receive special tests to further evaluate the heel, and to rule out other conditions such as circulation problems, arthritis, neurological conditions or stress fractures.


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Terence Pedersen,  
D.P.M.



Scott Torness,  
D.P.M.



## Urological

**Q What is a vasectomy?**

**A.** It is a surgical procedure that takes 20 minutes to do in the office. A single small half inch or less incision is made and each tube that transport the sperm is divided and tied in such a manner that after a period of time, no more sperm comes out when a man ejaculates. Failure rate is much less than 1% and greater than 99% success rate.


**Does it affect a man's ability to achieve an erection? NO.**

**Does it prevent a man from ejaculating? NO.** Orgasms are the same after as before. Rarely however, there can be pain with ejaculation sufficient to consider reversing the vasectomy on that side to help the pain. This however is extremely rare. Still the safest form of sterilization.

**Does it increase a man's risk of heart disease, prostate cancer or alzheimer's disease?** Studies have proven no increased risk for any of these complications.

**What are other risks?** Very small risk of infection, swelling, hematoma or bruising.

**Who does vasectomies?** Many doctors do them but only Urologists have been trained to do them, deal with any complications and also reverse them if necessary.



Dr. Joseph Boudreau  
MD, F.R.C.S.

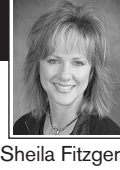
### Yankton Urological Surgery, Prof., L.L.C.

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## Chiropractic

**Q What can chiropractic do for my sinuses?**

**A.** A common complaint that sinus sufferers have is the congestion that develops in the frontal and maxillary sinuses. The chiropractic adjustment of the upper neck helps impact several mechanisms that help the sinus region respond. The drainage and lymph flow is enhanced. The muscle tension of the neck and head is improved. The nervous system's response to the adjustment increases activity of the immune system. Then, there are some individuals who also choose to use acupuncture for sinus related problems, and have a lot of success and improvement. For the most part, chiropractic has a very beneficial effect with sinus problems and is a very safe alternative treatment.



Sheila Fitzgerald,  
DC



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## Fitness/Health

**Q There is so much in the news today about preventing childhood obesity and keeping kids active as parents. Do you have any suggestions on the best ways to do that?**

**A.** Being a parent of two small children myself as well as working and volunteering, I find myself in the same quandary as most parents do. How do you fit it all in? The answer is that it takes a little planning so that you are prepared to provide creative suggestions. The best way to keep kids from getting board is through regular "active play." If they are not involved in some type of structured sport on a regular basis here are some ideas that you can take back home today. Outdoor activities are great and can be fun for the whole family. In nicer weather, taking walks together and exploring new areas in your city is something fun to do. Taking kids to the local parks, pools and on bicycle trails is another. Playing Frisbee, disc golf, hula hoops or good old fashioned races around the house, tag, jump roping and even strapping on some roller skates/blades and covering some ground. Sledding, snowman building and snowball fights are great for winter. My kids love contests so racing or timing them adds a whole new dimension. It is recommended that kids get at least one hour of activity per day. It doesn't have to be complicated, just keep it simple, keep them moving and work to reduce screen time (computer, TV etc.)!



Angie O'Connor  
Clinical Exercise  
Specialist



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## Pharmacy/Nutrition

**Q Safety announcement by the FDA regarding the safety and efficacy of high-dose (80mg) Simvastatin**


**A.** Simvastatin is sold as a single ingredient, generic medication and under the brand name, Zocor. It is also sold in combinations with other drugs, such as Vytorin and Simcor.

Simvastatin belongs to a group of drugs called statins. These drugs work by lowering the levels of "bad" cholesterol (low-density lipoproteins or LDLs) while increasing the levels of "good" cholesterol (high-density lipoproteins or HDLs). These actions lead to lowered risks of strokes, heart attacks, and other heart complications in people with diabetes or other risk factors.

Despite the benefits these drugs provide, the U.S. Food and Drug Administration has issued a warning regarding high-dose simvastatin (80mg) in response to published research that compared high-dose simvastatin to low dose simvastatin (20mg). This research showed that there is no difference in the reduction of heart attacks, strokes, and other vascular-related problems between high and low-dose simvastatin. This research also showed that patients taking the high-dose simvastatin have an increased risk of myopathy compared to patients taking lower doses of this drug or other drugs in the same class. Patients with myopathy generally have muscle pain, tenderness, or weakness. Rhabdomyolysis is the most serious form of myopathy. It can seriously damage the kidneys and lead to kidney failure which can be fatal. These risks appear to be higher in patients who are in their first 12 months of taking this cholesterol managing drug.

These new findings have led the FDA to issue a few helpful tips to the public. One of the first recommendations made is that patients should NOT stop taking their medication unless told to by their doctor. Also, they should immediately contact their doctor if they are experiencing any symptoms of the previously explained myopathy. Lastly, they should talk to their pharmacist, a medication expert, about any questions or concerns they have about simvastatin-containing medications and the alternatives that are available to them.

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