স্বাস্থ্যগুন: শরীরে ক্ষতিকারক Cholesterol জমতে বাধা প্রদান করে। উচ্চ রক্তচাপ নিয়ন্ত্রণ করে। ক্যান্সার প্রতিরোধে সহায়তা করে। অকাল বার্ধক্য প্রতিরোধে সাহায্য ওজন নিয়ন্ত্রনে কার্যকরী ভুমিকা পালন হজমে সাহায্য করে।





Peru forward Paolo Guerrero (L) scores his third goal against Bolivia during their Copa America quarterfinal in Temuco on Thursday.

PHOTO: AFP

Guerrero fires Peru

AFP, Temuco



Brazilian-based striker Paolo Guerrero scored a hattrick as Peru swept aside Bolivia 3-1 to set up a Copa America semifinal showdown with fierce rivals

Chile on Thursday.

Flamengo forward Guerrero, who has spent the past three years in Brazil after spells in Germany with Bayern Munich and Hamburg, pounced in the 20th and 23rd minutes to snuff out Bolivia's campaign.

The 31-year-old completed his hattrick in the 74th minute, strolling clear of the Bolivian defense to finish nonchalantly. Marcelo Martins scored a late consolation from the penalty spot for Bolivia.

The result sets up the mouth-watering prospect of a semifinal next Monday between tournament hosts Chile and Peru, the latest instalment of a ferocious footballing rivalry which began in 1935. Matches between the two neighbours are

known as the "Clasico del Pacifico," laced with a historical enmity that dates back to the 1879-1883 War of the Pacific. Chile and Peru also fought a long-

disputed maritime border. Peru will head into Monday's showdown brimming with confidence after easing past

running legal battle over the two nations'

The match was effectively settled during a devastating three-minute spell midway through the first half when Peru's superb counter-attacking unstitched the Bolivian defense.

Guerrero grabbed his first of the night in the 20th minute, timing his jump to head home past Bolivia goalkeeper Romel Quinonez after an exquisite cross from the left by Fiorentina midfielder Juan Manuel Vargas.

Three minutes later Guerrero made it 2-0 after a breathless breakout from Peru which had begun with a Bolivia free-kick on the edge of their opponents' area.

Midfielder Christian Cueva was the architect, kicking a ball over the top of the Bolivian defense to send Guerrero bearing down on goal.

Quinonez hesitated fatally as he advanced off his line and Guerrero coolly tucked away a low finish to put Peru firmly in control.

Bolivia almost gave themselves a lifeline on 31 minutes but Martins was denied after a fine close-range reflex save by Peru goalkeeper Pedro Gallese.

Peru did not take long to get back onto the attack, and only the woodwork thwarted Jefferson Farfan when his thumping longrange effort cannoned back off the post on 37 minutes with Quinonez beaten.

Napoli warn off Higuain suitors

AFP, Milan

Napoli have warned potential suitors off striker Gonzalo Higuain by claiming the Argentinian has a buyout clause of almost 95 million euros (\$106m, £67.6m) in his contract.

Higuain is rumoured to be on his way out of the Serie A club following their failure to qualify for next season's Champions League, and has recently been linked with a 50 millioneuro move to AC Milan.

But Napoli, via Naples radio station Kiss Kiss, said potential buyers would have to pay "94,736,000 euros" to release Higuain -- who is currently at the Copa America with Argentina -from his contract.

Higuain joined Napoli from Real Madrid on a fiveyear deal for 40 million euros in 2013 and has scored 35 goals in Serie A since then.

Former Empoli coach Maurizio Sarri was appointed coach of Napoli earlier this month after Rafael Benitez quit.

resigned'

REUTERS, Zurich



Sepp Blatter has told a Swiss newspaper he has not quit as FIFA president, adding to speculation he may try to stay on as head of world soccer's governing body that is gripped by a corruption scandal.

"I have not resigned, rather I am offering my mandate at an extraordinary congress," Blatter is quoted as telling Swiss newspaper Blick in an article published on Friday.

The paper said Blatter had spoken on Thursday at his first public appearance since the June 2 news conference where he said he would step down as FIFA president and call a leadership election in the wake of the corruption scandal.

A FIFA spokesman said by email: "We can confirm the president has been correctly quoted." FIFA was not immediately available for further comment on his meaning.

However, Blatter's words seemed to be less final than what he said on June 2, which was: "I have decided to lay down my mandate at an extraordinary elective Congress. I will continue to exercise my functions as FIFA president until that election." A former Blatter adviser had said previously that the

stand down from his role.

longer working with Blatter. Blatter, who was re-elected in May, is under pressure to

leave sooner rather than later as U.S. and Swiss authorities investigate suspected bribery and corruption at the organisation. Blatter has not been charged with any wrongdoing.

governing body.

Open third round.

NOVAK DJOKOVIC

Federer, the holder of 17 Grand Slam

titles and the runner-up to Djokovic last

year, starts his campaign against Bosnia's

Damir Dzumhur, who he beat in the French

Murray seeded three and the 2013 cham-

pion, begins

against Mikhail

Kukushkin of

and 2010 cham-

pion who is down

at his lowest rank-

ing for a decade,

begins with a clash

against Brazil's

draw, five-time

champion Serena

Williams and 2004

winner Maria

Sharapova were

drawn to meet in

Top seed and

world number one

Williams, who is

the semifinals.

In the women's

Thomaz Bellucci.

Nadal, the 2008

Kazakhstan.

Sepp 'has not | Coaches, players slam Jara

AFP, Santiago



Players and coaches lined up to condemn Chilean defender Gonzalo Jara Thursday after he apparently

attempted to shove his finger in an opponent's backside during the stormy Copa America quarterfinal win over Uruguay.

Jara was the subject of widespread revulsion on social media after photos and camera footage

clearly showed him jabbing a finger into the back of Edinson Cavani's shorts during Wednesday's game, won 1-0 by Chile.

The lurid provocation ultimately led to Cavani being sent off after the Paris St-Germain flicked a retaliatory hand into Jara's face.

Jara's fate remained uncertain on Thursday, with South American football's governing body CONMEBOL saying they would only lodge a disciplinary case against the Chilean if they received a formal complaint.

But players and coaches were unanimous in their disgust of the incident, with many expressing sympathy for Cavani, whose father was arrested earlier this week for his part in a fatal traffic accident. "Particularly when you consider

it was Cavani, and all the other problems he's had this week, it was shameful," Argentina coach Gerardo Martino said. "There is absolutely no justifica-

tion for it whatsoever. And on top of all that, Cavani barely touched him," Martino added.

Colombia coach Jose Pekerman also decried Jara's actions, saying the move had tarnished the image of the sport in front of a global audience.

"We all want to win and there is pressure on everyone to win, but the contest has to be noble," the veteran Argentine-born coach said.

"Football is a sport that the whole world watches. There are certain rules that must be respected." Uruguay coach Oscar Tabarez

could not hide his anger at the incident in the aftermath of Wednesday's game.

long-serving FIFA president could go back on his promise to FIFA said at the time that Klaus Stoehlker, who advised | close of the fourth round in Blatter during this year's FIFA election campaign, was no

Domenico Scala, the official overseeing the choice of a new president, has said Blatter's departure was an "indispensable" part of planned reforms to soccer's

Niaz still in lead

SPORTS REPORTER

Grand Master Niaz Murshed maintained his lead in the Commonwealth Chess Championship at the New Delhi, India yesterday.

Niaz beat Saurabh Anand to secure maximum four points from four games and shared the lead along with six other competitors.

GM Ziaur Rahman was in second position along with 20 other players after beating Mehar Chinna Reddy in his fourth round board. He has now 3.5 points.

IM Minhaz Uddin and FM Sheikh Nasir Ahmed have three points each while WIM Rani Hamid earned two points from four matches.

Maradona loses dad

AFP, Buenos Aires

Diego Maradona's father "Don Diego" passed away on Thursday, local media reported, with the 87-yearold failing to recover from long-standing coronary and respiratory difficulties.

Argentina World Cup winner Diego Maradona had been at his father's side in a Buenos Aires hospital since flying in from his Dubai home on June 2.

Maradona's mother "Tota" passed away in 2011.

Cech joining Arsenal

REUTERS, London

Chelsea's Petr Cech will undergo a medical with Arsenal on Friday, according to British media reports, after the clubs agreed a fee for the 33-year-old goalkeeper.

The BBC said Cech, who was displaced as Chelsea's first-choice keeper by Belgium's Thibaut Courtois last season, had agreed personal terms with Arsenal and would become their first close-season signing.



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Big three in same half time champion Nadal, seeded 10 this year, up against compatriot David Ferrer.

Former champions Roger

Federer, Andy Murray and



the 'Big Four'. However, the Serb may have to beat third-seeded Stan Wawrinka, the man who defeated him in the French Open final earlier ANDY MURRAY

this month, in the

semifinals.

other members of

Djokovic begins his title defence against experienced German Philipp Kohlschreiber before a possible second-round clash with 2002 champion Lleyton

Hewitt, who is playing in his last Wimbledon.

If the seedings work out, the last 16 would see Djokovic face Kevin Anderson of South Africa, US Open champion Marin Cilic against Kei Nishikori, Wawrinka facing David Goffin and Grigor Dimitrov taking on Milos Raonic.

In the bottom half, seven-time champion and second seed Federer could face Feliciano Lopez, Tomas Berdych would meet Gilles Simon, 2013 winner Murray could play Jo-Wilfried Tsonga with two-





was in the 2004 Wimbledon final. Serena could meet sister Venus, a fellow five-time champion and playing in her 18th Wimbledon, in the fourth round. Serena starts against Russian world num-

MARIA SHARAPOVA bidding to hold all four majors at the same time for the second time in her career -- 'the Serena Slam' -- has a

17-2 record over Sharapova.

ber 113, Margarita Gasparyan.

wild card Johanna Konta.

The Russian's last win over the American

First up Sharapova will take on British