

Five things you need to know today

☒ The Edinburgh Guide relates the tale of the Olympus takeaway and the beetle larva...those of a nervous disposition should not [click on this link!](#)

Starting from today till 19 June 2011, Edinburgh is set to host the inaugural Festival of Sport. The event provides the opportunity for locals to be active through various activities ranging from cricket and judo to archery and water polo. The vast majority of opportunities are free. For more information [click here.](#)

As reported by the [BBC](#) Lothian and Borders Police have said that they suspect the fire which burned down a charity shop on Summerhall Place on Saturday night was deliberate. Luckily no tenants were harmed in the blaze. The shop is operated by the Bethany Christian Trust and is part of a four-storey tenement building.

It is reported by [The Telegraph](#) that researchers at Queen Margaret University, Edinburgh have found that drinking pomegranate juice can reduce stress. They declare that consuming 500ml of Pomegreat Pure pomegranate juice results in lower stress hormones and a reduction in blood pressure.

Tickets for The Big Comedy Gala are now available. The event which takes place on August 15th 2011, will be staged at Venue 150 @EICC and is part of the Fringe Festival. The event will be headlined by Irish comedian Ed Byrne in support of the cancer charity, Macmillan Cancer Support. Tickets are £20 and are on sale from the Venue 150@ [EICC website.](#)