

# "Global Belly Laugh Day" has roots in Portland

**The founder has coordinated "belly laugh" events on all seven continents.**

By Alan Scaia

Thursday, January 24, 2008

The founder of "Global Belly Laugh Day" started the event in Portland three years ago. Elaine Helle encourages people to enjoy a belly laugh at 1:24 p.m. on January 24.

"It brings you happiness, it wakes up your brain after you laugh," Helle says. "People know that. They just have to have a trigger to remember to laugh and smile."

Helle has coordinated belly laughs on all seven continents. She led the students at Buckman Elementary School in a laugh Thursday afternoon.

"Everything's serious," says Principal Claudia Mason. "Buckman is actually a place where we integrate arts with learning, so it's a really joyful climate here. I just thought this was the perfect choice for Belly Laugh Day."

Helle has a message for people who missed 1:24 this year.

"It's always going to be 1:24 somewhere in the world, so anytime during the day, smile, throw up your arms and laugh out loud," she says.

 [Click Here](#) - Alan Scaia reports

*Illustration courtesy bellylaughday.com*

<http://www.1190kex.com/cc-common/news/sections/newsarticle.html?feed=123543&article=3187949>