

## Everybody likes a good belly laugh – on Jan. 24, that’s the day to do it

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SUBMITTED PHOTO

Belly Laugh Day organizer Elaine Helle poses by a sculpture of children laughing around the globe. On the base of the sculpture is a quote by Jean Houston that reads, "At the height of laughter the world is spun into a kaleidoscope of new possibilities."

Mark your calendar – Jan. 24 has been designated as Belly Laugh Day. Organized by Lake Oswego resident Elaine Helle, this year’s celebration of laughs and smiles is the world’s second and she encourages people around the world to join the Belly Laugh Bounce ‘round the world.

On Jan. 24 at 1:24 p.m., throw your arms in the air and laugh out loud.

Locally, you will find Belly Laugh celebrations in a number of locations. Judith Allan, a Lake Oswego chiropractic physician, will be celebrating because she knows the physical, psychological and spiritual benefits of laughing out loud. One clerk at Palisades Market is responsible for bringing the celebration to all the Lamb’s Markets.

The Selvaggio Family of West Linn will be in Tanzania working with Retree International and Africa Bridge and plans to celebrate Belly Laugh Day with schoolchildren there.

For more information on Belly Laugh Day see the Web site at [www.bellylaughday.com](http://www.bellylaughday.com).