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August 8, 2009

<http://sherryjoon.blogspot.com/2009/08/cheers-to-happiness-day.html>

It has recently come to my attention that we have a variety of National Days. I stumbled upon this fact on an ordinary Wednesday, August 5th to be exact. On this particular date my officemate nonchalantly informed me that it was National Underwear Day. Well, I had no clue that we have a whole day dedicated to just the underwear. Hmm how worthy. I was curious and a bit hesitant to learn what exactly one must do to partake in National Underwear Day. It turns out that celebrating National Underwear Day is not as racy as I thought. It's a day dedicated to wearing fresh underwear and being open about your undies.

National Underwear Day was started in 2003 by Freshpair.com, an underwear company, to get people to celebrate their underwear. According to the site, Freshpair President, Michael Kleinmann, believes that "underwear should no longer be merely the first thing you put on and the last thing you take off, but the most important thing you wear all day." Discovering National Underwear Day, got me curious about other random but endearing National Days.

I started searching for National Days and found that there are a lot of [unofficial days](#) that get started by either corporation or interest groups. One of my favorite findings was National Ice Cream Day which was started by the International Ice Cream Association (IICA). I was disappointed to find out that I missed [the scoop](#) on this one as it was July 19th. [National Ice Cream Day](#) was designated in 1984 by Ronald Reagan. If I was President I would designate every Friday night after 2am as National Pizza Night but my obsession with pizza is another story. So after some drifting through the internet, I found some sites that [list National Days](#). Most of these events are not official "national days." An official day is bit complicated as you have to go through Congress. While I recognize that a lot of these days are created to promote things, I also find it endearing that there are national days that make you appreciate and celebrate the little things in life. If seeing pictures of [hot men](#) in their undies puts a smile on your face, it did on mine, or getting a [free ice scream](#) scoop makes your day, then I am all for it. Especially today as it is Happiness Happens Day and you are not suppose to rain on other's parade. I am happy to designate this post to [Happiness Happens Day](#). This day was started by the [Secret Society of Happy People](#) to recognize and express happiness and don't rain on other people's parades. Here's how you can [celebrate!](#)