



10/31/2014 Time Zone Change Proposal
Sean Johnson to: lcs.ga

10/31/2014 11:26 AM

Mr. Mauer,

We propose to change Colorado's time zone to Central Standard Time while never observing Daylight Saving Time. The constant time shifts cause great difficulty and stress for many. Parents especially have a difficult time adjusting their children's schedules to reflect the time changes. Having a constant time that never changes will alleviate these and many more stresses. Most importantly perhaps is that our children will have an extra hour to play outside before dark even in the winter months. Businesses will lose less revenue around these time change days due to missed appointments, late employees, and injuries. A study done in 2009 by the Psychological Association says, "Following [the start and end of DST], employees slept 40 min less, had 5.7% more workplace injuries, and lost 67.6% more work days because of injuries than on non phase change days."

Daylight Saving Time was standardized to make better use of the natural light. Having the sun set later allows people to keep lights off in their homes longer. Going off of Daylight Saving Time in Colorado while maintaining Mountain Standard Time means that we would end up with sunset as early as 4:35 PM. By staying on Central Standard Time constantly the sun would not set earlier than 5:35 PM, and we would still benefit from more sunlight later through the rest of the year. This would prevent any extra energy costs that would be associated with staying constantly on Mountain Standard Time.

Arizona stays off Daylight Savings Time while never having the sun set later than 5:29 PM. To benefit in the same way we would need to switch to the Central Standard Time Zone without ever observing Daylight Saving Time.

Sean Johnson

10460 W Iliff Ave

Lakewood, CO 80227

720-297-7320 – healthfitnessguru@gmail.com

Teri Johnson

10460 W Iliff Ave

Lakewood, CO 80227

303-246-2899 – teri.horsetrainer@gmail.com

--

Sean Johnson CPT, CFT, FT, SPN, PES, CES, J-Range Master Specialist

Foothills Chiropractic & Wellness - Director of Rehab Services

J-Range Training - President, Researcher, Educational Trainer of Doctors, Therapists and Trainers

Johnson Enterprises - President, Post-Rehabilitation Specialist, Manual Therapy Specialist, Personal Trainer, Nutritionist