



HEALTH | SOCIAL MEDIA

## Phone can help you quit smoking

Text messages provide encouragement

By FELICE J. FREYER  
JOURNAL MEDICAL WRITER

Every once in a while, Kotrina Lockard's cell phone buzzes with a text message — a message of inspiration.

The first time, she read these words on the phone's screen: "Feeling light-hearted? You're not a ticking time bomb anymore. 20 mins after you quit smoking, blood pressure returns to normal."

Eight hours later, she got another message, informing her that her blood oxygen level would return to normal eight hours after she stopped smoking.

Lockard, 31, signed up for the text messages from the Rhode Island Department of Health (by texting "QuitNow" to 75309) in the hope they might help her quit smoking again. She'd been able to quit while pregnant, but resumed after her baby was born. Now, the stress of unemployment has made such a wrenching life change all the more difficult for the Providence mother.

The text messages are providing an important nudge forward, she says. "It's making me think more about quitting," she says. "But it's hard. It's hard to quit!"

It is hard, and the Health Department's tobacco-control program, working on a shoestring, is trying everything it can to encourage and support

SEE HEALTH, A9



Signing up for text messages from the R.I. Department of Health will give smokers a nudge.

RHODE ISLAND DEPARTMENT OF HEALTH



Kotrina Lockard of Providence, with daughters Kiyah Gutierrez, 10, and Janiyah Lockard, 10 months, says the messages help.

KEY POINTS

**Mobile health**

Cell-phone technology offers new opportunities for people to improve their health. Here are some examples:

**The Rhode Island Department of Health** smoking-cessation effort includes text-messaging (to sign up, text QuitNow to 75309), a coughing ring-tone and QR codes that link to QuitNowRI.com

**Miriam Hospital's** Weight Control and Diabetes Research Center, in Providence, provides participants with weight-loss programs via cell phone, including videos, food-tracking apps and live or automated feedback.

**Southcoast Hospitals Group** in New Bedford, Mass., has an app to help patients track medications, keep up with hospital news and find a physician.  
www.southcoast.org/myhealthapp/

## You can get 'blitzed' on May 31

May 31 is World No Tobacco Day, sponsored by the World Health Organization.

And if you have any connection with someone at the Rhode Island Department of Health, or know someone who does — get ready, you're going to get "blitzed."

The department's tobacco control program is planning a "social-media blitz" for Tuesday, with a series of messages going out on Facebook, Link-

SEE BLITZ, A9

**The National Healthy Mothers Healthy Babies Coalition** offers Text4Baby, which texts weekly advice and information to women during pregnancy and the baby's first year, each timed to be appropriate, based on the baby's birthday. (To sign up, text BABY, or BEBE for the Spanish version, to 51141.)

**The Mayo Clinic** is experimenting with using cell phones to work with brain-injured patients, conducting cognitive rehabilitation remotely.

**The U.S. Centers for Disease Control and Prevention**, which reaches 1.6 million people with nine Facebook pages and 31 Twitter profiles, holds contests for the design of health-promoting apps.  
www.fluapp.challenge.gov/

GENERAL ASSEMBLY

## Preservation tax credit could make a comeback

House, Senate bills aim to stimulate construction, attract businesses, boost property-tax revenues

By PHILIP MARCELO  
JOURNAL STATE HOUSE BUREAU

PROVIDENCE — As the state struggles to pull itself out of recession, historic-preservation advocates are making the case for reviving Rhode Island's tax credit for restoring historic commercial buildings, and at least some leading politicians are listening.

Advocates believe that a restructured tax-credit program could help stimulate the state's weakened construction industry, attract busi-

nesses and help ailing cities and towns boost their property-tax revenue.

"We have to provide some catalyst to economic recovery," said Scott Wolf, executive director of Grow Smart Rhode Island, an alliance of business and community leaders focused on sustainable growth and development. "Economic recovery is happening, but it is happening at a frustratingly slow pace in Rhode Island."

SEE TAX CREDIT, A8

KEY POINTS

**Historic tax credits**

**Sen. James E. Doyle II's proposal (S-0611):**

■ Tax credit equal to 30 percent of qualified construction expenses.  
■ Only the state's eight most economically distressed communities would be eligible: Burrillville, Central Falls, East Providence, North Providence, Pawtucket, Providence, West Warwick and Woonsocket.

**House Majority Whip J. Patrick O'Neill's proposal (H-6098):**

■ Tax credit equal to 20 percent of qualified expenses, though developments with a greater focus on commercial or retail space would be eligible for a 25-percent tax credit.  
■ Social clubs, single-family homes and residences of less than three units would not be eligible.  
■ Development projects approved for more than \$5 million in tax credits would not be able to claim the entire credit in a single tax year. They would be limited to \$5 million in each of the first three tax years, with the balance coming in the fourth year.  
■ Tax credits could not be cashed in earlier than July 1, 2012, which is the start of fiscal year 2013.

## Panel would control Rte. 195 land plans

By KATE BRAMSON  
JOURNAL STAFF WRITER

A Senate committee is poised to vote Tuesday on proposed legislation to create a commission with wide latitude to determine what happens to about 35 acres available for development because of the relocation of Route 195.

The seven-member commission would be empowered to hire staff and an executive director for its work.

In addition to deciding on all redevelopment plans for

the soon-to-be-vacant highway property, the proposed quasi-public commission would have the power to buy and sell land, borrow and lend money, invest money and negotiate tax agreements — all without state or city approvals. Employees of the commission would not be considered employees of the state or the city.

The legislation would give the commission such powers

SEE LAND, A8

A stuffed snowman is just one item that Benjamin Dias picked up Monday from the curb on the East Side of Providence, the day when departing students leave their unwanted furnishings.



JOURNAL / RICHARD DUJARDIN

PROVIDENCE

## Graduates' trash proves to be someone else's treasure

By RICHARD C. DUJARDIN  
JOURNAL STAFF WRITER

PROVIDENCE — Benjamin Dias says that ever since he was a teen growing up on the East Side, he's known that the day after Brown University's graduation is a good time to pick through the trash.

Now 63, Dias found that this Memorial Day was no exception, as he picked out a stuffed snowman with skates that, he said, he would take back to his home and clean.

"You can always find lots of stuff right

after graduation. The college students don't want to take everything home, so they leave it on the curb."

Dias, who on Monday found a half-empty notebook and some decorative pillows that he said he would leave out for a friend, says there are two really good times for picking trash: the day after a graduation, and also the start of the school year when roommates move in and discover they have duplicate items.

Some of Dias' past forays have really paid off, as when he came upon a TV and

an air conditioner that were practically new, and the time he found a handsome rocking chair with the Brown University insignia that he suspects was used by the university's higher-ups for meetings of the board of trustees.

All over College Hill Monday, there were all sorts of people like Dias who sensed that at the same time that college students were stuffing lamps, computers, stereos, books, dressers and other valu-

SEE PICKERS, A5

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**PolitiFact Rhode Island**

The president of the Rhode Island Society for the Prevention of Cruelty to Animals contends that most of those accused of domestic violence started off by abusing animals. We put his claim to the test. **A5**



**NATION**  
**New head for Joint Chiefs**  
President Obama nominates Gen. Martin Dempsey, currently serving as the Army chief of staff, as the next chairman of the Joint Chiefs of Staff, pending his confirmation by the Senate. **B3**

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