## Emergency room doctor serves up grilling safety tips

By BRIAN M. JOHNSON

CORRESPONDENT

This Independence Day, follow Dr. Andrew Lim's safety tips so the only thing you grill is your lines for blockages."

Dr. Lim, an emergency medical doctor at Bristol Hospital, said the summer sees a spike in personal injuries.

cases of facial burns and carbon monoxide poisoning from smoke inhalation each season,"

Lim has provided the following tips to keep your Fourth of July hospital free:

in a well-ventilated area to avoid smoke inhalation."

■ "Keep your grill at a safe distance from buildings or other flammable objects."

■ "Make sure to check your gas

■ "When you light the grill, don't lean over it. There may be a

■ "Keep your equipment clean to avoid grease buildups. Grease "I personally treat at least five can cause a lot of flare-ups."

■ "Be sure to have a fire extinguisher present at all times.'

■ "Practice food safety by keeping your food properly refrigerated, keeping surfaces clean between use."

Grill your food outside or Brian M. Johnson can be reached at (860) 225-4601, ext 216, or bjohnson@newbritainherald.com.



David Pianao, chef at Barley Vine in Bristol, grills during an all-you-can-eat event Wednesday afternoon.

## Food for the Fourth goes flying off supermarket shelves

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have also been selling a lot of Gatorade, Powerade and water due to the heat."

Stew Leonard Jr., CEO of Stew Leonard's in Newington, said he saw a bigger turnout this year of people investing in lobster, filet mignon and shrimp.

"All the steaks are moving the filet, the lobsters, the chicken, the shrimp," said Leonard.

He went on to say that he noticed that people are being more health conscious this year.

"They want real natural food. They want local. That's a trend right now," said Leonard.

The store has sold at least 10,000 hot dogs and most likely will sell 20,000 hamburgers by the end of the week, according to Leonard.

"This year we are seeing the economy turning around," he

Dan Arthur, the store president of the Newington location, said they are starting to see bigger crowds as the Fourth gets closer.

"We basically have been on a steady build," said Arthur.

Faith Varney, of Bristol, who was with her daughter Kayla Varney, 11, said Wednesday's trip to the supermarket was her

"We came on Tuesday to do some of our shopping because

we wanted to minimize the amount of shopping carts we had to use," said Varney, as she waited for the butcher to hand her some hamburger. "We are having about 15 people at our house tomorrow and barbecuing ribs, hot dogs, burgers, chicken."

Kayla said her favorite thing about the Fourth of July beside the fireworks is the ice cream and cake she will get to eat.

Sausage distributor and retailer, Martin Rosol's, of New Britain, is also prepared for the

"We're always busy for the big summer holidays," said Tim Rosol, operations manager. "Business is steady and not decreasing."

A few weeks before the

Fourth is when Martin Rosol's will receive numerous orders.

Sara Asado, owner of The Super Natural Market and Deli in Bristol, said the store has been busy filling more than 100 orders for potato and macaroni

"A lot of people don't want to cook anything so we make that part of their day easier by preparing foods in our kitchen," said Asado. "We have been taking food orders all week."

Asado said people are looking for anything they can get prepared ahead of time such as salads and pastries.

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Faith Varney and her daughter Kayla, 11, shop for Fourth of July supplies at the Price Chopper in Bristol on Wednesday.

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