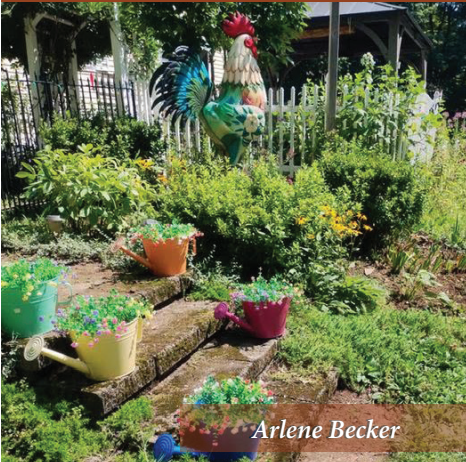


HAMPTON *Connects*

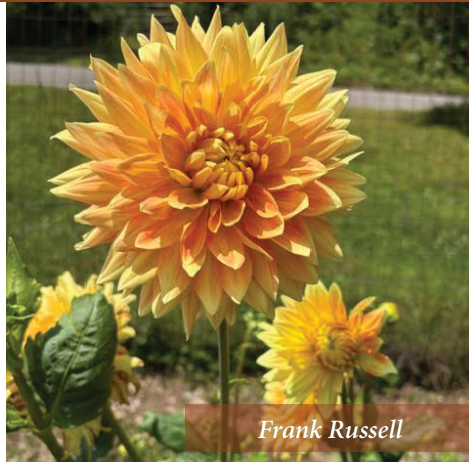
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CELEBRATING HAMPTON'S GARDENS

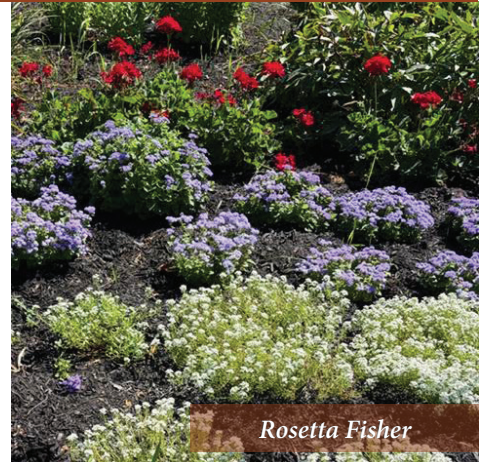
If you want to be happy for a lifetime, plant a garden. -Chinese proverb



Arlene Becker

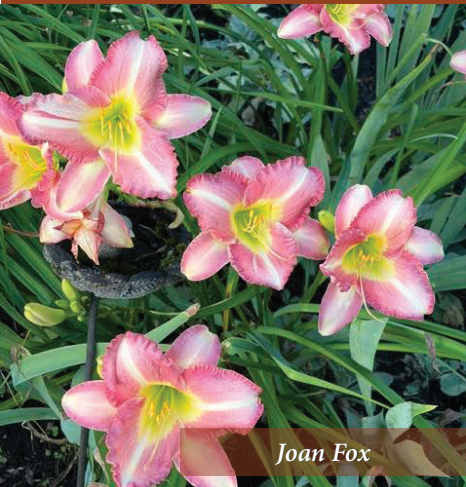


Frank Russell



Rosetta Fisher

We may think we are nurturing our garden, but of course it's our garden that is really nurturing us. -Jenny Uglow



Joan Fox

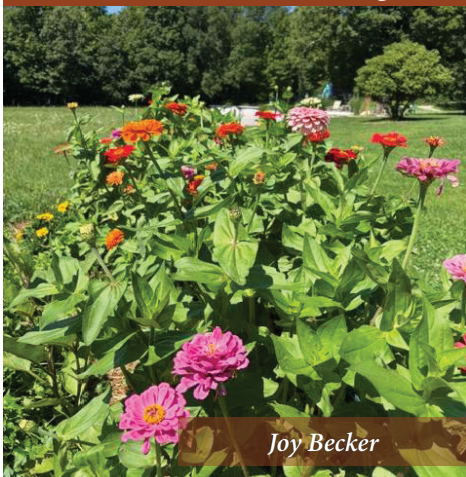


Geri White



Frank Russell

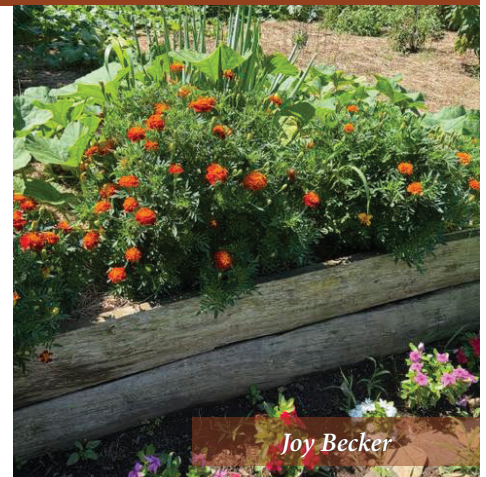
Gardening is a way of showing that you believe in tomorrow." - Unknown



Joy Becker



Fletcher Memorial Library



Joy Becker

Save the Date

Hampton Harvest Festival

Saturday, September, 26 2026

10 am - 3 pm at the Town Hall

See you there!

In case of rain, the festival will move to
Hampton Elementary School.

Hampton Emergency Services

Natural disasters have increased nationwide since 1980. Although no one ever expects to be a victim, residents should know what local services are available to assist them. Dave Paine, Hampton's Emergency Management Director (EMD), explained his role and the services available to Hampton residents.

Appointed by the Board of Selectmen, Dave has been the EMD for the past three years. Preparation for this position comes from a variety of sources including Red Cross programs, meetings with town officials, and on-the-job training. According to the town website, "The Emergency Management Department coordinates and directs the planning, organization, control, and implementation of local management activities." Some of Dave's other responsibilities include applying for and administering state and federal grants that meet the town's specific needs. He pointed out that state support is available if needed, such as when the state provided COVID tests during the pandemic.

Most of the emergencies in Hampton are a result of seasonal conditions. Whether it's a blizzard or a heat wave, power outages often ensue, leaving many residents without a way to keep warm or stay cool. Other problems include not having enough drinking water or a way to charge phones, both essential during a natural disaster. To assist residents if any of these conditions occur, Dave mentioned several buildings in town with generators that can serve as warming or cooling centers and also as phone charging stations: the town hall, elementary school, town garage, and firehouse. At the town hall, residents also have access to drinking water as well as showers and cots should anyone need temporary shelter.

The town provides essential services, but often Hamptonites themselves step up in an emergency. Residents have been known to plow snow for their neighbors, remove fallen trees, and provide food for those in need. As Dave said, "People in town watch out for each other and help one another out."

For more information contact Dave at: emd@HamptonCT.org
or call the town hall at: 860-455-9132

Contributors to our Fall 2026 issue include:
Dave Paine, Lena Fontaine of Gulemo Printers,
Joan Fox, and Claudette Russell.
Please email your comments/suggestions to:
hamptonconnects@yahoo.com

Congratulations

Dr. Kevin Boucher has retired from Abington Family Healthcare, LLC, officially closing his practice on July 31, 2026. He has taken excellent care of many Hamptonites for the past 38 years, and we wish him the best for the next chapter of his life.

Pumpkin Spice: How to Escape It

By Claudette Russell

In 2003 Starbucks introduced its Pumpkin Spice Latte to the world, and without warning, the obsession with pumpkin spice began. The seasonal surrender to this cinnamon, ginger, nutmeg, cloves, and all spice combo has reached epic proportions. There are hordes of people who would sell their souls for even a whiff of pumpkin spice. But if you cringe at the thought of this omnipresent spice taking over your life from late August through December, protect yourself before it's too late.

Stop drinking coffee. Don't push your grocery cart down the coffee aisle. Numerous coffee brands make a pumpkin spice version and use special displays and festive packaging to lure you into making a purchase. Consider yourself forewarned that a walk down this aisle will result in the loss of your free will. Likewise, drive right by your local coffee shop. Rumors are afoot indicating a new law will soon take effect stating that anyone who enters a coffee shop during "the season" without buying a pumpkin spice latte may be subject to public shaming.

Boycott cereal. Steer clear of the cereal aisle. Breakfast is no longer an unassuming bowl of flakes. Cereal companies have jumped on the pumpkin spice bandwagon, unable to resist another marketing ploy geared to pumpkin spice enthusiasts. Frosted Flakes, Cheerios, Frosted Mini Wheats, Special K, Life, and other cereals tempt you with their pumpkin-colored boxes and the irresistible label: Limited Edition. Unlimited are the many other breakfast choices available to you. Stock up.

Let your house smell normal. Other grocery aisles to avoid are any that are stocked with items that will saturate your house with the overpowering scent of *artificial* pumpkin spice. That's right. Now available in this irritating, headache-producing, eye-watering scent are: garbage bags, candles, air fresheners, room sprays, dish soap, all-purpose cleaners, sponges, etc. Using any one of these products will soon have you longing for the smell of the trash that needs to be taken out, the dog who needs a bath, and the overripe bananas you still haven't thrown out.

Have your sweet tooth extracted. That may sound drastic, but it will make it a lot easier to detour around the bakery aisle, the ice cream aisle, the local bake shop, and your regular donut stop. All of these places are known headquarters for the pumpkin spice masterminds who can bring you over to the dark side with their flagrant use of sprinkles, frostings, fillings, and glazes.

Because every year brings more ways to tempt you to join the pumpkin spice craze, be on the alert. The most effective solution to avoid the invasion is to become a recluse during that long period of time when it's prevalent. Yes, it requires discipline and sacrifice, but anything less will push you into the realm of pumpkin spice from which there is no return.