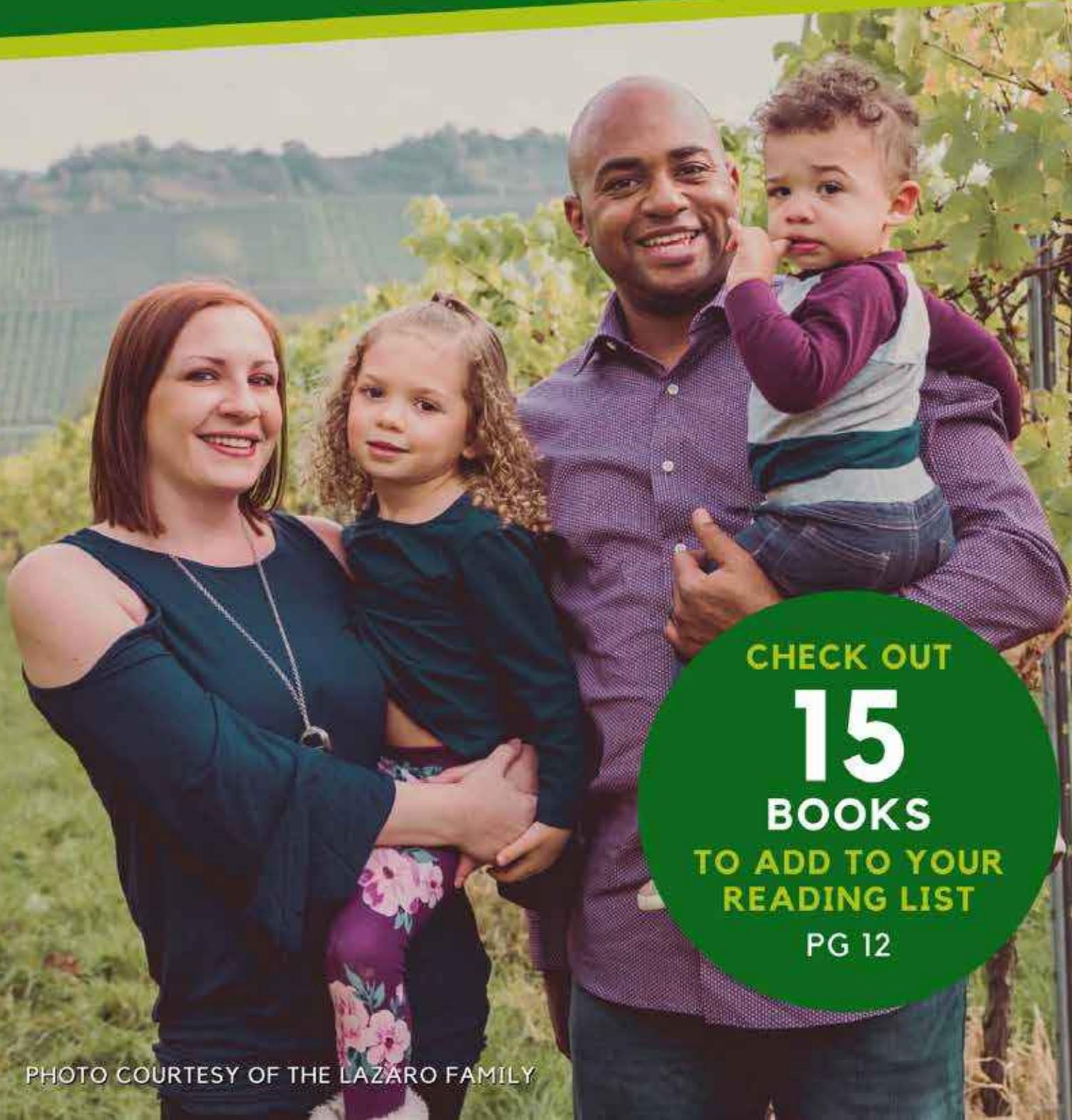


SEYMOUR

MAR 2022

explore more



CHECK OUT

15

BOOKS

TO ADD TO YOUR
READING LIST

PG 12

PHOTO COURTESY OF THE LAZARO FAMILY

EXPLORE MORE *at Connect 4*



Thursday, March 3

11 am - 1 pm

Free

*Celebrate National
'I Want You to be
Happy Day'*

Join us for a fun-filled event with FSS and learn about upcoming programs, classes, events, and other base agencies! This event is the first of monthly "Explore More at Connect 4" happening the first Thursday of each month.

Bring your friends, co-workers
or family to join the event!

Connect 4 · 1515 Goodson St · 919-722-8915
[facebook.com/cposj](https://www.facebook.com/cposj) · www.sjfss.com



CONTENTS

04	Stevie's Snippets
06	Family Fun
08	Food & Beverages
10	See More
11	Explore More
12	SJ Spotlight
14	Fitness
17	Coming Soon
18	Directory
19	Base Map



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KEEP IN TOUCH

Website: www.SJFSS.com
Facebook: 4th Force Support Squadron
Instagram: @4sjfss
Commercial: 919.722.8532
DSN: 722.8532
Address: 1600 Wright Brothers Ave,
Bldg 3010, 2nd Fl, Rm 228



**Thank you to
everyone who
played our game
last month! The
winner is...**

Word Search

Angie Sigmon

Congratulations and be sure to call the marketing office at 919-722-8532 to claim your prize!



FUN & GAMES

Complete the activities on this page and when you're done, comment a picture of this page under the album on our Facebook page www.facebook.com/sjfss to be entered in a random drawing for a \$25 FSS Gift Card. Each completed activity gives you an extra entry!

Can you find the secret way to the secret place where the leprechaun hides his pot of gold?



St. Patrick's Day Word Search

A	B	T	Y	V	E	J	F	O	C	I	V	Z	Z	M
S	D	N	A	O	I	C	X	L	T	A	H	K	M	X
Z	L	L	W	X	Z	T	O	P	A	R	A	D	E	P
N	J	E	O	D	Q	V	F	R	L	E	Y	D	C	I
V	T	V	P	G	E	R	G	X	N	O	T	U	L	Z
T	G	G	K	R	P	X	C	G	F	F	P	K	M	Z
L	U	Q	J	O	E	P	U	Q	V	U	B	A	U	F
L	N	S	T	Y	W	C	E	F	M	U	F	L	E	E
X	C	P	M	E	O	C	H	G	Y	H	Z	P	M	B
M	O	F	E	L	B	S	R	A	C	D	A	W	R	L
K	A	S	F	X	N	P	B	R	U	K	J	F	P	U
Y	J	G	W	Z	I	Z	A	A	Z	N	M	X	S	C
R	J	Z	I	S	A	M	N	E	E	R	G	P	Y	K
G	W	O	O	J	R	X	U	N	U	C	M	L	E	Y
Z	L	W	D	R	U	R	B	N	L	O	J	X	P	A

- clover
- green
- gold
- rainbow
- march
- parade
- leprechaun
- lucky
- pot
- hat

Find the two identical images, only two are.



WORDLE

Scan the QR Code or go to this link:
<https://mywordle.strivemath.com/?word=yfryp>
 to play our Wordle game online.

MARCH family EVENTS

read across america

MARCH 2 · BASE LIBRARY

TWO OPPORTUNITIES: 9 AM & 10 AM

Special StoryTime with snacks, St. Patrick's Day crafts and special guest Pete the Cat! Call 919-722-5825 for more information.

scavenger hunt

MARCH 12 · 11 AM · YOUTH CENTER

Enter the Youth Center and receive a clue. Solve the riddles and drive to the appropriate facility. At this facility, receive another clue, play games, and win a prize. Once completed, return to the Youth Center to enjoy small beverages, snacks, and games in the gym. Call 919-722-0502 for more information. Open to all with base access.

family archery

MARCH 23 · 5 PM · LOG CABIN

Join ODR for a fun, family experience learning the safety and fun behind archery! This interactive class includes a short lesson, aim techniques, and games to enhance your archery knowledge and love! Call 919-722-1104 for more information or to sign up.



youth field day

MARCH 24 · 4 PM

YOUTH CENTER BASEBALL FIELD

Bring your grade schoolers out for a free and fun-filled day. Each child can participate in activities like tug of war, sack race, 3-legged race, a mini obstacle course and more! Call 919-722-0420 for more information.

teen late night

MARCH 25 · 7 PM · YOUTH CENTER

SJAFB Keystone Club presents Carnival Mardi Gras! Enjoy good food, games & friends! Free for members, \$2 for non-members. For ages 13-18. Call 919-722-0502 for more information.

FAMILY FUN

Purple Up!

FOR MILITARY KIDS

FRIDAY
APRIL 8
2022

Advertise in the **Seymour Explore More** magazine's Purple Up! **April issue**

- Promote your business
- Give a special shout-out

Wear purple on **April 8** to honor military kids. Purple symbolizes all branches of the military as it is a combination of all their colors: green, blue and red.



Claim your April ad space by **March 18!** 919-722-7280 or 8532



#purpleupwayne #purpleup #momc #purpleupsjfss #purpleupseymour
 f sjfss www.sjfss.com 4 FSS MARKETING • SEYMOUR JOHNSON AFB

Seymour, Explore More

COVER CONTEST

See your photo on the cover of the Seymour, Explore More magazine!
 Submit at: 4fskmarketing@gmail.com
 Subject: Cover Contest Entry
 Image must be at least 8.5x11 inches, and high quality.

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DICK'S SPORTING GOODS

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NEED AN ITEM NOT AVAILABLE IN-STORE?
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Your Real Estate Agent!

BERKSHIRE HATHAWAY
 HomeServices
 McMillen and Associates
 Realty

Crystal Love
 Cell: 919-273-5571
 Office: 919-778-9500
 crystal@themcmillengroup.com

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Seymour Johnson Air Force Base
 Offers valid 3/11/2022 - 3/14/2022

Seymour Johnson Air Force Base
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 Coupon valid at Goldsboro store location!

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DICK'S SPORTING GOODS

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!

P00046948O241BKYN

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Like us on Facebook @SJFSS | Instagram @4sjfss | 7



SOUTHERN EAGLE DINING FACILITY

March Events & Programs

QUARTERLY BIRTHDAY MEAL

MARCH 10 | 5 PM

Enjoy a special menu to celebrate your birthday! This meal is open to all born Dec 31 - Mar 31, plus one guest. The guests' birthday does not have to fall within the quarterly range must RSVP. All interested must RSVP by March 4.

QUARTERLY FOOD COUNCIL MEETING

MARCH 16 | 2 PM

Open for anyone to attend! Highly recommended for dorm residents. Join us at this informal event to talk about upcoming events and how we can better serve our customers.

FLYBY MOVIE NIGHT: HIDDEN FIGURES

MARCH 17 | 4:30 PM

Dorm residents, join us every third Thursday of the month for a free movie! In honor of Women's History Month, we are screening Hidden Figures, rated PG.



Southern Eagle Dining Facility
3650 Pope St | 919-722-5298

UFC
272

MAR 5 SAT

DOORS OPEN 6 PM

\$4 DRAFT BEER
SPECIALS

\$5 COVER



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vs MASVIDAL**

MUSTANG TAPROOM
1240 ANDREWS ST
919-722-4914

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Wingmen WEDNESDAY

MARCH 16 · 4:30 - 6:30 PM

FREE WINGS FOR FIRST 30 CUSTOMERS

MUSTANG TAPROOM, 1240 ANDREWS ST, 919-722-4914

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919-273-8007

For Questions & Party Bookings



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wineanddesign.com/goldsboro

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Habitat for Humanity of Goldsboro-Wayne

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& SHOP

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Sat • 10am to 4pm

[f/HabitatGoldsboroWayneReStore](https://www.facebook.com/HabitatGoldsboroWayneReStore)

124 E Mulberry St • 919.736.9550 • email: restore@habitatgoldsboro.org

Like us on Facebook @SJFSS | Instagram @4sjfss | 9



Paint Your Art Out with Goats!

MARCH 11 · 6:30 PM

Come snuggle goats and create a beautiful Easter door hanger! Enjoy an instructor-led art class from Sarah Ratley, "The Painted Farmer"

\$50 per person

Sign up and pay in advance

For ages 18+ only

Sign up today

 919-722-8796

 [facebook.com/ccposj](https://www.facebook.com/ccposj)

 Eagles Landing
1240 Andrews St



No Federal endorsement intended.

Airman & Family Readiness

EFMP ROUNDTABLE

March 2 · 10 am · Virtual

A virtual roundtable for families with special needs on the base and in the community. Call 919-722-7337 for more information and to sign up.

RETIREMENT PLANNING

March 10 · 1 pm · A&FRC Conference Room

Prepares Airmen under the Blended Retirement System, who are approaching two years of service, to make responsible decisions about Thrift Savings Plan contributions as they become invested in TSP. Call 919-722-1123 for more information and to sign up.

ADOPTION SEMINAR

March 17 · 5:30 pm · Virtual

Introducing tools and resources to aide military families in fostering and/or adopting in this free seminar. Call 919-722-1123 for more information and to sign up.

CIVILIAN RESUME CLASS

March 23 · 1 pm · Virtual

Learn to write an effective resume that will open the door to your next career. Call 919-722-1123 for more information and to sign up.

FEDERAL RESUME CLASS

March 23 · 10 am · Education Center, Room 226

Learn to write a federal resume for government jobs and how to search for openings on USAJOBS. Call 919-722-1123 for more information and to sign up.

EMPLOYMENT PANEL

March 23 · 10 am · Wing Conference Room, MSG Building, 2nd Floor

A great opportunity for jobseekers to interact with employers looking to fill positions. Hiring authorities will review resumes, cover letters, conduct live interviews, and give one-on-one feedback. Dress to impress! Call 919-722-1123 for more information and to sign up.

Education & Training

LUNCH & LEARN: EDUCATION PANEL

March 10 · 11 am · Education Center, Room 211

Airmen! Get answers to your education related questions and speak to base college representatives. Bring your lunch. Call 919-722-5800 for more information.

Base Library

ARTS & CRAFTS SUPPLY EXCHANGE

March 31 · 5 pm · Base Library

Donate your excess arts and crafts supplies and get first pick of items at the event. Donations will be accepted throughout the month beginning March 1 at 10am. Call 919-722-5825 for more information.

TANDEM SKYDIVING

March 26

Join ODR for this adrenaline rush experience Tandem SkyDiving! After arriving and receiving a brief, participants will be flown up to 10,000 feet to take flight with the instructor!

\$75 per person

Call 919-722-1104 or visit Outdoor Recreation at 1385 S. Andrews St. to sign up today!



Warrior Pines

FAMILY CAMPOUT

April 1 - 2 || 6 pm - 9 am

**\$5 per person · Hot Dogs · S'mores
Bounce House · Archery & more!**

Bring your own tent, sleeping bags & pillows. Campout will be near the log cabin on base.



No tent? No problem! We are offering a \$5 tent rental special for this event. Call 919-722-1104 or visit Outdoor Recreation at 1385 S. Andrews St. to sign up today.

MARCH

MUST READ BOOKS

Enjoy this curated list of interesting books the Base Library recommends reading this month. Stop by and check them out.

NEW NON-FICTION

The Savory Baker: 150 creative Recipes from Classic to Modern by America's Test Kitchen

Healing: Our Path from Mental illness to mental Health by Thomas Insel

Money Magic: An Economists's Secrets To More Money, Less Ricks and A Better Life

Frommers: Easy Guide to Disney World, Universal & Orlando

FICTION – POPULAR, FAVORITE AND BEST SELLERS

Diablo Mesa by Preston and Child

Wish You Were Here by Jodi Picoult

Abandoned In Death, by J.D. Robb

Mermaid Confidential by Tim Dorsey

Recitatif by Toni Morrison

Robert B. Parkers Bye Bye Baby by Ace Atkins

FICTION NEW FAVORITES

The Paris Apartment, by Lucy Foley

Wish you were Gone by Kieran Scott

A VErY Nice Girl by Imogene Crimp

Shadows of Pecan Hollow by Caroline Frost

Jane and the Year Without a Summer by Stephanie Barron



Do you love to read? Join our book club! We meet every 3rd Thursday of the month in the Base Library.

Base Library 1520 Goodson St.
919-722-5825 | facebook.com/sjafb.library



TAKE OUR SURVEY!

EASY AS

Complete our survey for your chance to win a \$50 FSS gift card! Winner will be contacted by email.

1

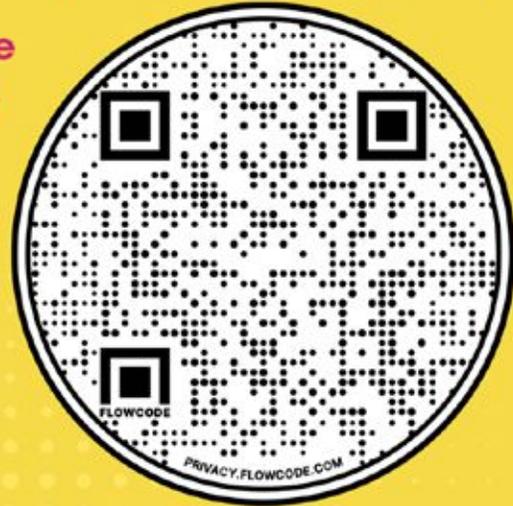
Take out your phone & scan the QR code.

2

Answer 3 easy questions.

3

Submit your answers.



Complete our survey for your chance to win a \$50 FSS gift card! Winner will be contacted by email.

Team Seymour Spouses Club presents

THE GREAT AUCTION

8th annual auction raising funds for military families

Saturday, March 19 at 6:00 PM
Elli-Brell Farms
6069 Wayne Memorial Drive
Pikeville, NC 27863

TICKETS AVAILABLE NOW!



TSSC is a private organization, is not part of the Department of Defense or any of its components, and has no governmental status.

FITNESS CENTER EVENTS

MARCH

2022 Intramural Pop-up Series
 7v7 Dodgeball Champions!
 4 OSS "Silver Hawks" Team



1 Minute Free Throw Challenge

All Month || Fitness Center

You've got 1 minute to make as many free throws as you can! Let a staff member know you're here for the Free Throw Challenge and we will help you.

Pot of Gold Challenge

All Month || Family First Fitness Center

Workout as a family! Come Into the Family First Fitness Center and roll dice for a workout to earn points (3x a day max) - double points for workouts completed with children. Workouts consist of 3-4 various exercises that you and your family will have to complete. The participant with the most points at end-of-month wins pot of candy gold or a prize. Staff will track participation.

St. Patrick's Day 5k

March 17 || 3 PM || Mustang Taproom

Don't get caught by our leprechaun! Wear your green and join us at the Mustang Taproom in this Rush to the Gold 5k Run. Free for all ages. Sign up in advance at the Fitness Center front desk. Enjoy drink specials at the afterparty.

Kickball Intramural Pop Up Event

March 29 || 5 PM || Youth Center Baseball Field

Teams will be assigned play times after registration closes. Single elimination Intramural match. Sign up your team of 7 by March 25 at the Fitness Center front desk.

Scan to download
 the full Aerobics
 calendar



Aerobics Classes

Monday

- **Yoga** 11:30 am
 - Located at Family First Fitness
- **Body Sculpt** 4 pm
- **Boot Camp** 5:15 pm
- **Spin** 6:15 pm
 - No class on 3/7

Tuesday

- **Spin** 11:30 am
- **Fit to Fight** 4 pm
- **Boot Camp** 5:15 pm
- **Zumba** 6:15 pm
 - No class on 3/1 & 3/8

Wednesday

- **Yoga** 11:30 am
 - Located at Family First Fitness
- **Fit to Fight** 4 pm
- **Boot Camp** 5:15 pm
- **Spin** 6:15 pm
 - No class on 3/2 & 3/9

Thursday

- **Spin** 11:30 am
- **Fit to Fight** 4 pm
- **Boot Camp** 5:15 pm
- **Zumba** 6:15 pm
 - No class on 3/3 & 3/10

Fitness Center
 1500 Langley Ave · 919-722-0420



Family First Fitness
 1410 Langley Ave · 919-722-0413



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For more information visit www.umo.edu



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

Phantom Lanes & 10 Pin Café

March Events & Programs

Bowl 2.0 for Beginners

March 2 || Wednesdays at 5 pm

Four group sessions led by a USBC certified bronze level coach. Professionally fitted and drilled entry level bowling ball & single ball bag included. Cost is \$124.95 per person.

National Sloppy Joe Day

March 18 || 7 am - 8 pm

4oz Sloppy Joe Sandwich, Fries and a 24oz Drink - \$6.00

4oz Sloppy Joe Sandwich only - \$4.00

National Sourdough Bread Day

April 1 || 7 am - 8 pm

Grilled Cheese on Sourdough, Fries and a 24oz Drink - \$4.75

Grilled Cheese on Sourdough only - \$2.50



Phantom Lanes
1290 Andrews St
Phantom Lanes: 919-722-0350
10 Pin Café: 919-722-0349

ADJUSTMENTS ONLY \$25

***First Visit - \$40**

Includes:

- Exam
- X-rays (if needed)
- Adjustment

DEMOCKO CHIROPRACTIC
DemockoChiropractic.com

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WE CAN SEE YOU TODAY!

Mon - Thur: 8 AM - NOON & 3 - 6 PM
Fri: 8 AM - NOON • Sat: 10 AM - NOON

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1120 N Breazeale St., Mt Olive, NC 28365 • 919.299.8033

No Federal endorsement of advertiser intended.

Stay Tuned

COMING NEXT MONTH

● **FAMILY CAMPOUT**

April 1 || Outdoor Recreation

● **YOUTH BOWLING LESSONS**

April 4 || Phantom Lanes

● **SQUAD GAMES**

April 5 || Fitness Center

● **EFMP 101**

April 6 || A&FRC

● **LIBRARY WEEK CELEBRATION**

April 6 || Base Library

● **ART POP-UP GALLERY**

April 7 || Community Programs

● **CAR BUYING CLASS**

April 7 || A&FRC

● **EXPLORE MORE AT CONNECT 4**

April 7 || Community Programs

● **PURPLE UP! DAY**

April 8 || Community-Wide

● **SCUBA DIVING R4R TRIP**

April 9 || Outdoor Recreation

● **SEYMOUR SOCIAL**

April 12 || A&FRC

● **WHAT'S COOKING? FAMILY CUPCAKE CHALLENGE**

April 15 || Youth Center

● **BARK PARK**

April 16 || Community Programs

● **BREAKFAST WITH THE BUNNY**

April 16 || Community Programs

● **DINO SAFARI & EGG HUNT**

April 16 || Youth Center



Follow us online for more information about these and other events/programs.

FACEBOOK.COM/SJFSS || WWW.SJFSS.COM

FOOD & DRINK

- **10 Pin Cafe**
919.722.0349 • 1290 Andrews St
- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
- **Mustang Taproom**
919.722.4914 • fb.com/mustangtaproom
1240 Andrews St
- **Seymo Joe to Go**
919.722.3104 • 1515 Goodson St
- **Southern Eagle Dining Facility**
919.722.5294 • 3650 Pope St

RECREATION

- **Auto Hobby Shop**
919.722.1309 • 919.722.1308
1295 Jabara Ave
- **Bowling, Phantom Lanes**
919.722.0350 • 1290 Andrews St
- **Community Programs & Partnership Office**
919.722.8796 • fb.com/cpposj
1240 Andrews St
- **Eagles Landing**
919.722.8796 • fb.com/cpposj
1240 Andrews St
- **Family First Fitness**
919.722.0413 • 1410 Langley Ave
- **Fitness & Sports Center**
919.722.0420 • 1500 Langley Ave
- **Fort Fisher Recreation Area**
910.500.6465 • fb.com/fortfisher
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**
919.722.8796 • 1515 Goodson St
- **Outdoor Recreation Adventure Park**
919.722.1104 • fb.com/4fssodr
1385 S. Andrews St
- **Saber Cinema**
919.722.8796 • 919.722.8684
3740 Edwards St
- **Splash Pad (seasonal)**
919.722.1104 • 919.722.7437
Debden Park
- **Swimming Pool (seasonal)**
919.722.1104 • 919.722.7437
1500 Langley Ave

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.1123 • 1515 Goodson St
- **Airman & Family Readiness Center**
919.722.1123 • fb.com/sjafrc
1500 Vermont Garrison St
- **Barbershop**
919.722.7760 • 1240 Andrews St

- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave
- **Child Development Center**
919.722.1198 • 919.722.1199
1030 Langley Ave
- **Civilian Personnel Section**
919.722.0117 • 1570 Wright Brothers Ave
- **Community Cohesion Coordinator (C3)**
919.722.4698 • 1240 Andrews St
- **Commercial Sponsorship**
919.722.7280
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **DEERS & ID Cards**
919.722.8702
1600 Wright Brothers Ave, 1st Fl
- **Education & Training**
919.722.5800 • 1520 Goodson St
- **Family Child Care**
919.722.7194 • 1520 Goodson St, Rm 101
- **Honor Guard**
919.722.7019 • 1055 Camp Fed Lane
- **Library**
919.722.5825 • fb.com/sjafb.library
1520 Goodson St
- **Lodging @ Southern Pines Inn**
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**
919.722.5336 • 1195 Cannon Ave
- **Marketing**
919.722.8532 • fb.com/sjffs
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Military Personnel Section**
919.722.8677
1600 Wright Brothers Ave, 1st Fl
- **Military School Liaison**
919.722.5810 • fb.com/schools.sj
1520 Goodson St
- **NAF Human Resources**
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**
919.722.7284
1600 Wright Brothers Ave, 2nd Fl, Ste 220
- **Professional Development Center**
919.722.1149 - ALS
919.722.5857 - Career Assistance
1195 Cannon Ave
- **School Age Care**
919.722.0502 • fb.com/sjyouth
1035 Langley Ave
- **Youth Programs**
919.722.0502 • fb.com/sjyouth
1035 Langley Ave
- **Vet Clinic**
919.722.1465 • By appointment only
1003 Collier Ave

BASE HELPING AGENCIES

- **Alcohol & Drug Abuse Prevention**
919.722.1883
- **Chaplain/Chapel**
919.722.0315
1505 Vermont Garrison St
- **Equal Opportunity**
919.722.1180
- **Family Advocacy**
919.722.7878
- **Health Promotion**
919.722.0575
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

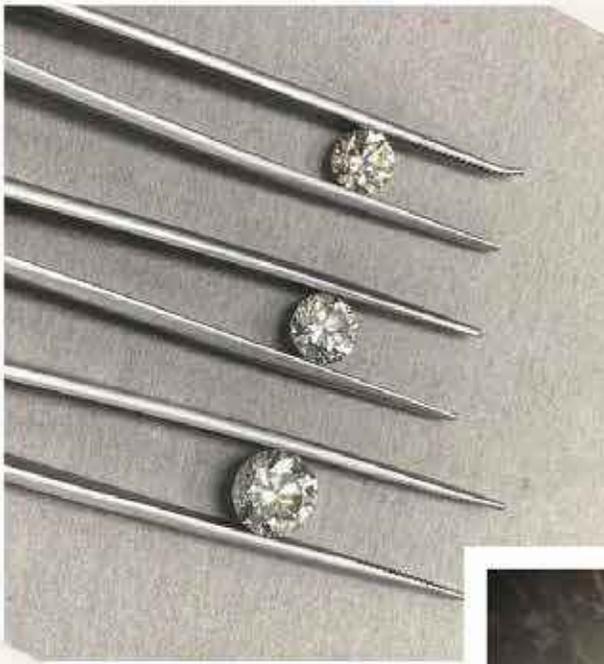
BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**
919.722.2233 • fb.com/callaadd
- **Commissary**
919.722.0321 • 1310 Edwards St
- **Corvias**
919.988.6918 • 600 Kenly Rd
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Military Housing Office**
919.722.0362 • 919.722.0363
919.722.0364 • 600 Kenly Rd
- **Security Forces**
919.722.8477 - Tip Line
- **Thrift Shop**
919.722.0606 • 1585 Andrews St
- **USO of NC - SJAFB Center**
919.330.1226 • 1240 Andrews St
- **Visitors Center**
919.722.1335 • 919.722.1345
1050 Wright Brothers Ave
After hours visitors passes: go to the main gate on Berkeley Blvd

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