

SEYMOUR

JUNE 2022

explore more

Dads Rule



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CONTENTS

04	Stevie's Snippets
06	Food & Beverage
10	See More
12	SJ Spotlight
14	Explore More
15	Family Fun
18	Fitness
20	Support 4 You
21	Upcoming Events
22	Directory
23	Base Map



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HAIL AND FAREWELL

This month we say farewell to the Spotts family and welcome Lt Col Timothy Kirchner, who will assume command of 4 FSS on June 17.

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

May Highlights



Family First Friday



Designer Bag Bingo



Boards & Brews



Murph Challenge

Like us on Facebook @SJFSS | Instagram @4sjfss | 3

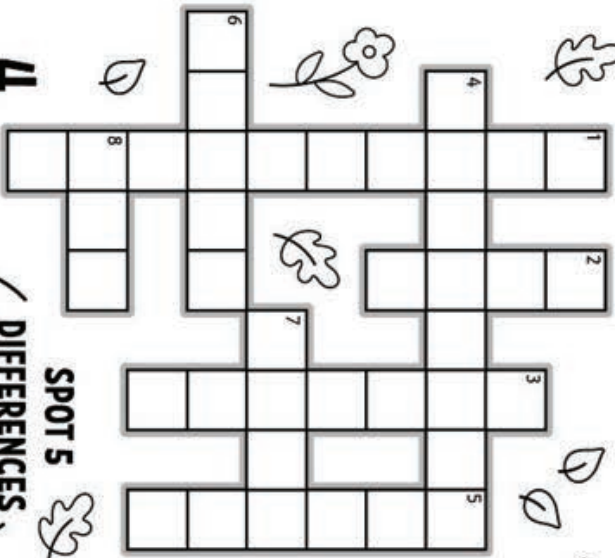
Fun with 4 FSS ... It's probably no coincidence that National Camping Month and National Great Outdoors Month are both observed in June. Nature is calling! Whether you bike, hike, canoe or kayak, get out and enjoy the beauty and majesty of big skies and open spaces the outdoors offers. Try before you buy. Outdoor Rec's Equipment Rental offers an assortment of outdoor gear. See www.sjfss.com for details.

Complete the activities below and enter to win this month's prize! E-mail a picture of your efforts to 4fss.marketing@us.af.mil or via Messenger on the 4th Force Support Squadron Facebook page.

NATIONAL CAMPING MONTH



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1.



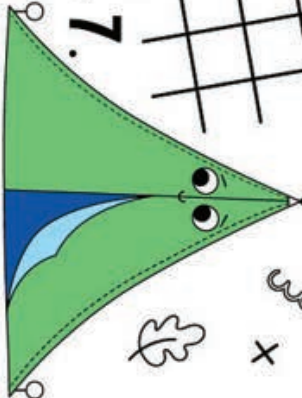
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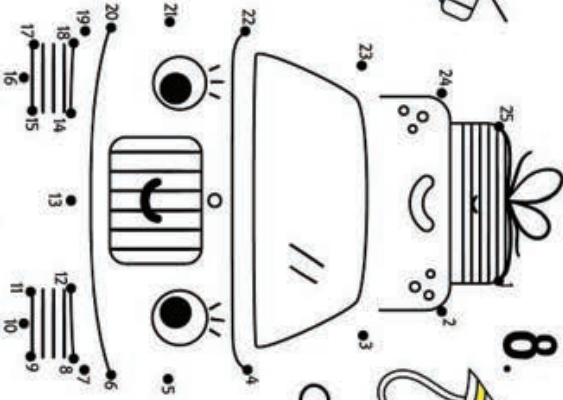
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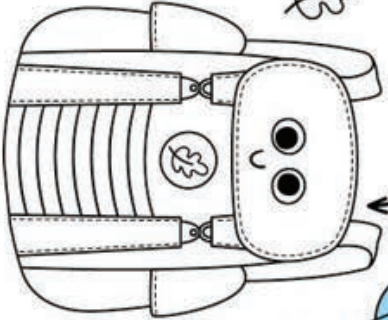
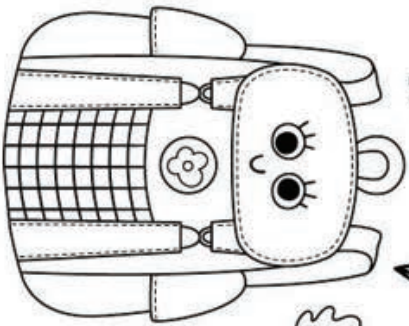
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HOW MANY OAK LEAVES CAN YOU SPOT?



SPOT 5 DIFFERENCES



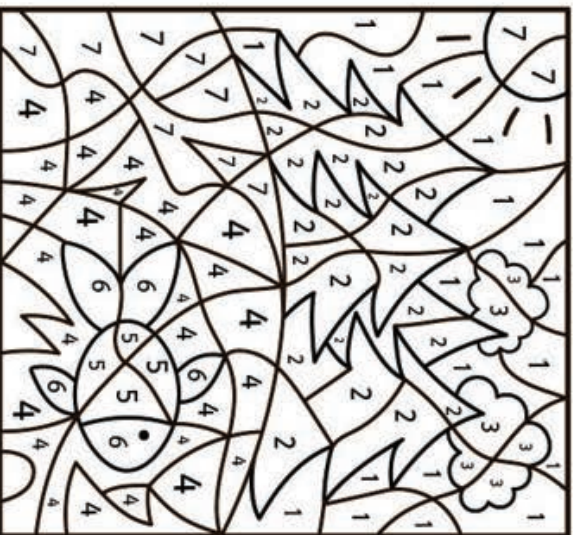
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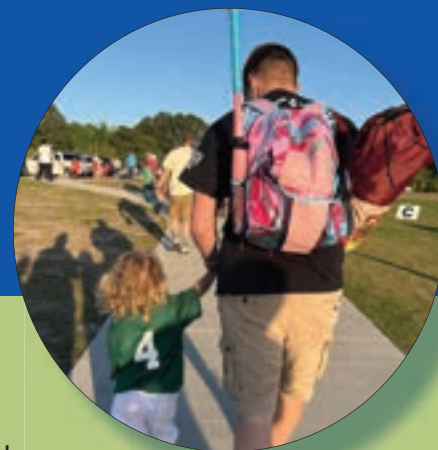


- 1 light blue
- 2 green
- 3 white
- 4 dark blue
- 5 red
- 6 pink
- 7 yellow

National Play Catch Week

June 19-25

National Play Catch Week begins on Father's Day. Pick up a ball, grab someone to play catch with and head out to the nearest green space. Playing catch is an excellent way to burn off some energy while spending time with family, friends and coworkers. Remember, keep your eye on the ball.



Stevie's Snippets

National Mascot Day is a thing! June 17th is a day to celebrate these iconic figures. Mascots come in an array of costumes and characters. They can be entertaining and informative. Mascots get the crowds going at sporting events, teach us about forest fires, and welcome us to our favorite restaurants.

Celebrate Mascot Day on June 17. Follow us on the **SJAFB Fun** Facebook page and be on the lookout for your chance to post a picture of you or a loved one with a mascot — perhaps from a recent trip to an amusement park, a birthday party or big game.

We love seeing pictures of our readers. Thanks to all who shared the photos as featured on the cover and throughout our Father's Day issue.

Congratulations to the following winners and thanks for completing our May activities .
SJAFB Family page winner: SC Frye Frye • SJAFB Fun page winners: Dillon Conlon and Sherri Santos-Orton. E-mail 4fss.marketing@us.af.mil for details on claiming your prizes.



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For Questions & Party Bookings



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FIRST FRIDAY OF THE MONTH - 3PM



THEY SERVE. BUT DO THEY BARTEND LIKE A BOSS?
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Free Wings

+ Drink Specials

First **30** customers*
get **FREE** wings!

JUNE 15

4:30 to 6:30 pm

Mustang Taproom

*Eligible patrons receive tickets from First Command advisors on-site. Tickets are redeemable for wings on event day only

No Federal endorsement
of sponsor intended



Quarterly Birthday Meal (Sign up by June 17)

Celebrating all those born in April, May and June

June 23 • 5 to 6 pm • 919-722-5294

Southern Eagle Dining Facility

Join us in a celebration of your special day as Executive Chef Jakub Gorgon and our talented Food Service Airmen prepare you a special meal this month. Menu choices include Shrimp Cocktail, Grilled Steak, Shrimp Tempura with Ponzu Sauce, Honey BBQ Chicken, Chipotle Roasted Sweet Potatoes, Long Grain and Wild Rice, Roasted Vegetables, Sautéed Zucchini, and Dinner Rolls.

Please RSVP with your Southern Eagle DFAC cashiers or online (scan the QR code above). The birthday meal is provided at no additional cost to Essential Station Messing (ESM) Airmen and a la carte to all others on the RSVP list. Each Airman is allowed a guest but must RSVP for that person as well.



7 **NEW! Singo Music Bingo**

June 8 & 22 • 4 to 6 pm • 919-722-8796
Mustang Taproom

The second and fourth Wednesdays at the Mustang Taproom just got better ... introducing Singo, a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players listen for their favorite songs and win prizes!

Did we mention it's FREE to play? Each player receives a Singo card printed with titles of popular songs. While Singo randomly plays song clips, players can sing along and mark matching song titles on their cards. The first player to mark five songs in a row and to shout "Singo" wins the round. Three rounds will be played each night, with prizes for each round.

Fly By Movie Night

June 16 • 4:45 pm • 919-722-5298
Southern Eagle Dining Facility

The Community Programming and Partnership Office (CPPO) and your food service crew present a free viewing of **A JOURNAL FOR JORDAN** starring Michael B. Jordan and Chanté Adams. The movie is based on a true story of First Sergeant Charles Monroe King, who kept a journal of love and advice for his infant son while deployed to Iraq. Rated PG-13 — seating is first come, first served.

Did you know free movies are shown in the DFAC on the third Thursday of each month? Follow us on the "SJAFB Food" Facebook page for updates.

National Onion Rings Day

June 22 • 7 am to 8 pm • 919-722-0349
10-Pin Café at Phantom Lanes

Ahh, yes, a day to recognize the golden delicious, battered and fried Os that run rings around other appetizers. Celebrate this day in the 10-Pin Café with \$2.00 onion rings.

Hankering for a sandwich, maybe a Bowler Burger to go with those onion rings? Make it a combo; regularly \$2.25 for fries and a drink. Substitute onion rings for fries, for just 50 cents more.



Sip & Art: Solar and Ice Tie-dye Workshop

"Recharge for Resiliency"
June 23 • 4 pm • 919-722-8547
Mustang Taproom

Create your own one of a kind t-shirts using two techniques, the sun, some ice, and natural dyes. Each participant will tie-dye a shirt using the solar dye pot method and one using the ice cube method.

This is an R4R Single Airman funded event, meaning it is FREE to single Airmen! Anyone, age 18 and up, who is not R4R SAPI eligible may join the class and make both shirts for \$30 per person. Sign up in advance with CPPO at Eagles Landing or call them at the number above.

Food and beverages will be available for purchase. This event is sponsored in part by MedCertify and Wine & Design (Goldsboro).

— No Federal endorsement of sponsors intended.



TURTLE TALKS

JUNE 25 • JULY 23 • AUG 27
6PM • CAPE FEAR ROOM

LEARN ABOUT SEA TURTLES, THEIR HABITAT, LIFE CYCLE AND HOW YOU CAN HELP THEM SURVIVE • FREE ADMISSION
OPEN TO FORT FISHER AUTHORIZED USERS AND SPONSORED GUESTS
NO FEDERAL ENDORSEMENT INTENDED OR IMPLIED



Fort Fisher 113 RIVERFRONT RD, KURE BEACH || 910.500.6465
sjfss.com/fort-fisher-af-rec-area || fb.com/fortfisher

NEW! Riverview Restaurant opens at Fort Fisher

Sunday-Thursday • 3:30 to 8:30 pm*
121 Riverfront Rd, Kure Beach

Vacationing at Fort Fisher Air Force Recreation Area just got better with the debut of the Riverview Restaurant. Formerly the Beach House Bar & Grill, the restaurant is now under contract with new management.

Serving fresh local seafood and delicious American cuisine in a restaurant surrounded by natural scenic beauty. Diners may choose from indoor and covered outdoor seating overlooking the Cape Fear River. The full bar includes selections from local craft breweries.

After a day on the beach and fun in the sun, treat yourself to a relaxing dinner at the Riverview Restaurant.

Takeout is available. Call 910-800-0617.

Instagram: @riverviewff

*Days and hours of operation are subject to change.

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Pain at the pump? Military Star card offers Seymour Johnson community relief with everyday savings

As gas prices fluctuate, the Military Star® card is offering steady savings, including 5 cents off per gallon at the Seymour Johnson Express.

"Gas support is a significant quality-of-life service, and the Military Star card is a great tool to mitigate rising pump prices," says Seymour Johnson Exchange store manager Leazel Williams. "The Military Star card's everyday fuel discount keeps Seymour Johnson drivers, and their budgets, on track."

It matters where the military community fills up. Cardholder savings add up when refueling at the Seymour Johnson Express, as drivers save 5 cents per gallon and earn 2 percent in rewards points on purchases.

Last year, Military Star cardholders saved more than \$3 million at Exchange pumps, part of the \$408 million in value the Military Star card provides the military community annually.

Other Military Star card benefits include:

- 10 percent off all first-day purchases for new account holders
- Free shipping on all ShopMyExchange.com orders
- The lowest flat-rate APR among store cards—rate is offered to all cardholders upon account approval
- No annual, late or over-limit fees
- Reduced-interest deployment plan with no payments required for eligible cardholders

The Military Star card also strengthens the hard-earned benefits of Airmen and their families by reducing the costs of bank-issued credit card transactions fees, savings that add up to millions of dollars a year at Exchanges worldwide. These savings are critical to improving military quality-of-life programs, as 100 percent of Exchange earnings are reinvested in the military community.



Did you know ... proper wheel alignment can give your vehicle better gas mileage, reduce tire wear and improve handling. Get an alignment check now at **Auto Hobby** for just \$25; a front end alignment is \$65. Go see Opie or Carlton at 1295 Jabara Avenue, open Wednesday-Sunday from 10 a.m. to 6 p.m. For more information, call 919-722-1309.

Exchange shoppers can win \$10,000 in tactical gear prizes in Army Birthday Sweepstakes

The Army & Air Force Exchange Service wishes the U.S. Army a happy 247th birthday by giving away more than \$10,000 in tactical gear prizes to military shoppers worldwide.

From June 10 to July 18, authorized Seymour Johnson Exchange shoppers can enter at ShopMyExchange.com/ sweepstakes for a chance at more than 150 of the hottest tactical

gear products. Prizes include the following:

- \$250 Exchange gift card, sponsored by Ira Green Inc. (10 winners)
- Surefire M300V Scout IR LED weapon light (five winners)
- Rocky boots (one winner)
- CRKT HZ6 knife (two winners)
- Mercury Tactical Gear deployment pack (10 winners)
- Rite In The Rain readiness tactical pen (10 winners)
- Condor outdoor venture backpack (five winners)
- Otis Earshield Ranger pro earmuff (10 winners)
- Condor fuel hydration pack (five winners)
- BDS Tactical Gear tactical fanny pack (five winners)
- BDS Tactical Gear super admin pouch (five winners)
- GEAR AID 4-in-1 carabiner light kit (10 winners)
- Nite Ize Radiant headlamp (10 winners)
- Chums Secure Entry lanyard (25 winners)
- Whitewater military shooting gloves (20 winners)
- Rite In The Rain memo book (20 winners)

Seymour Johnson Exchange shoppers can also find additional Army birthday savings in stores and online.

FOURTH FRIDAY

CAR, TRUCK & BIKE SHOW

CLASH OF THE AGES



vs



Old School



NEW SCHOOL

JUNE 24 » 4 - 7 PM

EAGLES LANDING PARKING LOT

FREE FOR ATTENDEES

FOOD & DRINKS AVAILABLE FOR PURCHASE

CAR SHOW ENTRY FEE: \$35

CALL 919-722-8547 TO SIGN UP

INDEPENDENCE DAY CELEBRATION

9 PM
FIREWORKS

JUNE 30 * 6 - 9 PM

FOOD * RIDES * GAMES * FUN
LIVE MUSIC BY

MARTIN TERRY BAND (AT 6PM) &
PRESTON BENFIELD MUSIC (AT 7:45PM)

*Event will be located in the grassy area
behind the Mayroad Clubhouse at the
corner of Kenly and Bolling*

f /SJAFOB.FUN | 🌐 WWW.SJFSS.COM | 📞 722.8915

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MedCertify

Martin Terry Band

Nashville recording artist, country music singer/songwriter
Debut EP release coming soon!



Preston Benfield Music

Country/Southern Rock with a touch of the blues
Debut album coming Summer 2022



Explore More at Connect 4

June 2 • 11 am to 1 pm • 919-722-8915

Join the 4th Force Support Squadron and base agencies in Connect 4 on the first Thursday of each month to **Explore More** of what the base has to offer YOU! Come learn about upcoming events and programs, plus find out why this month's theme is **A Summer to Remember!**

Life's Better by the Pool Thursday-Monday • 12 to 5:30 pm Olympic Pool

Summer season 2022 is underway at the Olympic Pool behind the Fitness Center. Season passes are available as follows: Individual \$40, Family of two \$65, Family of three \$90, Family of four \$110. Larger families may add members of their household for an additional \$20 each. Daily passes are just \$2 per person.

Open swim days and times may vary pending weather conditions and staff availability. For more information, call Outdoor Recreation at 919-722-1104 or visit www.sjfss.com/pool. Updates to pool operations will be posted accordingly to the **SJAFB Fun** Facebook page.

Make a Splash! Daily • 9 am to 7 pm Splash Pad at Debden Park

What's more fun for children than playing in water on a hot day? Our splash pad is open daily, free of charge. The system is designed to cut off in order to save water, so if you show up during operating hours and it's not on, simply press the activate button.

The splash pad is unsupervised; please be courteous and enjoy it at your own risk. Do not drink the water as it is recirculated. Children under the age of 10 should be accompanied by an adult. Swim diapers are required if not toilet trained.

Please pay attention to the rules posted at the Splash Pad and on the following web page: www.sjfss.com/splash-pad



Get to Know FCC: Q&A

June 2 • 6 pm
919-722-7194
Family Child
Care Office

If you've ever wondered what Family Child Care is, come find out! Find out how you can open your own business with little to no start-up costs, work from home while caring for your own children, and support the Wing mission. Our team of professional FCC providers have credentials equivalent to the staff at the Child Development and Youth Centers, yet offer more personalized care and flexible hours. Wait until you hear about the new incentives available, including up to \$100 per week to care for your own children over two, and \$300 for becoming certified. Give us a call to sign up.



Tandem Skydiving June 25 • 8 am Outdoor Recreation

Outdoor Recreation has limited openings for "R4R" eligible patrons to sign up for tandem skydiving. The cost is \$75 per person; transportation not included. For more information, call 919-722-1104.





READ BEYOND THE BEATEN PATH

DoD MWR Libraries Summer Reading Program.

www.Beanstack.com/DoD



DoD MWR LIBRARIES SUMMER READING PROGRAM an Military Installation Website



Summer Reading Program June 15-Aug. 3 • 919-722-5825 Base Library

The library's annual Summer Reading Program (SRP) begins June 15. The theme is "Reading Beyond the Beaten Path."

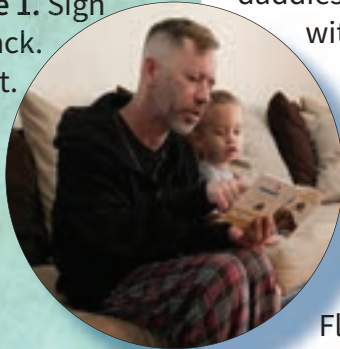
Online registration begins June 1. Sign up at seymourjohnson.beanstack.org and receive a bag and t-shirt. Log your reading and activities from June 15 through July 17 to earn rewards.

Don't miss out—

SRP Kickoff • June 15 • 1 pm

We are excited to have a Park Ranger from the Cliffs of the Neuse State Park coming to talk with us about the park and nature! Fun for all!

Preschool Story Time • Tuesdays • 11 am
School Age Program • Wednesdays • 1 pm
Celebration • Aug. 3



Top Hats and Tails

June 11 • 11 am to 1 pm or 1:30 to 3:30 pm
Youth Center

The Community Programming and Partnership Office (CPPO) has partnered with the Youth Programs to present a fun-filled, Alice in Wonderland themed, event for base families. Mothers and sons, daddies and daughters are in for a treat at this wacky tea party with delightful desserts, dancing and fun!

If you're growing curiouser and curiouser, sign up for this event by June 6 at <https://www.eventbrite.com/e/top-hats-tails-tickets-324226459067>. Each child must be accompanied by an adult.

Admission is free. Top Hats and Tails is sponsored in part by MedCertify, Barnes Jewelers, Canvas Church and Flowers for You. (No Federal endorsement of sponsors intended.) For more information, call 919-722-8796.

Give Parents a Break

June 11 • 6 to 10 pm
CDC & Youth Center

The Air Force Aid Society (AFAS) in cooperation with the Air Force child care community, provides funding for childcare under the program called Give Parents a Break (GPAB).

This program offers eligible parents of children ages 6 weeks-12 years, a few hours break from the stresses of parenting. Eligible families must be referred by one of the following: Squadron Commander, First Sergeant, Chaplain, Family Advocacy, Airman and Family Readiness Center, Child Development Center and Youth Center. If childcare is needed but you do not qualify for GPAB, you may sign up and pay the hourly rate of \$7 per child.

Registration begins two weeks prior and ends the Wednesday before the date listed. Call the CDC (919-722-1198) or Youth Center (919-722-0502) for more details.



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Pop Into Summer: End of School Bash

June 8 • 2 to 4 pm • 919-722-0502

Youth Center

School's out for summer and that's cause for celebration! The Youth Center is planning an end of school bash that will be fun for all ages. There will be popcorn, games and water fun. Be prepared to get wet and have a great time!

Fishing Rodeo

June 18 • 9 to 11 am

919-722-1104

Outdoor Recreation Pond

It's time again to let your kids cast their lines and have the thrill of reeling in fish for prizes.

This annual catch and release event is hosted by Outdoor Recreation (ODR) and sponsored in part by MedCertify, Dick's Sporting Goods, and Texas Roadhouse (No Federal endorsement of sponsors intended). Participation is open to ages ages 3-17, with registration by June 8. There is an entry fee of \$10 per child; add \$5 to get the souvenir t-shirt.

Bring your rod and reel, tackle and sunscreen on event day. Short on gear? Equipment Rental at ODR has a limited number of fishing rods, camp chairs, etc. available for rent. (Please reserve in advance of the Fishing Rodeo.) For more information, call ODR at 919-722-1104.

Switch It Up! (Youth Game Night)

June 23 • 5 to 8 pm • 919-722-5825

Base Library

Did you know the library has gaming resources available for checkout? They do, and what better way to introduce base youth to the games and consoles than with hands on experience!

Youth, ages 12-17, are invited to try out Switch games on our consoles or bring their own. There will be snacks and door prizes. Want to know more? Give us a call.

Teen Late Night

June 24 • 7 to 10 pm • 919-722-0502

Youth Center

We're going retro! The Keystone Club and teens, ages 13-18, will **Skate Through the Decades** this month during Teen Late Night. Choose a decade and dress the part. Best dressed wins a prize! Bring your roller skates for an evening of skating around the gym. Bring a friend, have fun, enjoy some food and good music while skating the night away. Youth Programs members get in free; guests are \$2 each.



Outdoor Resilience for EFMP families

June 11 • 10 am to 1 pm • 919-722-7337

Outdoor Recreation Adventure Park

The Exceptional Family Member Program coordinator is hosting a day of Outdoor Resilience exclusively for EFMP families at Outdoor Recreation. Attendees may enjoy fishing, paddle boating, a bouncy castle and other activities — free of charge. Outside food is allowed. To pre-register for this event, please call the number above.



Kindergarten Readiness: Things Parents Should Know

June 16 • 5 pm

Zoom <https://us02web.zoom.us/j/86117025414?pwd=OUpCTWVqOGZMRGNFM9TY3ZKWmd3QT09#success>

If you have a child getting ready for kindergarten, this virtual workshop is for you. Kindergarten readiness is about what kids should know and be able to do when they start school. No matter what your child's age, there are things you can do to help them be ready for kindergarten.

Our Seymour Johnson Air Force Base Military School Liaison, Cristy Barnes-Williams, encourages families to join the meeting to be better prepared for this new step in their children's education.

Wayne County Public Schools
Parent Educator Cynthia Kenion

will provide tips in a discussion on how parents can prepare their rising kindergartener for school.

Meeting ID: 861 1702 5414

Passcode: weready

Information: 919-722-5810



Proceeds support Habitat for Humanity of Goldsboro-Wayne



DONATE & SHOP | Wed -Fri • 10am to 6pm
Sat • 10am to 4pm

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



EVERY SEASON STARTS AT



SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE

Fitness Challenges
Most Pull-ups in a Minute
June 1-30 • 919-722-0420
Fitness Center

Throughout this month, the Fitness Center challenges patrons to see how many pull-ups they can do in one minute. A Fitness Center staff member must be present. The male and female to complete the most pull-ups in the allotted time will be notified at the end of the month.



Family 100-Mile Challenge
June 1-30
919-722-0413
Family First Fitness

Get out and get moving as a family this month! Run, walk, bike your way to complete 100 miles as a family by the end of the month to win a prize. Check in with Family First Fitness staff for details and to track your progress/participation.

Flip the most tires in a minute? We've got this!



SrA Graham Setzler (4LRS)
 and
 TSgt Maxine Ayala (4SFS)

Aerobics Calendar - June

Scan code to download the full schedule of classes ... Zumba, Yoga, Boot Camp, Spin, Body Sculpt, Core Conditioning, etc.



FALL SPORTS REGISTRATION

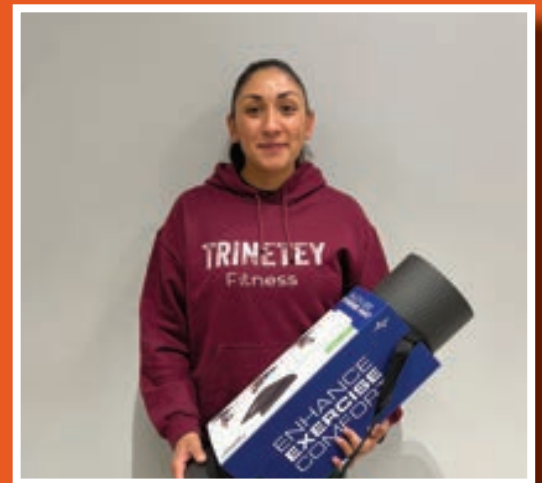
MONDAY-FRIDAY
9AM TO 4PM SIGN UP JUNE 15-AUG 15



FLAG FOOTBALL • \$50
 — 5-6, 7-8, 9-10 YEARS OLD
SOCCER • \$50
 — U6, U8, U10, U12, U14
START SMART SOCCER • \$50
 — MUST BE 4 BY SEPT 1

*Current shot records and physicals required
 Two practices per week, pre-season
 Games start in September*

*Coaches are needed for all sports
 Call 919-722-0503 to volunteer*



• CLASSES BEGIN SOON! •

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July 9 || CDC & Youth Center

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July 14 || Eagles Landing

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July 15 || Base Library

● **MUSICAL DRAG BINGO**

July 15 || Eagles Landing

● **COASTAL KAYAKING**

July 16 || Outdoor Recreation

● **SEYMOUR SOCIAL: HEARTS APART**

July 19 || Eagles Landing

● **SPOUSE EDUCATION & EMPLOYMENT SEMINAR**

July 20 || Southern Eagle Dining Facility

● **TEEN GAME NIGHT LIBRARY CAMP**

July 21 || Base Library

● **YOU SANK MY BATTLESHIP**

July 26 || Outdoor Recreation

● **SIP & ART: STAINED GLASS**

July 28 || Mustang Taproom



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919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
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919.886.3405 - Child
- **Military One Source**
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- **Sexual Assault Response Coordinator**
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919.722.7272 - Hotline

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- **Security Forces**
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After hours visitor passes: go to the main gate on Berkeley Blvd

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