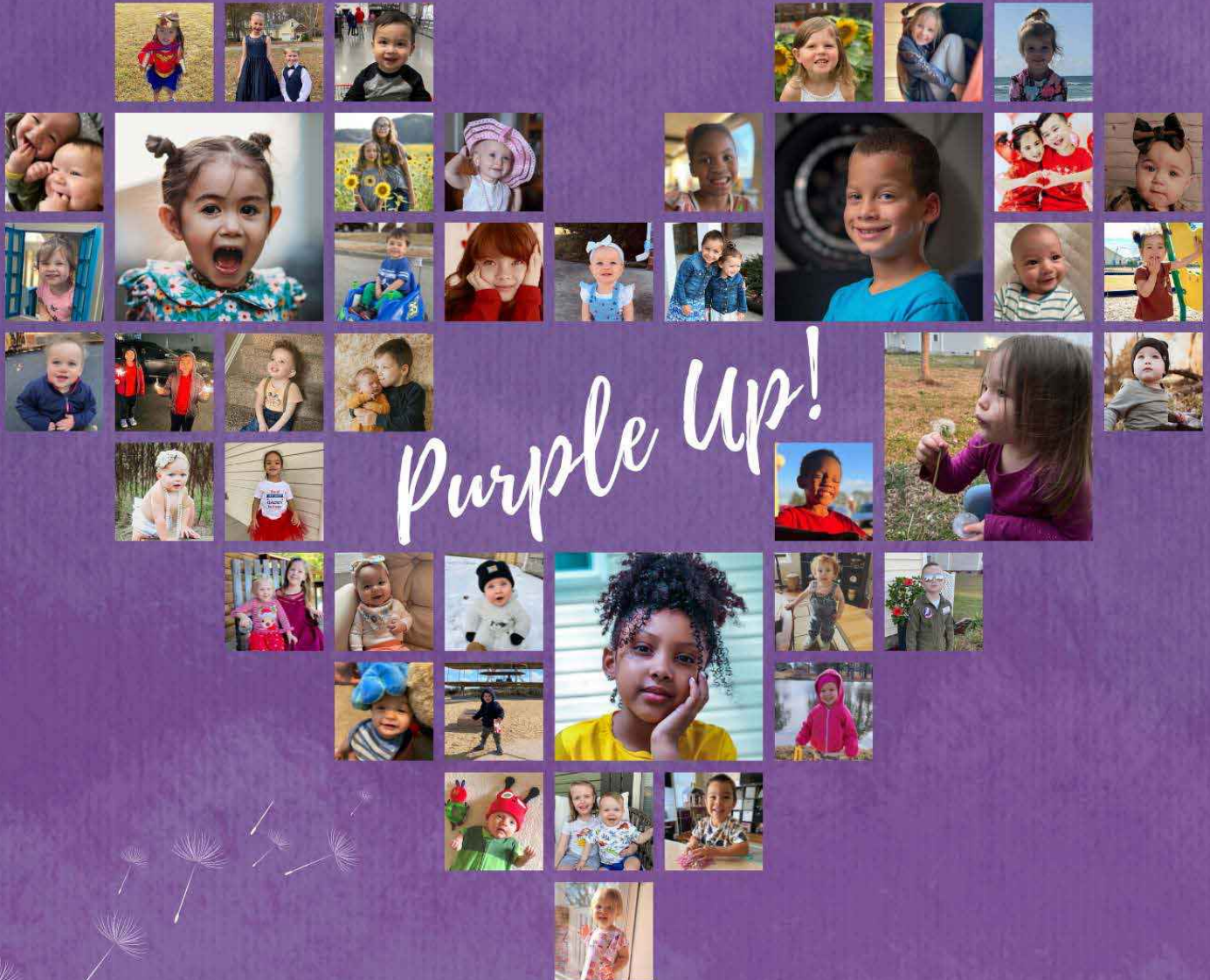


# SEYMOUR

explore more



Purple Up!

WE SALUTE OUR SEYMOUR  
JOHNSON MILITARY CHILDREN!

APRIL IS MONTH OF THE MILITARY CHILD. CELEBRATE  
WITH SPECIAL ACTIVITIES THROUGHOUT THE MONTH!

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MAGAZINE ARE COURTESY OF THE PARENTS OF SEYMOUR JOHNSON



COMMITTED TO SERVE THOSE WHO SERVE

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# March Recap

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## St. Patrick's Day Story Time



## Rush to the Gold 5k



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## Explore More

## KEEP IN TOUCH

**Website:** [www.SJFSS.com](http://www.SJFSS.com)  
**Facebook:** 4th Force Support Squadron  
**Instagram:** @4sjfss  
**Commercial:** 919.722.8532  
**DSN:** 722.8532  
**Address:** 1600 Wright Brothers Ave,  
Bldg 3010, 2<sup>nd</sup> Fl, Rm 228



## Boot Camp Class

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

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

## Fun & Games

Nikki Silvestri

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

I'LL BE AT LOWE'S...

**Stevie will be at Lowe's on April 8 from 4 - 7 pm for their Purple Up! event.**

Come by for a meet & greet and photo op!

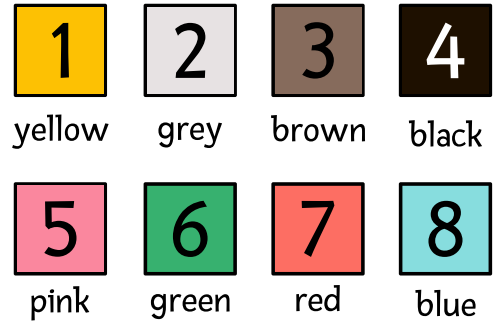
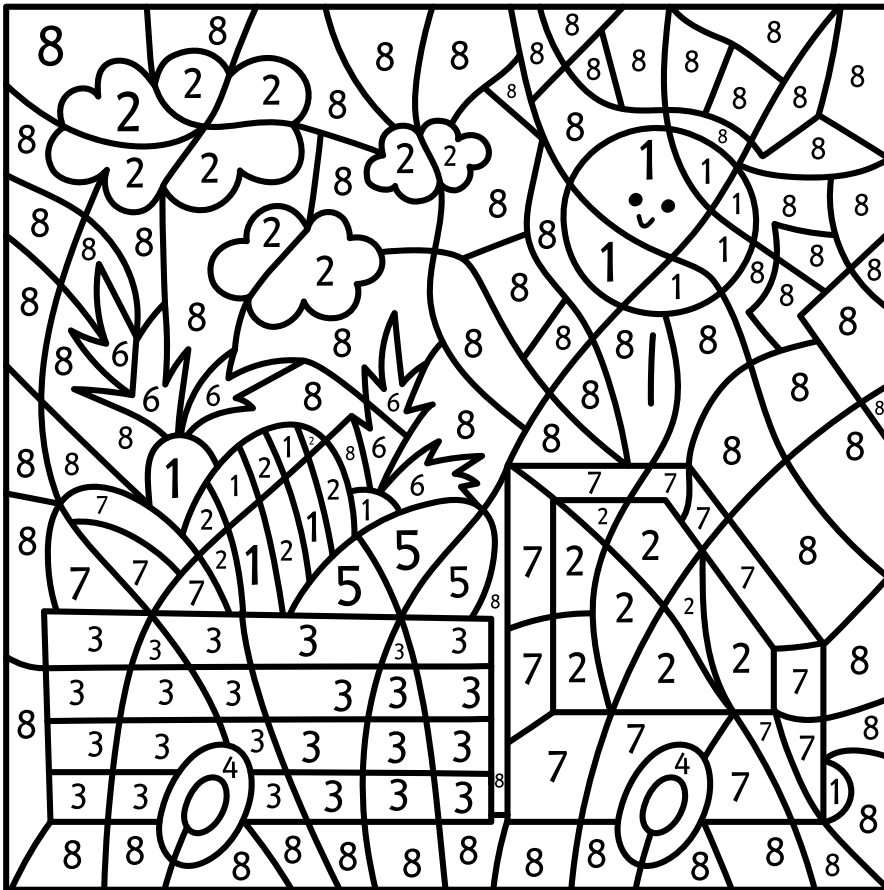
No Federal endorsement intended.



# FUN & GAMES

Complete the activity on this page and when you're done, comment a picture of this page under the April cover photo on our Facebook page [www.facebook.com/sjfss](http://www.facebook.com/sjfss) to be entered in a random drawing for a \$25 FSS Gift Card!

## COLOR BY NUMBER



Take our survey!

1. SCAN THE QR CODE
2. ANSWER QUESTIONS & SUBMIT
3. ENTER FOR YOUR CHANCE TO WIN A \$50 FSS GIFT CARD!

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





PHANTOM L@NES

10 Pin Café · 1290 Andrews St  
919-722-0349 · facebook.com/sjafb.food

# National SOURDOUGH BREAD DAY

APRIL 1 · 7 AM - 11 PM

Enjoy a grilled cheese sandwich on sourdough bread with fries and a drink for only \$4.75! Sandwich only is \$2.50.

## Wingmen **MUSTANG TAPROOM** Wednesday

April 20 · 4:30 - 6:30 pm

Free wings for first 30 customers while supplies last

Mustang Taproom · 1240 Andrews St  
919-722-4914 · facebook.com/sjafb.food



NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED.



### FLY BY MOVIE NIGHT

APRIL 21 · 4:30 PM

Every 3rd Thursday of the month at Southern Eagle Dining Facility, 3650 Pope St.  
Hosted by CPPO & DFAC



# Hop on over to your Commissary to visit with the Easter Bunny



## MONTH OF THE MILITARY CHILD



One world.  
One chance.  
Make it great for them.

### COMMISSARY GIFT CARD GIVEAWAY

Scan here for Earth Day activities and a chance to win a \$25 COMMISSARY GIFT CARD  
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Defense Commissary Agency (DeCA) displays contests for the sole benefit on our customers. DeCA does not endorse any company, products or services.

## Library Week Open House

April 6 from 3-5 pm · 919-722-5825

Base Library · 1520 Goodson St

National Library Week is April 3-9. Enjoy refreshments, activities, tours, and general library mayhem while learning about the services we provide.

## Seymour Social

April 12 at 5 pm · 919-722-1123

Eagles Landing · 1240 Andrews St

Connecting Airmen & families with resiliency resources, leadership and fellowship. Open to all with base access. Free dinner and kid-friendly activities.

## Plant & Pour

April 21 at 6 pm · 919-722-8547

Mustang Taproom · 1240 Andrews St

Pick a plant to pot and create your own macrame plant holder to take home. Only \$10 per person. For ages 18 and older. Food and beverages available for purchase. Call to sign up by April 20.



**Did you know you could buy pottery made in-house at Outdoor Recreation?**

There are so many options for a memorable gift. Stop by to check out the pieces!

Mon, Tue, Thu, Fri: 10 am - 5 pm · 1385 S. Andrews St





# WORLD ART DAY IS APRIL 15

Unleash your creative side and create some art throughout the month!

## Take & Make Crafts

**All Month · 919-722-5825**

**Base Library · 1520 Goodson St**

The Base Library has craft kits you can take home and create. Just stop by Mon - Wed & Fri: 10 am - 6 pm, Thurs: 10 am - 7 pm & Sat: 10 am - 5 pm to pick up your kit!

## Stitchin' Betties (USO)

**April 12 from 5-7 PM · USO**

**April 26 from 5-7 PM · USO**

A craft night for people who like working with textiles or hanging with people who do. All levels welcome, bring your own project! Located at the USO center in Eagles Landing, 1240 Andrews St.

## Sip & Art: Glass Etching

**April 27 at 4 PM · 919-722-8547**

**Eagles Landing · 1240 Andrews St**

Create a custom etched glass in this beginner workshop. Enjoy drinks in style, created by you! Free for R4R DAP & \$22 for all others. For ages 18+ only. Call for eligibility and to sign up.

## Vision Board Party

**April 28 at 5:30 PM · 919-722-5825**

**Base Library · 1520 Goodson St**

Enjoy light refreshments while creating your vision board in this free event. All supplies included. For ages 18+ only. Space is limited, scan the QR code to sign up.



## Showcase Art Pop-Up

**April 7 from 4-6 PM · 919-722-8915**

**Connect 4 · 1515 Goodson St**

Enjoy an art show highlighting all of Seymour's talented artists. Free water & charcuterie cup to first 50 people.

## Art with a Twist

**April 20 at 1 PM · 919-722-7337**

**EFMP-FS · fb.com/groups/sjefmp**

EFMP-FS is taking EFMP families to Wine & Design for a free class. Come out and paint with a twist during spring break! Families must RSVP to attend. Call to sign up. No Federal endorsement intended.



Celebrate your special occasion with us!

# MILITARY DISCOUNTS

**Create Fun Memories - Be Inspired**

Birthday Parties • Bachelorette Events • Team Building • Date Nights • Kid's Parties

**919-273-8007**

For Questions & Party Bookings



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2808 Cashwell Dr.  
Goldsboro, N.C. 27534

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# APRIL family EVENTS



## Family Campout

APRIL 1-2 · 6PM - 9AM · LOG CABIN

Only \$5 per person, includes hot dogs, drinks, s'mores, a bounce house, the hatchet trailer, archery and more. So come pitch your tents and roll out those sleeping bags. No tent, no problem! Outdoor Recreation will be doing a \$5 tent rental special for this event. Call 919-722-1104 to sign up.

## Give Parents a Break

APRIL 9 · 9AM - 1PM

Preregister by April 6.  
Free with voucher, must get referral - call 919-722-1123 for eligibility.  
\$7 per hour, per child with no voucher.  
CDC: 6 weeks - 5 years, call 919-722-1198 to sign up.  
Youth Center: 5-12 years, call 919-722-0502 to sign up.

## What's Cooking? Family Cupcake Challenge

APRIL 15 · 9 AM · YOUTH CENTER

Use provided cupcakes and toothpicks to decorate and ice cupcakes with your family! Max of 5 people per team. Minimum age of 5 years old. Space is limited, sign up by April 14.

## Teen Summit

APRIL 21-22 · 4:30 PM

YOUTH CENTER

Lead, serve, and inspire! Mark your calendars to participate in the Military Teen Summit. All military-connected and local club teens and advisors welcome. Call 919-722-0502 for more information.

## Teen Game Night

APRIL 29 · 7-10 PM

YOUTH CENTER

Bring a friend or come meet a new one and enjoy a variety of games and snacks! For ages 13-18. Free for members, \$2 for all others. Call 919-722-0502 for more information.





## BARK IN THE PARK

APRIL 16 · DOG PARK AT DEBDEN PARK · 919-722-8796

MULTIPLE TIME SLOTS: 12 - 1 PM · 1 - 2 PM

A friendly egg hunt for our canine friends! Dress your doggos up for extra fun. Enjoy giveaways, photo ops and more. Bring your own basket. Scan the QR code to sign up.

## BREAKFAST WITH THE BUNNY

APRIL 16 · COMPASS CAFÉ · 919-722-8796

MULTIPLE TIME SLOTS: 7:30 AM · 8:30 AM · 9:30 AM · 10:30 AM

Enjoy a buffet of scrambled eggs, bacon, sausage, hash browns, waffles & fruit parfaits as well as photo ops with the bunny! The cost is \$10 for ages 13 and older, \$8 for ages 3-12, and free for ages 2 and under. By reservation only, call to sign up.

## DINO SAFARI & PREEGGSTORIC HUNT

APRIL 16 · BASEBALL FIELD ON THE CORNER OF CHANDLER RD & VERMONT GARRISON ST

MULTIPLE TIME SLOTS FROM: 10 AM - 4 PM

Stomp, chomp & roar, take a ride along our Dinosaur Tour! Dig & excavate, find a rare egg before it's too late! Scan the QR Code to sign up.



Proceeds support Habitat for Humanity of Goldsboro-Wayne



DONATE & SHOP | Wed - Fri • 10am to 6pm  
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### u i r p s a i p

Goodie bag giveaway in the Seymour Johnson Exchange for military families begins at 11 a.m. First come, first served.

Find exclusive deals on the Exchange's Hub - packed with activities, games, drawing lessons, videos and more about the month-long MOMC celebration.

See website for details.

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Seymour Johnson  
Exchange salutes youngest  
heroes: MOMC sweepstakes and  
**s o r i l p p**  
N TW Play-Doh Sculpting event  
UN W Hasbro Gaming contest  
NR CW Nerf Blaster contest  
OO CW Disney Ultimate Princess

Judges will select four winners from  
each event. Visit website below  
for more details.

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## THANK THE PURPLE UP! SUPPORTERS

The advertisers on these pages stepped up to our Seymour, Explore More Purple Up! challenge. They graciously supported the Month of the Military Child and Purple Up! celebrations by purchasing the specially discounted ads across these purple pages to share their information and special offers with you.



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[amiller@pivoths.com](mailto:amiller@pivoths.com)

**Anna Miller**  
Physician & Community Liaison



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PURPLE UP! FOR MILITARY KIDS & WEAR PURPLE ON APRIL 8. #PURPLEUPSJAFB #SJFSS #PURPLEUP



Their generosity helps us to enhance the Month of the Military Child/Purple Up celebrations. Please thank them for their support and let them know where you saw the ad when you call on their businesses. We are fortunate to have such great community support! If you would like to advertise your business with us, visit us online at [www.sjfs.com/commercial-sponsorship-advertising](http://www.sjfs.com/commercial-sponsorship-advertising) to read more.



**10% MILITARY DISCOUNT EVERY DAY, EXCLUDING ALCOHOL**

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Monday-Friday: 10:00 AM to 6:00PM  
Saturday & Sunday: Closed



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**WE SUPPORT OUR MILITARY KIDS!**



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**MRP** 

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Shotgun Start at 1:00 PM  
Lane Tree Golf Course



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**4-Person Scramble  
\$85 per Participant  
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**PURPLE UP! FOR MILITARY KIDS & WEAR PURPLE ON APRIL 8. #PURPLEUPSJAFB #SJFSS #PURPLEUP**

No Federal endorsement of advertiser intended.

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# APRIL FITNESS CENTER EVENTS

2022 Rush to the Gold 5K  
Thank you to all who participated!



## Tire Flip Challenge

**All Month || Fitness Center**

Challenge yourself to complete the most tire flips in 1 minute! Let a staff member know you're here for the Tire Flip Challenge and we will help you.

## Egg Hunt Challenge

**All Month || Family First Fitness Center**

Visit us and complete exercises to get clues to find our hidden eggs! The participant with the most eggs found at the end of the month wins an Easter Basket. A staff member must be present to track participation.

## Squad Games

**April 5 || 3 PM || Fitness Center**

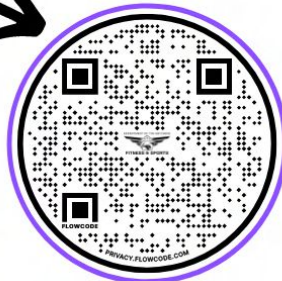
Compete with (or against) your squadrons in a variety of team-building fitness activities including, a 1-mile Relay, Tug-of-War, Three-Legged Race, Pull-Up Competition, and more! Only 10 teams will be allowed to enter with a max of 5 members per team. The winning team will receive bragging rights and a trophy! Spaces are filling up fast. Sign up at the Fitness Center front desk.

## Racquetball (1v1) Intramural Pop Up Event

**April 26 || 4 PM || Fitness Center**

Teams will be assigned play times after registration closes. Single elimination Intramural match. Sign up by April 21 at the Fitness Center front desk.

Scan to download  
the full Aerobics  
calendar



## Aerobics Classes

subject to change

### Monday

- **Body Sculpt** 11:30 am
- **Boot Camp** 5:15 pm
- **Spin** 6:15 pm

### Tuesday

- **Spin** 11:30 am
- **Boot Camp** 5:15 pm
- **Zumba** 6:15 pm

### Wednesday

- **Yoga** 11:30 am
  - Located at Family First Fitness
- **Spin** 11:30 am
- **Boot Camp** 5:15 pm
- **Body Sculpt** 6:15 pm

### Thursday

- **Spin** 11:30 am
- **Body Sculpt** 11:30 am
- **Boot Camp** 5:15 pm
- **Zumba** 6:15 pm

Fitness Center  
1500 Langley Ave · 919-722-0420



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





sjfss.com 4fssodr

### DAY 1:

**Explore** downtown Greensboro by day and artsy Abingdon, VA by night

### DAY 2:

**Experience** an exhilarating 17-mile, downhill ride across 20 scenic bridges

### R4R RATES:

\$40 per person || 4 to a room

\$55 per person || 3 to a room

\$80 per person || 2 to a room

*\*Includes transportation, lodging, bikes + helmets*

*\*Ask us about non-R4R rates*

**Limited space. Sign up at Outdoor Recreation, 1385 S. Andrews St. || 919-722-1104**

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**FRI** 8 AM - NOON · **SAT** 10 AM - NOON

[www.facebook.com/DemockoChiropractic](http://www.facebook.com/DemockoChiropractic)  
[www.demockochiropractic.com](http://www.demockochiropractic.com)



ADJUSTMENTS  
ONLY

**\$25!**



## OPERATION DEPLOYED HEARTS

**April 5 from 5-6 pm · 919-722-1123**  
**Connect 4 · 1515 Goodson St**

This workshop equips spouses of deployed service members with necessary tools and information to transition through the phases of deployments and remote tours. Guest speakers and light refreshments available. The Kiddie Hawk Playground will be open with limited supervision.

## EFMP 101

**April 6 at 10 am - 12 pm**  
**919-722-7337 · Virtual**

Want to know more about how the EFMP program works? This EFMP-Family Support, EFMP-Medical, School Liaison and Family Child Care briefing is for you! Call to sign up and receive the link.

## CAR BUYING CLASS

**April 7 at 1-2 pm · 919-722-1123**  
**A&FRC · 1500 Vermont Garrison St**

It is important that buyers understand the specific steps involved in making a wise purchase. Learn how to conduct adequate research on a new car purchase, determine how much you can afford to spend on a car and negotiate effectively when purchasing an automobile. Call to sign up.

## BUNDLES FOR BABIES

**April 21 at 8-11 am · 919-722-1123**  
**Eagles Landing · 1240 Andrews St**

Helpful tips for new and expectant parents on budgeting and caring for newborns. Light refreshments available. Each participating family receives a \$50 gift card from Air Force Aid Society. Limited to the first 20 parents who call to sign up.

**PROGRAMS HAVE  
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# Stay Tuned

## COMING NEXT MONTH

- **ADVANCED BOWLING CLASS**

May 4-25 || Phantom Lanes

- **NATIONAL HOAGIE DAY**

May 5 || 10 Pin Café

- **EXPLORE MORE AT CONNECT 4**

May 5 || Community Programs

- **FAMILY FIRST FRIDAY**

May 6 || Mustang Taproom

- **BIKE & BREWS R4R TRIP**

May 7-8 || Outdoor Recreation

- **DESIGNER BAG BINGO**

May 11 || Community Programs

- **EXPLORE YOUR PAST**

May 12 || Base Library

- **HOME BUYING**

May 12 || A&FRC

- **SPOUSE APPRECIATION - DAY EVENT**

May 13 || Seymo Joe to Go

- **SPOUSE APPRECIATION - EVENING EVENT**

May 13 || Eagles Landing

- **COASTAL KAYAK**

May 14 || Outdoor Recreation

- **GIVE PARENTS A BREAK**

May 14 || A&FRC, CDC, Youth Center

- **NATIONAL PIZZA PARTY DAY**

May 15 || Facebook.com/sjfss

- **MAY THE FORCE BE WITH YOU - TEEN LATE NIGHT**

May 20 || 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**  
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- **Afterburner Kiosk**  
919.722.5294 • 2814 Jabara Ave  
fb.com/sjafb.food
- **Compass Cafe & Catering**  
919.722.0394 • 1385 S Andrews St  
fb.com/sjafb.food
- **Mustang Taproom**  
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fb.com/sjafb.food
- **Seymo Joe to Go**  
919.722.3104 • 1515 Goodson St  
fb.com/sjafb.food
- **Southern Eagle Dining Facility**  
919.722.5294 • 3650 Pope St  
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#### RECREATION

- **Auto Hobby Shop**  
919.722.1309 • 919.722.1308  
1295 Jabara Ave • fb.com/sjafb.fun
- **Bowling, Phantom Lanes**  
919.722.0350 • 1290 Andrews St  
fb.com/sjafb.fun
- **Community Programs & Partnership Office (CPPO)**  
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fb.com/sjafb.fun
- **Connect 4**  
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fb.com/sjafb.fun
- **Family First Fitness**  
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fb.com/sjafb.fitness
- **Fitness & Sports Center**  
919.722.0420 • 1500 Langley Ave  
fb.com/sjafb.fitness
- **Fort Fisher Air Force Recreation Area**  
910.500.6465 • fb.com/fortfisher  
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**  
919.722.8796 • 1515 Goodson St  
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**  
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fb.com/sjafb.fun
- **Sabre Cinema**  
919.722.8796 • 919.722.8684  
3740 Edwards St • fb.com/sjafb.fun
- **Splash Pad** (seasonal)  
919.722.1104 • 919.722.7437  
Debden Park • fb.com/sjafb.fun
- **Swimming Pool** (seasonal)  
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1500 Langley Ave • fb.com/sjafb.fun

#### 4 FSS SERVICES & RESOURCES

- **Airman's Attic**  
919.722.7181 • 1515 Goodson St  
fb.com/sjfss
- **Airman & Family Readiness Center**  
919.722.1123 • 1500 Vermont Garrison St  
fb.com/sjfss • fb.com/sjafb.family
- **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 • fb.com/sjafb.family
- **Civilian Personnel Section**  
919.722.0117 • 1570 Wright Brothers Ave  
fb.com/sjfss
- **Community Cohesion Coordinator (C3)**  
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- **Library**  
919.722.5825 • 1520 Goodson St  
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- **Marketing**  
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1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 228
- **Military Personnel Section**  
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- **Military School Liaison**  
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- **NAF Human Resources**  
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**  
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1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 220
- **Professional Development Center**  
919.722.1149 - ALS  
919.722.5857 - Career Assistance  
1175 Wright Brothers Ave
- **School Age Care**  
919.722.0502 • 1035 Langley Ave  
fb.com/sjyouth

- **Youth Programs**  
919.722.0502 • 1035 Langley Ave  
fb.com/sjyouth
- **Vet Clinic**  
919.722.1465 • 1003 Collier Ave  
By appointment only

#### 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

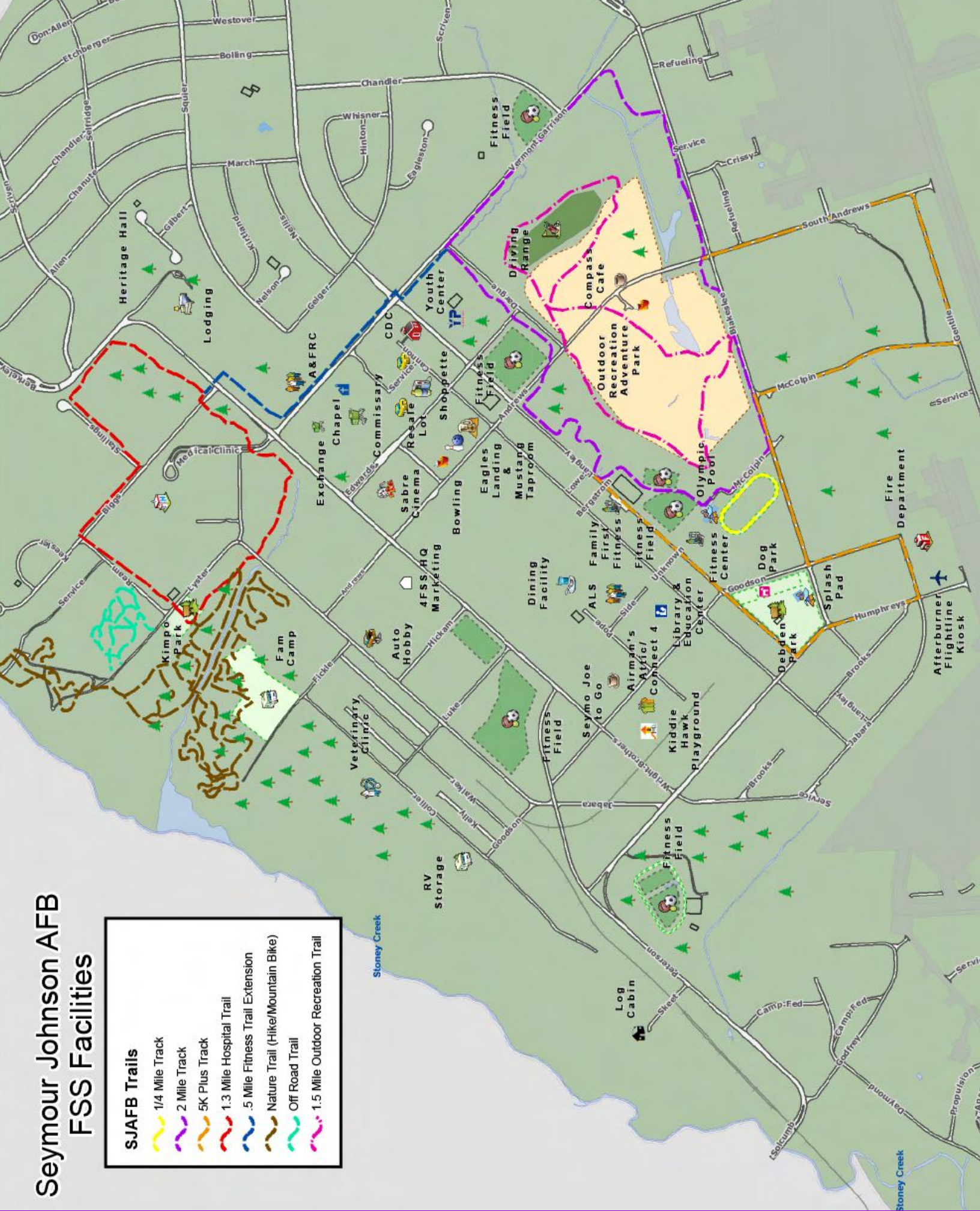
#### BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**  
919.722.2233 • fb.com/callaadd
- **Commissary**  
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**  
919.722.1212 - If you observe suspicious activity, please call us
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919.735.8511 • 1350 Edwards St
- **Express with Class Six**  
919.734.7235
- **Mayroad**  
919.988.6918 • 600 Kenly Rd
- **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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