

# SEYMOUR

FEB 2022

explore more

*You're  
going to  
love our  
events this  
month!*

PHOTO COURTESY OF AMBER SORNSON

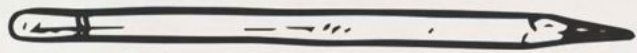
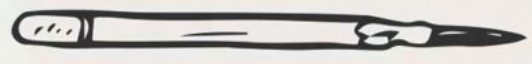


# INTERMEDIATE/ADVANCED DRAWING WORKSHOP

*Enhance your drawing skills using  
pastels and colored pencils.*

*Free, must be aged 18 or older and  
Deployed Affected (DAP) to participate.*

**Limited space, call CPPO  
to sign up today!**



*Located at Eagles Landing*

**Feb 5 & 12**

**10 AM - 1 PM**

919- 722-8915

f/CPPOSJ

www.SJFSS.com



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**4 FSS Commander**  
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**Visual Information Specialist**  
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Joshua Parrish

**Marketing Assistant**  
Anna Prezbindowski



## KEEP IN TOUCH

**Website:** [www.SJFSS.com](http://www.SJFSS.com)

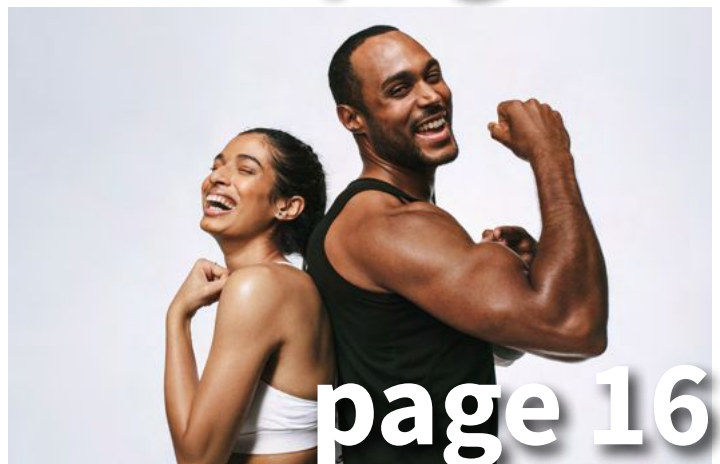
**Facebook:** 4th Force Support Squadron

**Instagram:** @4sjfss

**Commercial:** 919.722.8532

**DSN:** 722.8532

**Address:** 1600 Wright Brothers Ave,  
Bldg 3010, 2<sup>nd</sup> Fl, Rm 228



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

## Word Search

Hannah Grace

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





# Valentine's Day word search

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

SWEETS	ENVELOPE	PINK	HEART
ROSES	CHAMPAGNE	PASSION	FOURTEENTH
LOVE	CARDS	LOVEBIRDS	FEBRUARY
VALENTINE	CRUSH	KISS	DATE

Complete the word search and when you're done, send a picture of this page to us at [www.facebook.com/sjfss](http://www.facebook.com/sjfss) to be entered in a random drawing for a \$25 FSS Gift Card.



## Airman & Family Readiness Center

919-722-1123

### TWO HOMES, ONE HEART

Feb 8 || 5:30 pm || Eagles Landing

Divorced, single parents, and blended military families will learn how to tackle the barriers of raising children in separated environments.

### HOME BUYING CLASS

Feb 10 || 1 pm || A&FRC

Buying a home is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

### MOCK INTERVIEW SKILL WORKSHOP

Feb 17 || 10 am || Virtual

Perfect your answers to challenging interview questions, clearly communicate your career path and why you're the best person for the position in this virtual workshop.

## Community Center

919-722-8915

### FAMILY FIRST FRIDAY

Feb 4 || 4:30 pm || Mustang Taproom

Stop by, grab a craft & take it to your table to create a special Valentine's craft! Alcohol & food are available for purchase at the bar.

## Family Child Care

919-722-7194

### GET TO KNOW FCC

Feb 10 || 6 pm || FCC Office

If you've ever wondered what Family Child Care is, come find out! We'll discuss the ins and outs of FCC, how you can open your own business with little to no start-up costs, work from home, care for your own children, while supporting the Wing mission. Our team of professional FCC providers have credentials equivalent to the staff at the CDC and Youth Center and offer more personalized and flexible scheduling. Come check us out! Sign up by February 9.



FAMILY FUN





Tuesdays  
11 AM

In-Person  
@Library



722-5825  
/sjafb.library  
www.SJFSS.com

## CONGRATULATIONS ALICIA BAGGETT

Our newest FCC provider to receive National Accreditation!

Want to become an FCC provider?  
Call us to learn more about

- AF Expanded Child Care Program
- PCS Care/Volunteer Care
- Special Needs Children



Call FCC at  
919.722.7194 to  
Apply Today



### Your Real Estate Agent!



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HomeServices  
McMillen and Associates  
Realty

#### Crystal Love

Cell: 919-273-5571

Office: 919-778-9500

crystal@themcmillengroup.com

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FAMILY FUN

EVERY SEASON STARTS AT



# SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE

# BIG GAME

*Party 2022*

**FEB 13**

*4 to 11pm*

KICKOFF 6:30  
FREE ADMISSION

HALFTIME DRAWINGS FOR  
PELLET GRILL & TAPROOM MERCH  
DRINK SPECIALS • FOOD AVAILABLE FOR PURCHASE  
MUSTANG TAPROOM IN EAGLES LANDING



1240 Andrews St • 919.722.4914  
sjfss.com • fb.com/mustangtaproom

FOOD & BEVERAGE



# Ely By Movie Night

**FEB 17 • 4:30 PM**

Every 3rd Thursday of the month at  
Southern Eagle Dining Facility  
3650 Pope St

*Chosen in honor of Black History Month!*

**FREE ADMISSION  
FOR DORM RESIDENTS**

Hosted by 4 FSS CPPO & DFAC  
[www.sjfss.com](http://www.sjfss.com)



**Rated  
PG-13**



FOOD & BEVERAGE

**UFC 271** **MUSTANG TAPROOM**

**ADESANYA vs WHITTAKER 2**  
WORLD MIDDLEWEIGHT CHAMPIONSHIP

**FEB 12 SAT**

**DOORS OPEN AT 6PM - \$5 COVER - \$4 DRAFT BEER SPECIALS**

TOYOTA CENTER

REUSE  
.....

Recycle

**DONATE**  
**HELP BUILD HOMES**  
**SHOP**

**FREE DONATION PICKUP  
IS A PHONE CALL AWAY**

*Proceeds support Habitat for Humanity of Goldsboro-Wayne*

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

Habitat for Humanity of Goldsboro-Wayne [f/HabitatGoldsboroWayneReStore](https://www.facebook.com/HabitatGoldsboroWayneReStore)

124 E Mulberry St • 919.736.9550 • email: [restore@habitatgoldsboro.org](mailto:restore@habitatgoldsboro.org)

No Federal endorsement intended.

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

# PHANTOM LANES & 10 PIN CAFÉ

## FEBRUARY EVENTS & PROGRAMS

### National Bagel Day

Feb 9 || 7 am – 8 pm

Get a bagel with cream cheese for \$1.50, or a bagel with meat, egg and cheese for \$4.25.

### Valentine's Bowling

Feb 14 || 7 am – 9 pm

Couples bowl 2 for the price of one.

### Monday Night No Tappers

Feb 16 || 6 pm

This will be a non-sanctioned 9-Pin no tap league lasting 10 weeks beginning on Feb 28. Price is \$9 per person, plus league prize fund to be determined.

### Thursday Intramural League

Feb 17 || 6:15 pm

This is a 10 week, 3 person team, non sanctioned league. \$9 per person, per week plus a prize fund to be determined at the first meeting.

### National Pancake Day

Feb 21 || 1 pm – 6 pm

Get pancakes for \$1

### Twosday Special

Feb 22 || 7 am – 9 pm

Get \$2 games, shoes, regular fries, and/or small chili cheese dogs.

PHANTOM  
LANES

1290 Andrews St  
919-722-0350



SEE MORE OF SEYMOUR AFB

FEBRUARY 25  
**MARDI  
GRAS**

at Mustang Taproom

Food Truck

King Cake

360°  
Photobooth

Drink Specials

Kids Crafts

**MUSTANG  
TAPROOM**

**4 PM - 7 PM**

1240 Andrews St

919-722-8915



SEE MORE OF SEYMOUR AFB

# LUNCH & LEARN SKILLBRIDGE

Learn about the Skillbridge program and how to get started.



Two sessions!

## FEBRUARY 24

EDUCATION CENTER, ROOM 211

1520 Goodson Street  
919-722-5800

11 AM - 12 PM  
12 PM - 1 PM

SEE MORE OF SEYMOUR AFB

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**COMPASS  
CAFÉ**  
2/22/22  
\$2 SPECIALS

**FEBRUARY 22**  
**10:30 AM - 1 PM**  
COMPASS CAFE  
1385 S. ANDREWS ST  
919-722-0394

\$2 POTSTICKERS



\$2 EGG ROLLS



\$2 PIZZA ROLL UPS



\$2 COOKIES



**2/22/22**  
**ODR SPECIAL**

**GRAB A SMALL  
BUCKET OF DRIVING  
RANGE BALLS**

**ONLY \$2!**

**OUTDOOR RECREATION**  
1385 S. ANDREWS ST  
919-722-1123

[fb.com/4fssodr](https://fb.com/4fssodr)



SEE MORE OF SEYMOUR AFB

• CLASSES BEGIN SOON! •

## 100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Choose from over 100 majors, minors, and concentrations with degree options for:

- Traditional Undergraduate
- Online Adult Undergraduate
- Online Graduate

*Classes toward CCAF degree available at SJAFB.*

**Yellow Ribbon Program**



University of  
**MOUNT OLIVE**

For more information visit [www.umo.edu](http://www.umo.edu)



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

# FEBRUARY CLASSES & EVENTS

Fitness Center · 1500 Langley Ave · 919-722-0420

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

## 10K Couples Row Challenge

All Month · Fitness Center

Self-pace, members track and document with Fitness Staff. This is a combined row of 10K.

## Couples Workout of the Week

All Month · Family First Fitness

Each week will have a different couples' workout challenge. Workouts will consist of 3-4 various exercises that couples will have to complete. Top 2 couples will receive a prize. Staff will track participation.

## Couples Spin & Zumba Event

Feb 3 · 11 am - 1 pm

Fitness Center

Grab a partner and come out to enjoy 1 hour of Zumba & 1 hour of Spin Class!



SCAN TO SIGN UP

## HIIT\* FIP Approved

Feb 7 & 21 · 11:30 am · Feb 14 & 28 · 7 pm

Indoor Basketball Courts

Level: Advanced

High-Intensity Interval Training is a cardio exercise strategy alternating short periods of intense exercise with less-intense recovery periods. High-intensity resistance training program focusing on strength, aerobic fitness, and overall mobility.

## Boot Camp\* FIP Approved

Mon - Thu · 5:30 pm

Multi-Functional Room

Level: Beginner to Intermediate

An advanced circuit-style fitness program that focuses on improving endurance, strength, stability, balance, confidence, & mental stability. High-intensity resistance training focuses on strength, aerobic fitness, and overall mobility.

## Spin Class\* FIP Approved

Mon & Wed · 6 pm || Tue & Thu · 11:30 am  
Aerobics Room

Level: Intermediate

An energetic, vigorous workout, that offers a highly effective way to build your cardiovascular strength and endurance while on a stationary bike.

## Fit to Fight\* FIP Approved

Mon - Thu · 7 pm · Indoor Basketball Courts

\*Feb 14 & 28 classes will be at 11:30 am

Level: Intermediate

Calisthenics and cardio-based workouts primarily focused on specific muscle groups and overall endurance needed to improve a member's Air Force Fitness Assessment results.

## Zumba

Tue · 6 pm || Thu · 12:30 pm · Aerobics Room

Level: Beginner

A total workout that mixes low-intensity and high-intensity moves for an interval-style dance fitness party combining all elements of fitness-cardio, muscle conditioning, balance, and flexibility.

## Yoga

Wed · 11:30 am · Family First Fitness

Level: Beginner

This class offers yoga poses and gentle movement sequences to help improve the body's movement patterns, yoga breathing technique, and guided relaxation.



Scan to download the full Aerobics calendar



— 7v7 Dodgeball —

# LET'S PLAY BALL!



FITNESS

- FREE
- SIGN UP BY FEB 18
- TEAMS ONLY
- SINGLE ELIMINATION INTRAMURAL MATCH

**5PM - 7PM**  
**22 FEBRUARY**  
**FITNESS CENTER**

**1500 LANGLEY AVE**  
**919-722-0420**

Sign up at the Fitness Center front desk. Play times will be assigned after registration closes.



The Fitness Center & Outdoor Recreation have joined forces to bring you Intramural sports every month. Check out our website [www.sjfss.com](http://www.sjfss.com) to see all upcoming sports and keep up to date with other events.



Seymour, Explore More

# COVER CONTEST



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



**ADJUSTMENTS ONLY \$25**

**\*First Visit - \$40**

**Includes:**

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

**DEMOCKO CHIROPRACTIC**  
DemockoChiropractic.com

 /Democko Chiropractic

# Democko CHIROPRACTIC

## MILITARY DISCOUNTS

**Corrective Exercises • Wellness Care • Back Pain  
Chiropractic Adjustments • Auto Accidents**

## WE CAN SEE YOU TODAY!

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

**1802 E Ash St., Goldsboro, NC 27530 • 919.735.2205  
1120 N Breazeale St., Mt Olive, NC 28365 • 919.299.8033**



# The Slopes are Calling



## SNOWBOARDING & SKI TRIP

Feb 12-13  
WINTER PLACE WV


.....  
Cost per person | # in room

63 <sup>00</sup>	four
84 <sup>00</sup>	three
125 <sup>00</sup>	two
250 <sup>00</sup>	one



Have you missed the winter weather? Are you wanting to do an outdoor winter activity? Join ODR on a ski trip to West Virginia! We will be skiing for two days and staying in a hotel for one night, so pack your cold weather gear and come hit the slopes!

Transportation Lodging, Lift Ticket, Ski/Snowboard Rental included in price.

[sjfss.com](http://sjfss.com)  [4fssodr](https://www.facebook.com/4fssodr) 722-1104

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EXPLORE MORE WITH ODRI!

**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 - Temporarily Closed**  
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**  
919.722.879 • 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**  
919.722.7181 • 1585 Andrews 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, 2<sup>nd</sup> Fl, Ste 228
- **DEERS & ID Cards**  
919.722.8702  
1600 Wright Brothers Ave, 1<sup>st</sup> 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/sjfss  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 228
- **Military Personnel Section**  
919.722.8677  
1600 Wright Brothers Ave, 1<sup>st</sup> 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, 2<sup>nd</sup> 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

DISCLAIMER: Information in this magazine is current at the time of publication. All facility programs, event hours, prices and dates are subject to change without notice. Contact each facility for the most up-to-date information. The Seymour, Explore More magazine is prepared by the 4 FSS Marketing Department and is an unofficial publication of the Seymour Johnson community. Contents are not necessarily the official views, nor endorsed by the U.S. Government, the Department of Defense or the 4th Fighter Wing. No Federal endorsement of advertisers or sponsors is intended.

# 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://facebook.com/cposj) · [www.sjfss.com](http://www.sjfss.com)



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