

# SEYMOUR

OCT 2021

explore more



**SPOOKY SEASON HAS ARRIVED!**

Check out the fun programs & activities we've planned for all ages. ▶

Free!

Family Friendly

Free!

R&R Brewery  
Tap Takeover!  
Oktoberfest Beer  
Tasting Tickets:  
\$1 each

# Oktoberfest

October 1 • 4 - 7 pm

Mustang Taproom • Beer Garden

Live Entertainment Outside  
at the Taproom Beer  
Garden with Jordan Rouse  
from Spare Change!

Bounce House, New Kubk  
Game, Yard Games, &  
Oktoberfest games Stein  
Holding & a Beer Barrel Race!

Available for Purchase:  
Brats, Pork Tenderloin Sliders,  
Smoked Chicken Sandwich,  
Homemade Pub Chips & Soft Pretzels

1240 Andrews St | [fb.com/cposj](https://fb.com/cposj) | [fb.com/mustangtaproom](https://fb.com/mustangtaproom) | 919-722-8915

Please drink responsibly and have a plan to drive home safely.

Sponsored by First Command & USAA. No Federal endorsement of sponsors intended.



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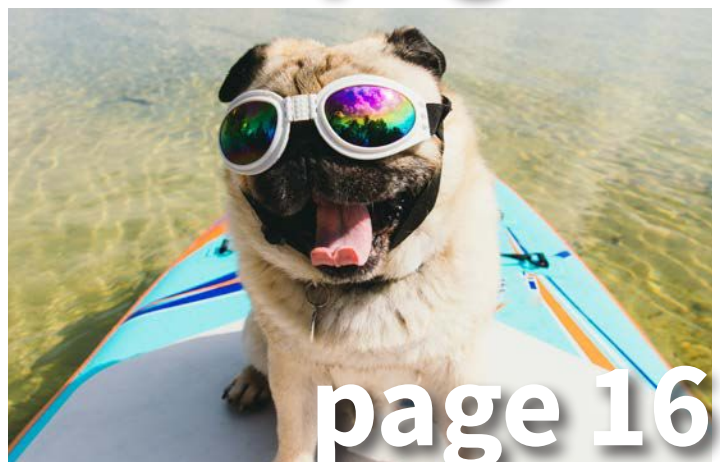
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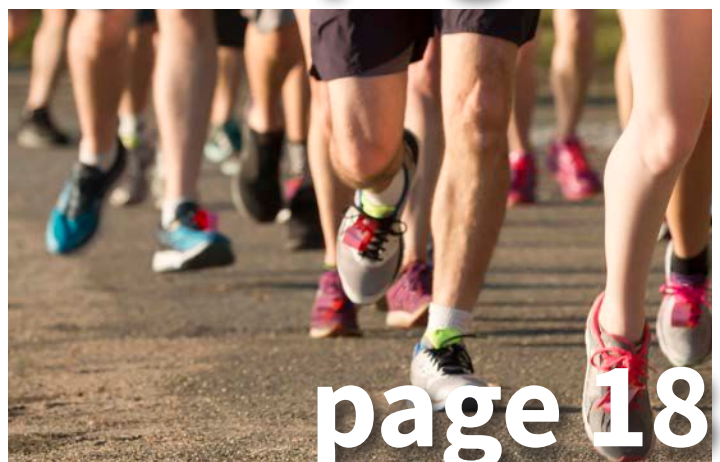
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**4 FSS Commander**  
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## KEEP IN TOUCH

**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

# Stevie's Snippets

**HIDDEN HALLOWEEN** Win a \$40 FSS Gift Card!

Submit your guesses to our website at

[www.sjfss.com/marketing](http://www.sjfss.com/marketing)

Look for these icons throughout the pages of this issue. Find **6** of the icons for one entry or find all **12** for two entries in our monthly random drawing for \$40!

The icons on this page and page 8 DO NOT count.

The valid icons are hidden throughout the magazine.

Use this page to keep track. Good luck!



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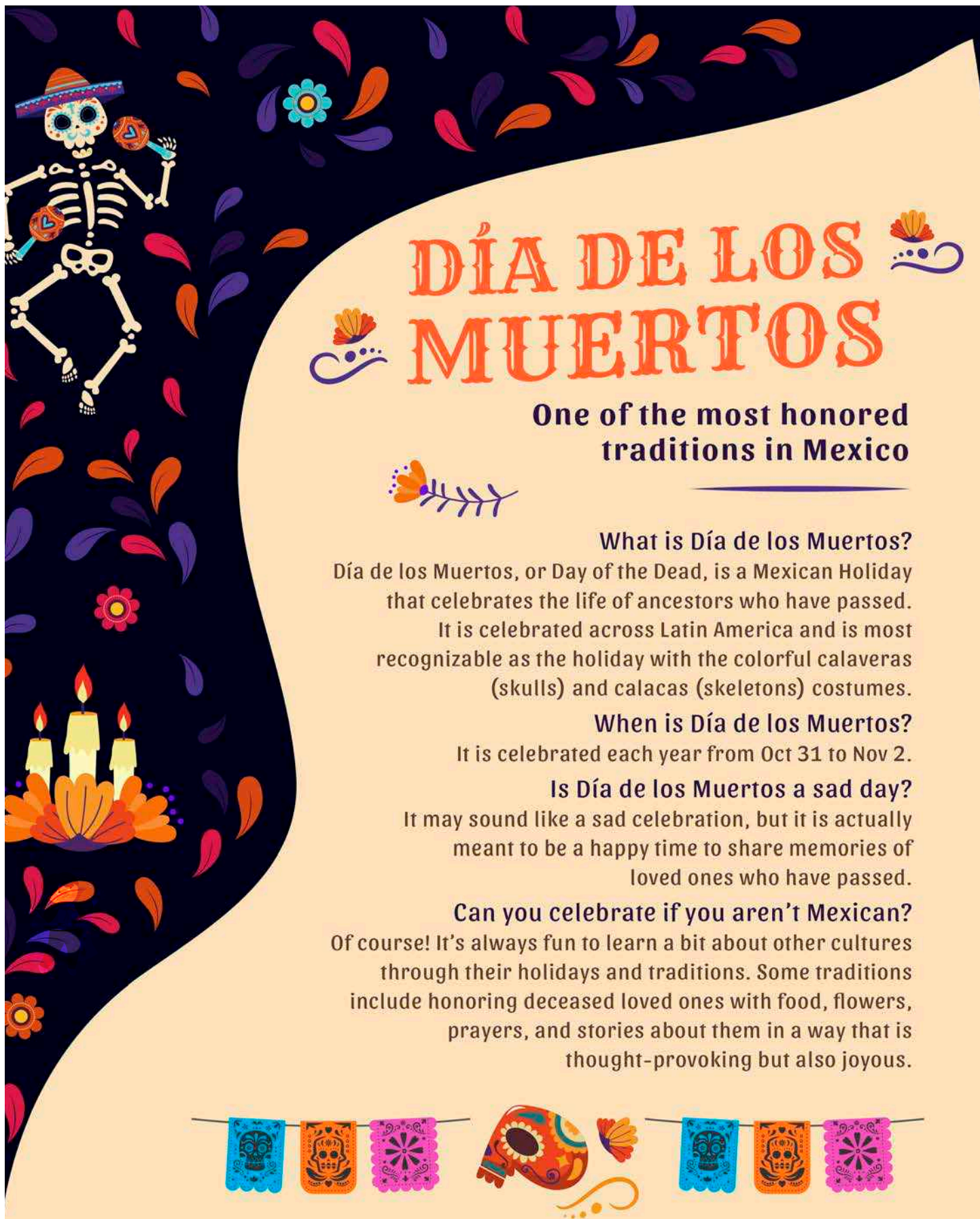


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Visit [www.sjfss.com/marketing](http://www.sjfss.com/marketing) to submit your answers.



# DÍA DE LOS MUERTOS

One of the most honored traditions in Mexico

## What is Día de los Muertos?

Día de los Muertos, or Day of the Dead, is a Mexican Holiday that celebrates the life of ancestors who have passed.

It is celebrated across Latin America and is most recognizable as the holiday with the colorful calaveras (skulls) and calacas (skeletons) costumes.

## When is Día de los Muertos?

It is celebrated each year from Oct 31 to Nov 2.

## Is Día de los Muertos a sad day?

It may sound like a sad celebration, but it is actually meant to be a happy time to share memories of loved ones who have passed.

## Can you celebrate if you aren't Mexican?

Of course! It's always fun to learn a bit about other cultures through their holidays and traditions. Some traditions include honoring deceased loved ones with food, flowers, prayers, and stories about them in a way that is thought-provoking but also joyous.

Visit our website at [sjfss.com/marketing](http://sjfss.com/marketing) to download an activity booklet with ideas to celebrate respectfully and learn more about Día de los Muertos.

## AIRMAN & FAMILY READINESS

919.722.1123

- **Base Baby Shower**  
Oct 15 & 16 • 11 am • Virtual  
Calling all mama's to be, we are hosting a virtual baby shower for you! On Oct 15 from 3 - 5 pm, drive through the USO parking lot to receive some goodies. Call us to register for the baby shower by Oct 1.
- **Give Parents a Break**  
Oct 16 • 9 am - 1 pm  
Free with voucher, must get referral - call 722.1123 to see if you qualify.  
\$7/hr/child without a referral.  
Pre-register by Oct 13:  
CDC: 6 weeks - 5 years, 722.1198  
Youth Center: 5 - 12 years, 722.0502.
- **Bundles for Babies**  
Oct 27 • 9:30 am - 12:30 pm  
Eagles Landing  
New and expectant parents receive helpful tips on caring for a newborn and budgeting. Each participating family receives a \$50 gift card from AFAS. Limited space, call to sign up.

## FAMILY CHILDCARE

919.722.7194

- **Provider Orientation**  
Oct 24 • 6 - 7 pm  
Interested in becoming an FCC Provider and becoming your own boss? Learn how FCC can provide a sustainable career working from home. Call us or visit our website at [www.sjfss.com/family-child-care](http://www.sjfss.com/family-child-care) for more information.

## FAMILY FIRST FITNESS (F3)

919.722.0413

- **Air Squats Challenge**  
All Month • Virtual  
Work on your fitness as a family! We challenge you to record 500 air squats as a family. Knees must reach 90 degrees with back straight for full squat to be counted correctly. Make sure to get out and about, air squats can be done anywhere!

## LIBRARY

919.722.5825

- **Storytime: Fire Prevention Week - Smokey the Bear**  
Oct 5 • 11 am  
Learn the sounds of Fire Safety with a fun and interactive Storytime.
- **Storytime: Hispanic Heritage**  
Oct 12 • 11 am  
Create sombreros while learning about Hispanic Heritage in this fun and interactive Storytime.
- **Storytime: Skeletons**  
Oct 19 • 11 am  
Bring your preschoolers and join us for a fun and interactive Storytime. This week create a silly cotton swab skeleton!
- **Not So Spooky Storytime**  
Oct 21 • 6 - 7 pm  
A Halloween-themed Storytime with a guest reader, Halloween themed snacks, crafts and in-house trick or treating! Costumes encouraged.
- **Storytime: Bats**  
Oct 26 • 11 am  
Create paper plate bats with the Library in this fun and interactive Storytime!

## MOVIES

919.722.8915

- **ScreenPLAY! Movie Matinee**  
Oct 17 • 2 pm • Kiddie Hawk  
Enjoy a special movie screening every month! Movie starts at 2 pm, with a 15 minute playtime intermission at 3 pm. This month's movie is [The Nightmare Before Christmas](#), rated PG. Registration required, limited space available. Scan the QR code to sign up by Oct 15.



## YOUTH PROGRAMS

919.722.0502

- **Keystone Club - Teen Council**  
Oct 1 • 4 - 5 pm  
Keystone Clubs provide leadership development opportunities for youth, with the guidance of an adult supervisor. For ages 14 - 18.
- **Teen Late Night: Witches & Ghouls Night Out Costume Party & Contest**  
Oct 22 • 7 - 10 pm  
Mingle with friends, dance, and enjoy a Friday night out with Halloween treats, drinks, music, and a costume contest with prizes! Costume categories are Most Creative, Spookiest, Prettiest, and Funniest. Cost is Free for members, \$2 for non-members. For ages 13-18. Costumes are not required to attend.





# SEYMOUR HALLOWEEN SPOOKTACULAR

FREE

ALL  
AGES



SAVE THE DATE  
Friday Oct 29

Located on the walking trail to the left of the  
Tennis Courts, at the corner of Lowe St & Langley Ave



# Fun & Games

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

Hidden Halloween reminder: The icons on this page DO NOT count.

## Word Scramble



TAB \_\_\_\_\_



RENTLAN \_\_\_\_\_



LUSKL \_\_\_\_\_



PIRAVEM \_\_\_\_\_



HOGST \_\_\_\_\_



CHTIW \_\_\_\_\_

NEVAR \_\_\_\_\_



RONDLAUC \_\_\_\_\_



## Spot the Difference

Find the 7 differences in these two pictures.



## SEPTEMBER WINNER

Congratulations to Mark Grim. Call the marketing office at 919-722-8532 to claim your prize.





# SETTLER'S POINTE

Priced from the low \$200's

201 Kenison Way | Pikeville, NC 27863 | 919-675-0142

Located just minutes from Downtown Goldsboro & Seymour Johnson Air Force Base, Settler's Pointe offers unbeatable new home value. Whether you need to move quickly or prefer to build from scratch, we have the perfect home for you.

- 3-4 bedroom, ranch-style plans with convenient layouts
- Large homesites
- Energy-efficient homes with power usage as low as \$18/month\*

**For your service, Hometown Heroes receive \$1,500 towards a new home purchase.\*\***

At Smith Douglas Homes, affordability doesn't mean sacrifice— it means rich architecture, open floorplans, quality construction, and unbeatable choices.




Use promo code **SeymourExploreMore** for an additional **\$1,000** towards option upgrades.\*\*

QUALITY | INTEGRITY | VALUE

[www.smithdouglas.com](http://www.smithdouglas.com)



\*The utility bill estimate is based on heating and cooling only. Does not include appliances or additional energy costs. \*\*Paid Ad. No federal endorsement of advertiser is intended. The \$1,500 Hometown Hero credit and \$1,000 promotion is valid on option upgrades. Offer only valid when "Promo Code" from the Seymour Explore More magazine advertisement is mentioned to onsite New Home Specialist. Must be presented at the time of contract. Cannot be combined with any other offers. Must comply with all terms including the financing, purchasing, and closing of homes with a Smith Douglas Homes preferred lending partner, use of Ridgeland Title, and closing attorney, Moore & Alphin, PA. All information is believed to be correct but is not guaranteed or warranted and subject to change without notice. Smith Douglas Homes® 164815 SD RAL SEP\_2



**The Spotlight Theatre Presents...**

**"The Grinch"**

October 29, 2021  
@ The Paramount Theatre,  
Downtown Goldsboro  
Doors at 6:30pm, Show at 7pm

November 5 -6, 2021  
@ Sabre Cinemas, SJAFB  
Doors at 6:30pm, Show at 7pm

**PG13**

Tickets:  
\$10.00 Per Person  
Preorder tickets by emailing  
[nellybelly24F@yahoo.com](mailto:nellybelly24F@yahoo.com)  
or pay at the door.  
**CASH Only**



**fall MOVIE NIGHTS**

**Free popcorn and snowcones!**

Sep. 30th  
Luca

Oct. 14th  
Lion King

Oct. 28th  
Hocus Pocus

Nov. 11th  
National Treasure

Location:  
**@The Hub**  
200 S. Center St

Time:  
**6:30 pm**

Hosted by:  
**Canvas CHURCH**

**GOLDSBORO**  
BE MORE DO MORE SEYMOUR  
Downtown Goldsboro

## AIRMAN & FAMILY READINESS

919.722.1123

- **Grief Group**  
1<sup>st</sup> Weds • 10 - 11 am • Connect 4  
Learn ways to cope with grief due to loss. Open for everyone, no registration needed.
- **Communication & Deployment**  
Oct 5 • 5 - 6 pm • Eagles Landing  
Learn tips, skills, and practical ideas on how to protect and strengthen your marriage when facing a deployment. Dinner provided. Call us for childcare options. Call to register by Oct 1.
- **ABC's of PCSing**  
Oct 8 • 9 - 11 am  
Education Center  
Join us at this orientation and information fair about PCSing.
- **Parenting Post Pandemic**  
Oct 14 • 10 - 11 am • Kiddie Hawk  
Learn various parenting skills and go over a wide range of parenting topics. Kids are welcome to come and play. Call to register by Oct 13.
- **Stress Management**  
Oct 14 • 12 - 1 pm  
Eagles Landing  
Free Lunch & Learn to help airmen understand stress and its effects on their life. Class will provide an introduction to positive coping skills. Call to register by Oct 14.
- **Calming the Inner Hulk/Hulkette**  
Oct 20 • 11 am - 12 pm  
Eagles Landing  
Enjoy a free lunch while gaining self awareness in your anger style and track your anger response. Learn techniques for managing anger and how to calm an angry person. Call to register by Oct 18.
- **LinkedIn Lunch & Learn**  
Oct 21 • 8 am - 1 pm  
Family Life Center  
Learn to build an effective LinkedIn professional identity that may help one better network/find future employment opportunities. Call to register by Oct 15.
- **Federal Resume Class**  
Oct 22 • 10 - 11:30 am  
Education Center  
Learn to write an effective resume that will open the door to your next career. Call to register and receive link.
- **Home Buying Course**  
Oct 28 • 2 - 3 pm • Virtual  
Learn the basics of buying a home. Call to register and receive link.
- **Heartlink**  
Nov 2 • 5:30 - 8:30 pm  
Eagles Landing  
Connecting spouses to Seymour Johnson, the community, and each other. Free dinner, interactive games, and free childcare options available. Call to register by Oct 29.

• 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.*



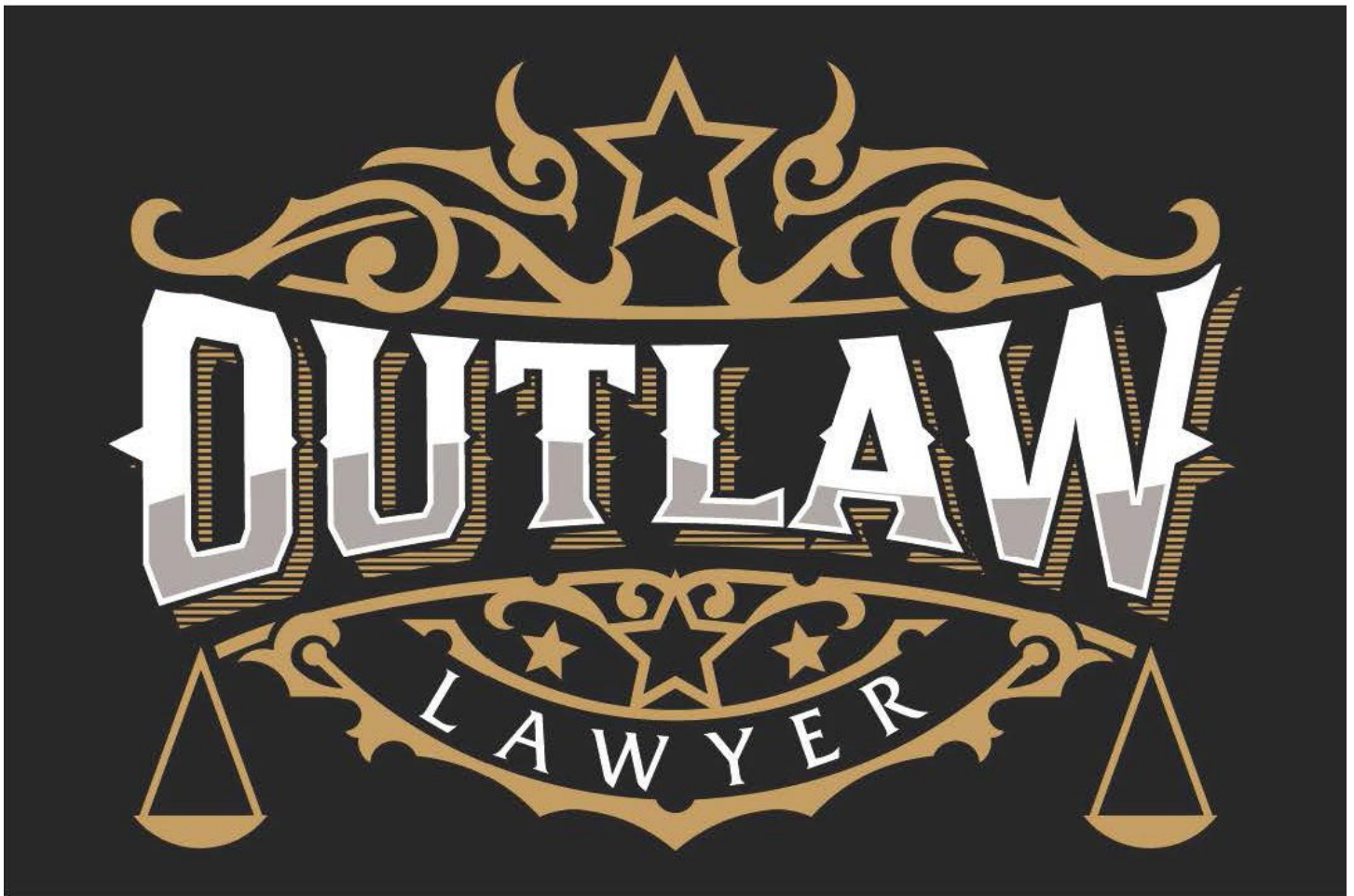
University of  
**MOUNT OLIVE**

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



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A BRAND NEW RADIO SHOW BROUGHT TO YOU BY  
THE LAW FIRM OF  
**WHITAKER & HAMER**



TUNE IN  
LIVE EVERY SATURDAY  
AT 4 PM ON  
106.1 TALK FM



OR LISTEN TO THE PODCAST AT  
[HTTPS://WWW.THEOUTLAWLAWYER.COM/](https://www.theoutlawlawyer.com/)

**Pumpkin Spice**

- Latte
- Chai Latte
- Bagel

**Apple Pie**

- Latte
- Macchiato

**Seymo Joe to Go**  
PREMIUM BLENDS  
BEST COFFEE

6 am  
-  
12 pm

Hello Autumn

**MORE WAYS TO EAT!**

Whether it's a quick lunch you're looking for or you just don't want to cook dinner tonight, FSS has got you covered. See below for our ordering options. Please make sure to call ahead to confirm hours/menu.

- **10 Pin Cafe** 919.722.0349  
Serving Breakfast, Lunch, Dinner, Grab & Go  
Dine-In, Patio Seating, Curbside Pick Up, Carry Out
- **Compass Cafe** 919.722.0394  
Serving Breakfast, Lunch, Dinner, Grab & Go  
Dine-In, Patio Seating, Curbside Pick Up, Carry Out
- **Mustang Taproom** 919.722.4914  
Serving Drinks  
Dine-In, Patio Seating
- **Seymo Joe to Go** 919.722.3104  
Serving Coffee, Tea, Breakfast Snacks  
Drive Thru
- **Southern Eagle Dining Facility** 919.722.5294  
Serving Breakfast, Lunch, Dinner, Grab & Go  
Dine-In, Carry Out

**SPOUSE APPRECIATION COFFEE**

Nov 5 • 8 - 10 am • Seymo Joe to Go  
Enjoy a free coffee & breakfast item with other goodies.  
Make sure to sample our fall flavors when you drive thru!



AIR FORCE  
FOOD & BEVERAGE

**Fly By  
MOVIE NIGHT**

*Third Thursday*  
**FREE ADMISSION & POPCORN  
FOR DORM RESIDENTS**

*Southern Eagle Dining Facility  
Formal Dining Room*  
Hosted by 4 FSS CPPO & DFAC

WALT DISNEY  
PICTURES PRESENTS  
BETTE MIDLER  
SARAH JESSICA PARKER KATHY NAJIMY

Three Wacky Witches.  
Two Magic Spells.  
One Hilarious Comedy!

**HOCUS  
POCUS**

**OCT 21 • 4:30PM**

sjfss.com /sjfoodservice



**SHIRTS**  
**\$15**  
**SHIRT/HAT**  
**COMBO**  
**\$20**  
**SIZES**  
**S - XL**  
**SHOP NOW!**

**AVAILABLE FOR PURCHASE**  
**IN THE MUSTANG TAPROOM**  
**1240 ANDREWS ST**  
**919-722-4697**

**WINGMEN**  
**WEDNESDAY**

**FREE WINGS\***  
**1ST & 3RD WEDNESDAYS**  
\*FIRST 30 CUSTOMERS

**4:30 TO 6:30PM**  
**WINGS & DRINK**  
**SPECIALS**

**MUSTANG TAPROOM** **722.4914**  
f mustangtaproom sjfss.com

**FIRST COMMAND**  
NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

**UFC**  
**267**

**TWO TITLE FIGHTS**  
**BLACHOWICZ**  
**VS TEIXEIRA**  
**STERLING**  
**VS YAN 2**  
PLUS  
**MAKHACHEV**  
**VS DOS ANJOS**  
**LI VS CHIMAEV**

**MUSTANG TAPROOM**

**OCTOBER 30**

**DOORS OPEN**  
**AT 5PM**  
**\$5 COVER**

**DRINK SPECIALS**  
**\$2 PIZZA SLICES**



Oct 24

11 am - 2 pm  
Mustang Taproom

Brunch Buffet,  
Mimosas, Costumes  
& a Show!

\$20/person

Sign up by 10/15  
at Outdoor Recreation

**SCREEN  
DRAG QUEENS  
BRUNCH**

FB.COM/MUSTANGTAPROOM

919-722-4914

**MUSTANG  
TAPROOM**

# HALLOWEEN

## Happenings

### October 29th

- 7:00pm - Ghost Crab Hunt (\$5 Per Person) Hit the Beach after dark to search for ghost crabs lurking on the sand.

### October 30th

- 1:00pm - Spooky Golf Cart Decorating - FREE to participate - Join us by the stage to decorate your personal or Fort Fisher Rental Cart. Be sure to wear your Costume!
- 2:00pm - Golf Cart Parade - Showcase your costume and golf cart in a parade around Fort Fisher. Prizes will be awarded, Free to observe and participate!
- 6:30pm - Movie on the Lawn - FREE - Join us for a Halloween Themed Movie by the stage!

### October 31st

- 9:30am - Shoot The Creature Archery (\$15 per person) Take down ghosts, zombies, mummies & other spooky creatures! Limited registration available.
- 3:00pm - Thrilling Tie Dye (\$10 Per Person) Create your own Halloween T-Shirt!



**Fort Fisher**  
AIR FORCE RECREATION AREA

**Sign up for programs in the Reception Center at least 1 hour prior.**

**\* Registration and/or Payment is required for all programs with fees \***

**Children must be accompanied by an adult.**

[sjfss.com/fort-fisher/](http://sjfss.com/fort-fisher/)

 /fortfisher

910-500-6465

## EXPLORE MORE WITH ODR!

ODR plans so many fun trips and programs. See what's happening this month.

### OUTDOOR RECREATION

919.722.1104

- **Sup with Pups**

Oct 6 • 5 - 6 pm • ODR Pond

Paddleboard provided, BYOP (bring your own pup)! Enjoy stand up paddleboarding at the pond with your furry friend & a pup ice cream treat! Sponsored by Pet Supplies Plus, no Federal endorsement of sponsor intended.

- **Whitewater R4R Trip**

Oct 9 - 10 • Leave 8 am - Return 4 pm

Outdoor Recreation is taking you on a fun weekend adventure in Oak Hill, WV. Arrive midday on Saturday and enjoy scenic hiking around the area. Disconnect from the day to day stress while enjoying a full day of white water rafting down the East Coast's best rafting river, the New River. Cost is listed below, includes transportation, hotel, rafting, and snacks. Participants will be responsible for own meals.

- > \$85: 4 people/room
- > \$110: 3 people/room
- > \$165: 2 people/room
- > \$300: 1 person/room

Limited space, call to register by Oct 1.

- **Xtreme Park Adventures**

Oct 16 • 9 am - 6:30 pm

Ready to get EXTREME?!!



Join Outdoor Recreation as we traverse a High Ropes Course, dodge getting hit in Laser Tag and finish off with a fun game of Airsoft! Purchase food at the restaurant on-site or bring your own lunch. Cost is \$25 per person, includes transportation, laser tag, ropes course & airsoft. Participants must be 48" tall & over the age of 8. Call to register by Oct 8.

- **Overnight Deep Sea Fishing**

Oct 23 - 24 • 5:30 - 11 pm

Have you been stuck inland for too long? Well, pack your bags and join us for a trip off the coast of NC! We are taking you to Morehead City for an evening of fishing where you can catch a variety of fish such as Grouper, Snapper, Black Sea Bass, and Porgies. Enjoy your night at sea, stretching your legs out on deck under the stars while you fish. Cost is \$40 per person, and includes admission, transportation, fishing rods, bait and tackle. For RecOn/SAPI eligible. Food is available for purchase in Galley. Call or visit us to register by Oct 15.

ARE YOU...

# R4R ELIGIBLE?

**DO YOU QUALIFY FOR FREE OR REDUCED FEE R4R EVENTS & TRIPS?**

SEE BELOW IF YOU ARE R4R ELIGIBLE

**● SINGLE AIRMEN (SAI)**

- OPEN TO SINGLE AIRMEN (UNMARRIED) AIR FORCE ACTIVE DUTY MEMBERS & ONE GUEST

**● REC-ON (RECON)**

- OPEN TO AIR FORCE ACTIVE DUTY, RESERVISTS & THEIR IMMEDIATE FAMILY MEMBERS

**● DEPLOYED AFFECTED (DAP)**

- OPEN TO AIR FORCE ACTIVE DUTY & THEIR IMMEDIATE FAMILY MEMBERS (4 MONTHS PRIOR TO DEPLOYMENT & UP TO ONE YEAR FOLLOWING DEPLOYMENT)
- OPEN TO SPOUSE PLUS ONE GUEST WHILE MEMBER IS DEPLOYED

\*DEPLOYMENT ORDERS REQUIRED

**WHAT'S R4R?**

RECHARGE FOR RESILIENCY (R4R) ARE PROGRAMS CREATED THAT PROVIDE SUPPORT FOR SPECIFIC GROUPS TO BUILD RESILIENCY.

★ ★ [sjfss.com](http://sjfss.com) [f /4fssodr](https://www.facebook.com/4fssodr) ★ ★



## SEE MORE OF SEYMOUR AFB!

Check out all the fun happening around base or get information on FSS facilities.



**LADIES NIGHT**  
*Bowling*

EVERY WEDNESDAY  
IN OCTOBER  
5PM - 9PM

21+

\$10 per person - Includes 2 hours of bowling, shoes and a glass of wine.  
Additional Wine & Beverages available to purchase

**PHANTOM LANES**

[sjfss.com](http://sjfss.com)  [/sjbowl](https://www.facebook.com/sjbowl)  
722-0350

No Federal endorsement of NFL Sunday Ticket intended.

**FOOTBALL SUNDAY**  
**EVERY GAME, EVERY SUNDAY**  
12 - 8 PM

FOOD & DRINK SPECIALS · PRIZES!

MUSTANG TAPROOM  
1240 ANDREWS ST  
919-722-4914

MUSTANG TAPROOM  
NFL SUNDAY TICKET  
PELLET GRILL GRAND PRIZE



# SEYMOUR RUN MORE

2021 SERIES



Each race in the Seymour Run More series has a unique theme, a family-friendly environment and the best incentive of all — **RACE MEDALS + a RACE TEE!**

### HOW DOES THE 5K SERIES WORK?

Sign up for one race or all four! Entry fees are \$25 per race, swag included. Sign up for all four races at once, and pay just \$80 — a \$20 savings!

Not really into 5ks? No problem! You can do the one mile fun run and still receive the same, sweet swag!

Each race has a unique medal and soft, super cool race tee! Each race has a little something extra, too!

What's that you say? You'll be out of town, TDY, taking your dog to the park? No worries! We've got you covered. Each race can be completed virtually!

### WHO CAN PARTICIPATE?

Anyone with base access is welcome to sign up. Families are encouraged to participate — strollers and furry family members welcomed!

### WHERE DO I REGISTER?

Sign up at Outdoor Rec, Monday - Friday, between 10am and 5pm. 919-722-1104

**MAY 5**  
**Cinco de Mayo 5-Que**

See what we did there? Enjoy chips, queso and cold refreshing beverages in the Mustang Taproom following this race. And did we say "food truck?" Tacos available for purchase.

**AUG 6**  
**Chasin' Bacon**

There is a pig on base and the first to catch it wins! Nooo ... in this race, you run a mile, eat some bacon, then run a mile back to the Mustang Taproom and enjoy a variety of bacon! Sounds like a WIN!

**NOV 19**  
**Turkey Trot**

Kick off Thanksgiving festivities with the annual Turkey Trot 5k. Not feeling the 5k? Don't get your feathers ruffled; you can choose to do the one mile fun run. Gobble 'til you wobble!

**DEC 17**  
**Santa Run**

It's the most wonderful time of the year for a 5k! Wear your best jolly old elf suit and run like the wind. No reindeer or sleighs allowed in the race but you can opt for a one mile fun run.



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

[sjfss.com](http://sjfss.com)

[4fssodr](#)

## FITNESS CENTER

919.722.0420

- **Unmanned Access**

Requires prior registration. See fitness staff member for assistance.

We have upgraded the 24/7 access. Effective immediately, all patrons may now register for an access card at the front desk during normal business hours. Members with previous access cards must re-register.

Unmanned Access hours are as follows:

- › Mon - Fri: 9:30 pm - 4:30 am
- › Sat, Sun & Federal Holidays: 24 hours

- **Partner 3's Basketball Challenge**

All Month • Mon - Fri • 5 am - 9 pm

You and a partner have 3 chances and 2 minutes each to shoot as many threes as you can. One partner will shoot, while the other rebounds and after the 2 minutes are up, you will switch. A staff member must be present to count the made shots, but will not help rebound. Let a staff member know you're here for the Partner 3's challenge and we will assist you.

- **Indoor Basketball Courts Reopening**

Oct 18

Good news! Effective Monday, Oct 18, the Fitness Center's Indoor Basketball Court will re-open for customer's use. Just in time to try out our Partner 3's Basketball Challenge!



EVERY SEASON STARTS AT



**SPECIAL OFFERS**  
FOR SEYMOUR JOHNSON AIR FORCE BASE

SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL

# MASSAGE THERAPY

*email for appointment*  
Marisadiaz83@gmail.com

**FAMILY FIRST FITNESS**  
Fitness Center  
919-722-0420

sjfss.com    f /sjfit    f /SJAFB3F

*Swedish*  
30/60/90-MIN/2-HR  
\$30/\$45/\$65/\$85

*Deep Tissue*  
60/90-MIN/2-HR  
\$60/\$80/\$100

*Hot Stone*  
60/90-MIN/2-HR  
\$75/\$85/\$95

*Prenatal*  
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**CASH/CHECK/CARD**  
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FITNESS CENTER

MASSAGE SERVICE AT  
FAMILY FIRST FITNESS

# MONTH OF MILITARY FAMILY CELEBRATION

## HARVEST PARTY

YOUTH CENTER  
NOVEMBER 6  
8AM - 3PM

LUNCH PROVIDED  
11AM TO 12:30PM



FOOD, MUSIC, FUN, FESTIVITIES  
FACE PAINTING, FUN FAIR,  
GAMES, CORNHOLE, PRIZES,  
VISIT FROM FIRE DEPARTMENT  
AND MORE



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**722-1123**

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**ADJUSTMENTS ONLY \$25**

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

**Includes:**

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

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DemockoChiropractic.com

f /Democko Chiropractic

# Democko CHIROPRACTIC

## MILITARY DISCOUNTS

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Chiropractic Adjustments • Auto Accidents

## WE CAN SEE YOU TODAY!

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Keywords: "NAF"  
Location: "Seymour Johnson" or "Fort Fisher"

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**FORCE**  
SUPPORT SQUADRON

REUSE  
Recycle

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**HELP BUILD HOMES**

**SHOP**

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

*Proceeds support Habitat for Humanity of Goldsboro-Wayne*

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

# Directory

## FOOD & DRINK

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

## RECREATION

- **Auto Hobby Shop**  
919.722.1309 • 919.722.1308  
1295 Jabara Ave
- **Bowling, Phantom Lanes**  
919.722.0350 • fb.com/sjbowl  
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 • fb.com/sjfit  
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 • fb.com/sjattic  
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 • fb.com/4fss.fsde  
1520 Goodson St
- **Family Child Care**  
919.722.7194 • fb.com/fccsj  
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/sjfs  
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  
fb.com/4fssnafhumanresources  
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

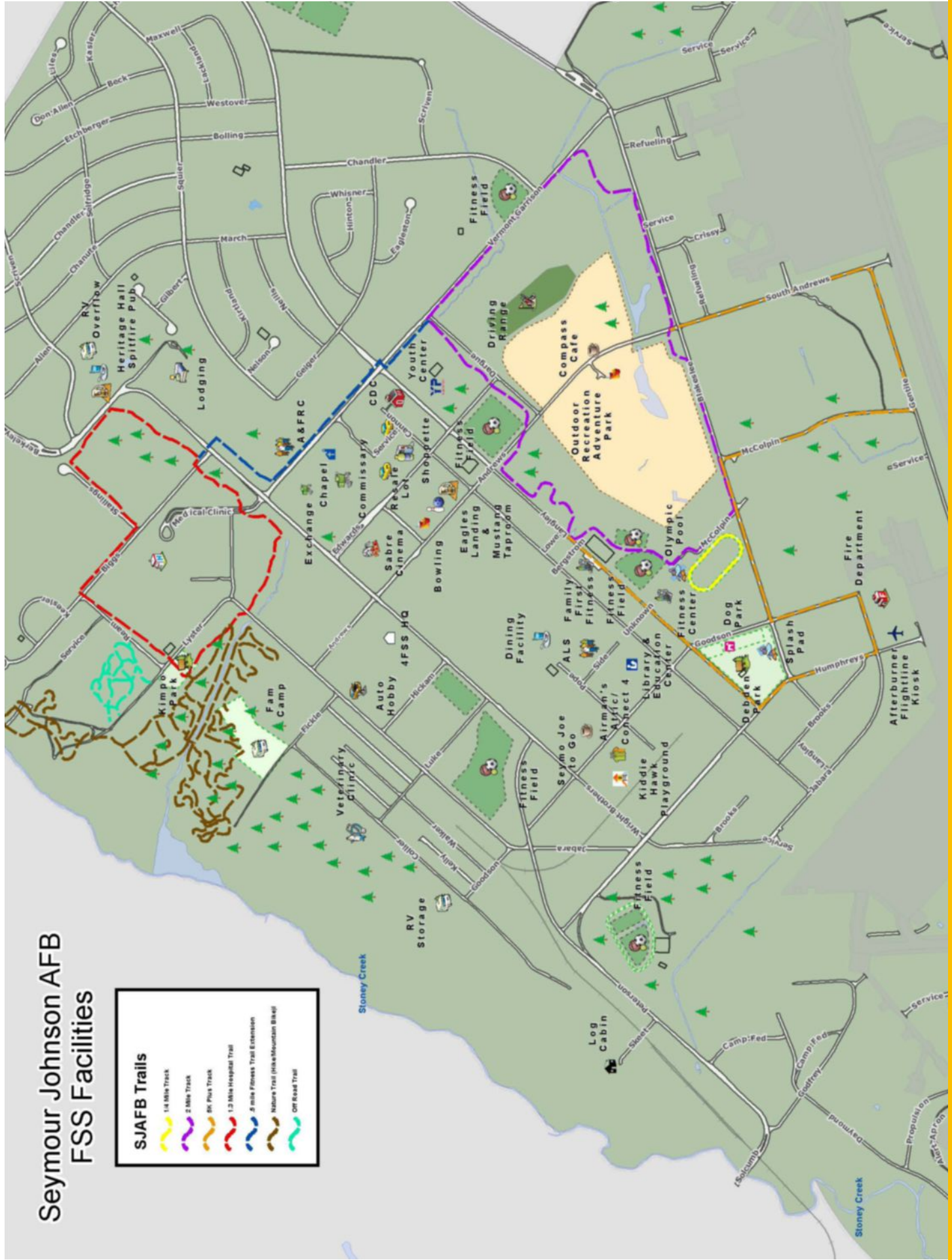
- **Airmen Against Drunk Driving**  
919.722.2233 • fb.com/callaadd
- **Commissary**  
919.722.0321 • 1310 Edwards St
- **Corvias**  
919.988.6918 • 600 Kenly Rd
- **Eagle Eyes**  
919.722.1212 - If you observe suspicious activity, please call
- **Exchange (BX)**  
919.735.8511 • 1350 Edwards St
- **Express 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

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# Seymour Johnson AFB FSS Facilities

**SJAFB Trails**

- 1/4 Mile Track
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- 1.3 Mile Hospital Trail
- .5 mile Fitness Trail Extension
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