

**BuPers Says:**

## Shape Up Or Ship Out

The Chief of Naval Personnel has instructed all commands to enforce weight reduction for those enlisted Navy members who are obese or overweight.

Steps to be taken in the battle of the bulge are outlined in BUPERS Instruction 6100.6 of 26 March 1964.

Obesity actually constitutes an abnormal state of health. Commands are giving particular attention to the general appearance and physical condition of assigned personnel as related to obesity.

Statistics clearly show that the mortality rate increases with the degree of obesity and that obesity contributes to excessive sick days and premature onset of certain physical impairments.

Medical officers will examine overweight personnel to determine whether the condition is caused by dietary indiscretion (such as overeating) or as secondary to an underlying abnormality; and how the condition will permit an enforced weight reducing diet and exercise schedule.

If a patient does not reduce sufficiently during a six-month diet and exercise period, he will be recommended for discharge due to unsuitability. Discharge will also be recommended if he loses weight and later gains it back excessively. Admission to the sicklist and hospitalization is ordered in those cases where further evaluation is necessary and where overweight condition is due to underlying disease process.

Some commands, such as the Quonset Point Naval Air Station, have formed "Don't Go To Pot" clubs to encourage self-discipline programs. Some of these were formed before the hard sell on physical fitness, but they should nevertheless realize wider participation and an increased membership.

# Cdr. Mullen Takes Over As Benn's Air Boss

Commander Theodore W. Mullen, former Commanding Officer of VS-38, switched his assignment to BENNINGTON from temporary to permanent late last month when he became the ship's new Air Officer.



**Cdr. T. W. Mullen**

Having been temporarily attached to BENNINGTON during the past two years while in command of VS-38, he relieved Cdr. D. B. Brady who received his orders to BuWep Rep, North

American Aviation, Columbus, Ohio.

Cdr. Mullen entered the Navy December 10, 1942 and through the Aviation Cadet program was commissioned an Ensign and designated a naval aviator in February 1945.

Early duties until 1950 were in operational training flying with fighter squadrons in San Francisco, California and Norfolk, Virginia.

Following his designation as a Landing Signal Officer at NAS Jacksonville, Fla. in October 1950, he served with several fighter and photographic squadrons operating out of Curry Field, Pensacola, Florida and NAS Cecil Field, Jacksonville. While attached to these squadrons, he performed duties as LSO and Flight Officer flying the F4U Corsair, P8F, and the F2H2 Banshee.

Prior to attending General Line School at Monterey, California, he was Flight Trainee and Operations Officer at NAS Columbus, Ohio, during which time he flew the R4D, R5D and F9 aircraft.

In February 1955, following CIC schooling at NAS Glenview, Illinois, he received orders to the USS SHANGHAI (CVA-38) as Asst. CIC Officer. During the next 21 months, Cdr. Mullen also performed duties as Asst. Air Operations Officer, Operations Officer and Administrative Officer.

Following his promotion to Lieutenant Commander in Sept. 1956, Cdr. Mullen was ordered to Heavy Attack Wing Two at San Diego as LSO and flew the A3D. Subsequent duties took him to the Pacific Missile Range at Pt. Mugu. Following this duty, he was ordered to VS-38 where he served as the squadron's Executive Officer for his first year with them. Then took command during his second year, immediately preceding his assignment as Benn's Air Officer.



"OUCH" - USO entertainer Patsy Rees clowns with stern-faced Pfc. R. Purcell following a show on board May 5.