

USAWC spouse, gym staff, help save a life at gym

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USAWC spouse, gym staff, help save a life at Jim Thorpe Gym

January 7, 2008 – An average day at the gym turned into quite an experience for an Army War College spouse and the staff of the Jim Thorpe Gym Dec. 31 when someone collapsed while exercising.

Ronald Slakie, a retired Army officer who lives in Carlisle, had been working out at the gym when he fell to the ground and began to convulse and appeared to be seizing, said Carla Nye, wife of Col. Tim Nye, student.

Nye was the first to the fallen man's side after suddenly hearing a scream, a bang and her husband yelling her name, she described.

"I ran over to the gentleman, and about 30 seconds later he stopped breathing," she said. "I began giving him mouth-to-mouth, and then someone from the gym staff came up with a defibrillator."

That was when staff member Regina Thames jumped into action.

"I ran upstairs and Carla was already doing CPR," Thames said. "We had to use the defibrillator and continue chest compressions until the EMTs arrived."

Nye has an extensive background in nursing, especially for children, and has taught paramedics and emergency medical technicians the ins and outs of performing CPR on babies.

The quick reactions of the gym staff and bystanders saved Slakie's life that day, said his wife Pat.

Pat, extends her deepest thanks to everyone who was with her husband that day.

"They all saved his life. Without them, I wouldn't be able to hold his hand right now. If Ron could speak right now, he would be so proud and thankful to everyone.

Slakie is currently in a local hospital.

