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Aileen Devlin

Court Services Officer David Dutton holds the artificial defibrillator he used to save a man's life at the United States Bankruptcy Court back in January, Friday, Feb. 14, 2014. (Aileen Devlin/The Daily Reflector)

Court officer saves man

By **Kristin Zachary** [Print](#) [E-Mail](#)
 The Daily Reflector
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When Frank Winstead Jr. died on Jan. 7, he saw darkness he later would describe as peaceful.

The morning began with a trip to the U.S. Bankruptcy Court in Greenville. Winstead was in a class prior to a hearing when he collapsed.

Story continues below advertisement

NOTICE OF PUBLIC HEARING TOWN OF BETHEL FY 2013 COMMUNITY DEVELOPMENT PROGRAM

The citizens of the Town of Bethel are hereby informed that the Town is considering applying to the North Carolina Department of Environment & Natural Resources (NCDENR) Division of Water Infrastructure (DWI) for Small Cities Community Development Block Grant (CDBG-1) funds. In an effort to involve the citizens of the Town and obtain their comments in the planning of the community development program, the Town Board will hold a public hearing on Tuesday, March 4, 2014 at 7:30 pm at Bethel Town Hall. The purpose of the public hearing is to explain the funding categories of the 2013 CDBG Program and to allow the citizens of the Town an opportunity to express their views concerning community development needs and priorities.

The Town of Bethel does not discriminate based on race, color, religion, sex, national origin, handicap, age, or political affiliation in the admission, access to, treatment or employment in CDBG program and activities. Persons having any questions concerning the CDBG Program are urged to attend the public hearing and make their views known. Persons with disabilities requiring special accommodations should contact the Town Manager, TDD Relay Service at 711, at least 48 hours prior to the scheduled meeting.

Esta información está disponible en español o en cualquier otro idioma bajo petición. Por favor, póngase en contacto con Todd Bullock al 252-818-0891 o en 141 W Railroad Street, Bethel, NC, de alojamiento para esta comunicado.

Gloristine Brown, Acting Mayor

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LIFE-SAVING LESSONS

American Red Cross CPR and AED classes:

- 9:30 a.m.-12:30 p.m. Feb. 20: Adult First Aid/CPR/AED, \$70
- 9:30-11:30 a.m. Feb. 20: Adult CPR/AED, \$55
- 9:30 a.m.-1 p.m. Feb. 20: Adult and Pediatric First Aid/CPR/AED, \$85

All classes are held at Sheppard Memorial Library. To learn more, visit www.redcross.org/pitt or download the free Red Cross First Aid app for iPhone and Android users at www.redcross.org/mobile-apps/first-aid-app.

- Heart Attack Signs
- Five major symptoms of a heart attack are: pain or discomfort in the jaw, neck or back; feeling weak, light-headed or faint; chest pain or discomfort; pain or discomfort in the arms or shoulder; and shortness of breath, the CDC says.

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"Man down, man down," someone called out, trying to find help for Winstead after he fell to the floor in the Reade Circle building.

Court Security Officer David Dutton heard the alarm, and years of first aid training and experience as a law enforcement officer kicked in.

"I walked in and saw Mr. Winstead on the floor, and people were kind of hollering, 'Wake up, get up,'" Dutton said.

He went to the front desk, grabbed the Automated External Defibrillator (AED) and a medical kit and headed back to the class.

Dutton felt for a pulse. There was none.

"The AED, when I pressed it down, it would analyze rhythm but when I let it go it would quit analyzing, so I knew it wasn't working," Dutton said. Winstead's chest hair was interfering.

He ripped the pads off, taking hair off with them. He put a new set of pads on the device and set it aside to reset.

"Then his face completely changed colors," Dutton said, "and it was obvious something terrible was happening."

He began CPR — 30 compressions, two breaths, 30 compressions, two breaths — and continued until he received a "shock advised"

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SPECIAL EDITIONS



TODAY'S POLL

The 2014 Winter Olympics conclude Sunday. Have you enjoyed the games?

instruction from the AED.

"I waited for it to light up," Dutton said. "It lit up, I pushed it and it rocked him."

Winstead's color returned, and Greenville Fire-Rescue arrived on the scene.

"They took over his care, and they started talking to him and he started talking back," Dutton said. "I got everybody out of the room, and, you know, the rest is history."

The massive heart attack briefly ended Winstead's life and required triple bypass surgery, but it was Dutton's efforts that brought the 62-year-old man back, according to a U.S. Marshal at a ceremony this week to honor the court security officer.

"Mr. Dutton was the right person at the right place at the right time," Scott Parker, U.S. Marshal of the Eastern District of North Carolina, said during the Tuesday presentation at the courthouse.

The ceremony fell during American Heart Month, a designation for February aimed at increasing awareness that heart disease is the nation's No. 1 killer, claiming more lives than all forms of cancer combined, according to the American Heart Association. About 600,000 people die from heart disease in the United States each year.

Winstead, who is back home in Jamesville, called Dutton his guardian angel.

"I'm a diabetic, and I was sitting there, and I thought, 'Well, gee, my sugar level is dropping,'" Winstead said on Thursday during a phone interview. "It felt like I was getting a sugar low, and the next thing I know, some guy is standing over me, talking about, 'You're one lucky man.'"

"You died and have just been brought back to life," the emergency responder with Greenville Fire-Rescue told him.

The heart attack Winstead suffered has been nicknamed "the widow maker" due to its low survival rate, he said.

"Being diabetic and having peripheral neuropathy, I didn't have the feelings or sensations you have with a heart attack. So, I didn't feel anything," Winstead said. "I do know that whenever I went out, it was the most peaceful. It was all darkness. It was the most peaceful darkness and the sweetest smell. I kept saying, 'I'm not ready to go. I'm not ready to go. I've got to go back. I have not done what I'm supposed to do yet.'"

"If I had been here at my house, my children might not have found me for a day or two or three, and there would have been no bringing me back," he said. "They would have been burying me. So, I believe it was by God's design. And, for David to be there, too."

Dutton learned CPR while in the Boy Scouts during the 1970s. He now is a CPR and Basic Life Support (BLS) instructor.

The New Bern native retired in 2009 as a detective sergeant from the Pitt County Sheriff's Office, where he worked for nearly 16 years. He has more than 30 years of law enforcement experience.

Following his retirement — and his own triple bypass surgery in December 2009 due to blockages — Dutton worked part-time for the sheriff's office, as well as in policing at Vidant Medical Center and Pitt Community College, before he began work in March as a court security officer at the bankruptcy court.

During his career, Dutton assisted several people at wreck scenes and in other emergencies, but this time was different, he said.

"Being in law enforcement 30 years, you do a lot of first aid with people you don't get to know," he said. "It's the first time I could talk to the guy afterwards."

For Dutton, going to see Winstead at the hospital was scarier than saving his life.

"How do you introduce yourself? 'I did CPR on you today,'" Dutton said.

But after meeting Winstead, his initial fear diminished. He began visiting each day while the man was awaiting surgery. Soon, he became a mentor, as he shared details of his own triple bypass surgery.

"My surgery was just something I could share with him — what to expect — there's just some things people can't tell you if they haven't ever done it. A lot of people say you feel better after your heart surgery, and yeah, you will, but it might take you six to eight weeks," he said with a chuckle.

A month after his surgery, Winstead, a retired long-distance truck driver, said healing is a slow process but he remains positive.

He even joked with Dutton about the experience that brought the two





- Tremendously
- For the most part
- Haven't paid attention
- Not really
- Not at all

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strangers together as friends.

"When David tried to use the AED first, I'm real hairy, so it didn't stick," Winstead said. "David thought fast enough that he took the pads and figured, 'It ain't going to hurt to rip the hair off this man.' So, he took the pads, pressed them down and ripped the hair off. He got enough hair ripped off that he got them to stick the second time he stuck them on.

"Believe you me, I've got bruises to prove it," Winstead said with a laugh, then admitted a few bruises were a small price to pay to keep his life.

Although Winstead was talking to responders on scene, he was not out of the woods, he said.

"I suffer from a condition called malignant hyperthermia, and I'm not supposed to be put to sleep during surgery," he said. "Your body temperature rises to the point it cooks your brain, then you come out vegetative."

The bypass surgery at East Carolina Heart Institute required anesthesia, so anesthesiologists put together a plan to reverse malignant hyperthermia if it was triggered.

"The next problem was that they had to take my heart out of my chest, but they couldn't stop it. Usually, when they do bypass surgery, they stop your heart and your lungs, and they put you on life support," Winstead said.

"Well, they couldn't do that with me. They had to figure out how to do three bypasses to my heart with my heart still alive and beating, and a wrong cut would have caused blood to have spewed all over the operating room, and I would have bled to death. So, that's how good and wonderful our Heart Center is over there in Greenville," Winstead said.

"The doctor said he'd never done surgery on a live heart before, and yet, here I am today, sore as the devil, but I'm still here," he said. "So, I got miracles all the way around — there's a great man there who saw a need for another human and jumped in there to try to save that human's life, someone he didn't even know, and then I had good doctors and all who put a plan together to do a surgery a way they had never done it before."

But without Dutton, a humble man who is "one of the finest folks you'll ever meet in your life," there would have been no miraculous surgery, Winstead said.

"It's really good. It's cool," Dutton said. "It's one of those things where you're glad you could do it but wished you didn't have to do it. It was a tremendous honor to be put in that position and be able to respond and have a successful outcome."

For Winstead, the court security officer's actions were the difference between life and death.

"It takes quite a human being to do something like that for another human being," Winstead said. "I don't know how you put it into words. It's not something that everybody would have done, I don't believe. But David has enough love and compassion that he saw a fellow man down and ran over there to see if he could do something to help.

"So, the good Lord has some kind of a plan for me," he said. "He's just got to hurry up and heal me so I can get to doing it."

Contact Kristin Zachary at kzachary@reflector.com or 252-329-9566. Follow her on Twitter @kzacharygdr.



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