

Loss of leg hasn't kept him off ski slopes or dance floor

(Continued from page 1)

skiing's sheer speed, its exhilaration.

He says he likes the challenge of dodging course markers, of avoiding pitfalls that lurk at almost every turn and icy spots that can cause disaster even to skiers without the handicap of a missing leg or arm.

"One slip, and you have had it," he said. "In fact, I crashed off-course once and that may have cost me an even higher place in the slalom," he said.

All of Steve's recent skiing has been done in the U.S., much of it in Colorado. His success in the championships there is particularly amazing since in ski parlance he is known as a "three-tracker."

That means he uses one ski—on his right leg—attached with the normal racing bindings and regular racing boot. Balance is enhanced by a pair of specially designed small outrigger skis, much like the elbow crutches he uses to move about on campus with surprising speed and agility.

The outriggers, lightweight and flexible, assist in sharp turns and are helpful also in balancing, much like ski poles to normal skiers.

Accident at age 14

Steve learned to ski in Germany where his father, also named Steven, is a leading baritone of the Bonn Opera Company. His accident happened one afternoon when Steve was coming home from town on his bicycle. He was 14.

He recalls catching a quick glimpse of a big German tandem-truck barreling

through an intersection against the light. He remembers a sharp pain at impact, a pain that ripped through his leg, entangled between the bike and the ground as he was dragged along under the truck.

No bones were broken and he remained conscious. Except for the torn ligaments, muscles and severed nerves in his leg, he knew he was "alive and lucky," he says.

Bonn's best surgeons were unable to save the leg, and several weeks later amputation was necessary.

What he had left

"That was a long time ago," Steve says. "When I knew the leg had to go, I made up my mind I would do the best I could with what I had left.

"I had my faculties and most physical facility. I had the love and encouragement of my family. I guess, all in all, the whole thing will turn out a blessing," he said.

The accident and his recovery have only whetted his desire to succeed, and to ski.

"Now," he said he thought, "I'll have to do it the hard way—on one ski." "Or the easy way," he smiled.

'Adaptive recreation'

Events this winter in Colorado, especially his high placement among all the nation's handicapped skiers, have helped push him into new areas of interest.

He has become a favorite of organizations there actively catering to handicapped persons—athletes and others—who like Kimbrough may

overcome their disabilities with outdoor sports activity.

Athletically inclined all his life, Kimbrough is giving serious consideration to going into the wide-open new field of "adaptive recreation."

The movement, he says, is gaining momentum everywhere and offers additional therapy to those interested in using their own "disability skills" to help others.

Blind skiers

Kimbrough said that in the field of skiing, one of many sports that is attracting an ever-widening group of handicapped persons, there are blind skiers, crippled polio victims and many who have lost limbs.

"Sure, the blind skiers can race, just like anyone else," he says. "The only difference is that they use a buddy-system with an accomplished skier with all his faculties going down the course just behind them, giving advice on turns, markers, and the snow and track condition all the way down."

He says many polio victims, others who suffer from multiple sclerosis, cystic fibrosis and cerebral palsy are being trained to enjoy the therapeutics of outdoor sport.

Programs for them, he says, are being

developed in tennis, scuba diving, water skiing, rafting, hiking and mountain climbing, swimming, boating, horseback riding, and of course in wheel-chair basketball which is already a well-developed therapy.

The whole adaptive therapy movement, Kimbrough says, "is very exciting, and especially to me as I look forward to the future. After all, there is an inner thrill a fellow gets knowing that he is able to assist those worse off than himself."

Medical center has helped

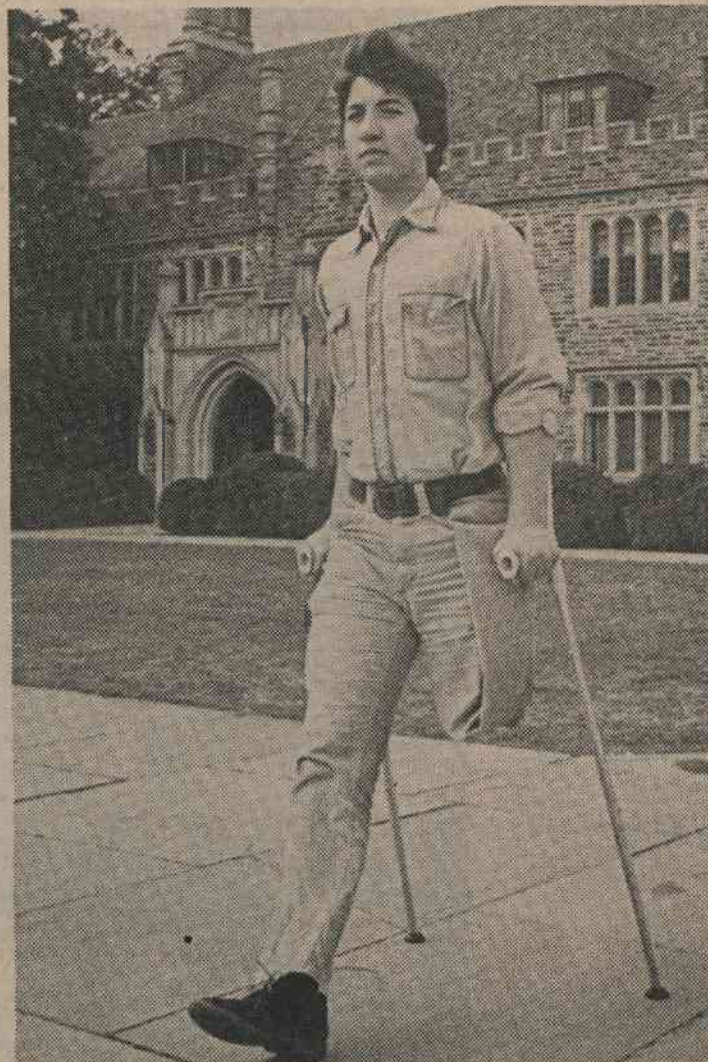
Kimbrough has been helped by medical center therapists and particularly, he says, by Bert Titus of the brace and limb shop.

"I've been fitted with all kinds of artificial legs in the last couple years—wooden, aluminum, fiberglass and plastic ones," he said.

"I don't particularly like to wear them because I get around swell on my elbow crutches, you know. But I wear an artificial one when I go dancing—that's when I gotta have both hands free, man!"

Kimbrough confided that he is having some personal propaganda "T" shirts printed up.

They say: "Only Member of DUHST—Duke University Handicapped Ski Team."



ON CAMPUS—Championship handicapped skier Steve Kimbrough, a Duke undergraduate, says therapists in the medical center, particularly Bert Titus, have been especially helpful to him. (Photo by Thad Sparks)



May 19-26, 1978

The Medical Center Calendar lists lectures, symposia and other activities of interest to faculty, staff and students. Notices should be sent to Box 3354 no later than one week prior to publication. If last minute scheduling makes it impossible to send a written notice in time, please call 684-4148.

Friday, May 19

1 p.m.

Network for Continuing Medical Education (NCME). Programs on "Hyperglycemia: A Guide to Decision Making" and "Face Pain: Differential Diagnosis and Treatment." View in Rm M406 at Duke and Rms D3008, C6002 and C7002 and Bldg 16 at the VA Hospital.

Monday, May 22

12 noon

Pathology Research Conference. Dr. Sal Pizzo, assistant professor, "A Model for Human Van Willenbrands Disease," Rm M204.

Tuesday, May 23

12:30 p.m.

Genetics Seminar. Dr. Michael Hershfield, departments of medicine and biochemistry, "Inhibition of Methylation: A Mechanism for Adenosine Toxicity in Human Lymphoblasts," Rm 147, Nanaline H. Duke Bldg. Coffee at 12:15 in the lobby.

Wednesday, May 24

1 p.m.

NCME. See Fri., May 19, for programs and viewing areas.



"You may be up on the latest medical developments, young man, but I think I've had more experience with the ailments of the 1930's, 1940's and 1950's."

— Student awards —

(Continued from page 2)

Lyn Alice Sedwick was selected for her service on various medical school and Davison Society committees and for speaking as the class representative at the Hippocratic Oath Ceremony. Sedwick is the first woman ever to speak as class representative at the ceremony.

Another graduate, Charles Lutin, also received the C.V. Mosby Book Award. Lutin was not present at the ceremony. He was given the award for his work with the Edgemont Community Clinic, his involvement with the Primary Care Program and his work with the sex education committee.

The School of Nursing's Aaronson Award was given to Nancy Susan Heller,

who was cited for maintaining the highest grade point average of any nursing student over four years.

Heller, Catherine Anne Gray and Catherine Ann Low were honored for graduating with distinction.

The Moseley Award, presented to the student who has shown the greatest achievement in nursing, was given to Margaret Anne Cohen.

Students selected for inclusion in Who's Who in American Colleges and Universities were: Diane Harriett Dugan, Barbara Ann Feldheim, Gray, Low, Lynn Ellen Magill, Kathryn Jean Oppenheim, Andrea Patricia Segura, Margaret Stavely Smith and Jaimee Beth Surnamer.