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id Marcy E. Mullins, USA TODAY

were whittled down to the final four, the producers clearly knew they had a captive audience at the end — and that included the increasingly bored and bitter *Survivors*.

It also was enormously tense, surprising, exciting and enjoyable. When Sue, that truck-driving combination of Hulk Hogan and Lady Macbeth, went into her final soliloquy, telling her fellow jurors, "We have Richard the snake and Kelly,

Please see COVER STORY next page ►

final immunity challenge, are Kelly (partly obscured), Richard and Rudy, with the show's moderator Jeff Probst.

**Richard hatched a plan before the start**

By Gary Levin  
USA TODAY

How did Richard survive?  
It was a matter of will and wiles that earned him the \$1 million prize on *Survivor*.

"I think I managed to win by planning early, and by early I mean before I got there," Richard Hatch said Wednesday in an exclusive interview with USA TODAY.

As the 15 other castaways made friends and kicked back, Richard was the first and most eager schemer, engineering the alliance that he says was "absolutely essential" to his winning. He recruited Rudy as its first member "without him even knowing it," Richard says. "He had no idea."

Though some viewers believe that skillful editing misled them about *Survivor*'s outcome, Richard credits producers with

being "literally brilliant about depicting what happened as accurately as humanly possible. I thought, 'Wow, they captured exactly what I was thinking' on a number of occasions."

What's clear: that he alone went into the game fully understanding the cunning and duplicity required to win it.

"There was no question that I was the only person playing the game for quite a while, if not weeks. I remember thinking, 'What's wrong? Why aren't people doing this? Why aren't people as hard to deal with?' They were bonding and building friendships, which was admirable outside of the game."

Meanwhile, he played his competitors "in as ethical and honest a way as possible. Some people may have issues with how I played the game, but that will be enjoyable for me to discuss."

In the final round, Richard was paired against river-rafting guide Kelly Wiglesworth, who won five consecutive immunity challenges and wound up with \$100,000. Earlier in the episode, the final four answered trivia questions about one another, walked across burning coals and held onto a pole for hours. In the show's first tie-breaking vote, truck driver Susan Hawk was ejected. She was

followed by crusty retired Navy SEAL Rudy Boesch, the overwhelming favorite among viewers to take the prize.

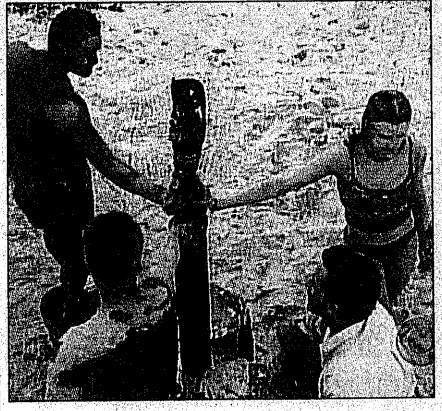
Although Hatch appeared supremely self-assured in *Survivor*'s first episode, "that kind of confidence I was portraying wasn't exactly what I was feeling. I was hopeful, capable, but had no way of knowing what personalities I'd encounter or how they would react to me."

Nor did he expect how his early efforts at conflict management would "unbelievably bomb," or that he'd narrowly escape ouster in the ninth episode.

Though the 39-day competition on Pulau Tiga concluded in the spring, CBS and the contestants managed to keep it a secret, with Richard's assistance and several false clues that foretold a win by Gretchen or Gervase.

"Keeping the secret was absolutely simple. I had absolutely no qualms, no interest in telling anyone. My mom literally may have a heart attack sitting here watching this."

Unlike some other contestants, he says he has no designs on parlaying his fame into further riches, but he is open to possibilities. "The future's a mystery for me. I don't have an opportunity in mind that I'm going to pursue."



**Final challenge:** Clockwise from top left are Richard, runner-up Kelly, Jeff Probst and third-place Rudy.

## Diabetes rate soars for Americans in their 30s

### Weight gain, lack of exercise bring disease on faster

By Anita Manning  
USA TODAY

The prevalence of diabetes in adults, once thought to be primarily a disease of middle age or older, jumped nearly 70% among people in their 30s in the last decade, a report says. Overall, diabetes increased 33% from 1990 to 1998, U.S. health officials say.

In the study published today in the September issue of *Diabetes Care*, researchers with the Centers for Disease Control and Prevention found diabetes more common across all ages, races and educational levels. The increase was

greatest among Hispanics, for whom the rate shot up 38%, compared with 29% for whites and 26% for blacks.

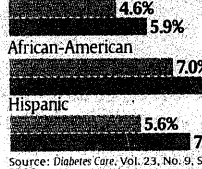
The dramatic rise in prevalence among people ages 30 to 39 "is not surprising," says endocrinologist Frank Vinicor of the CDC's division of diabetes.

"We're seeing the greatest increase in obesity and lack of physical activity in that age group," he says. "It used to be the average onset of Type 2 diabetes was age 50. Now we're seeing it in the 40s and also beginning to see Type 2 diabetes in the teenage years."

#### Diabetes cases grow

Percent of total population that has been diagnosed with diabetes:

■ 1990 ■ 1998



Source: *Diabetes Care*, Vol. 23, No. 9, September 2000.

By Julie Snider, USA TODAY

Type 1 diabetes typically occurs in children whose bodies are unable to produce insulin, a hormone that promotes absorption of blood sugar into the liver and muscle cells.

Type 2 diabetes occurs when the body does not produce enough insulin or does not use it effectively. Added pounds and a lack of exercise

"make the body more resistant to its own insulin. The insulin-producing cells tend to peter out, become exhausted," Vinicor says.

"Improved diagnosis may play a small role, but the bulk of the growth probably is due to lifestyle," he says. "We're

now beginning to see the consequences of physical inactivity and weight gain that go well beyond feeling good about yourself or cosmetic issues."

The study, conducted by phone in 43 states, asked participants if they had been told by a doctor they have diabetes. The results are probably underestimates, the researchers write, because they do not include people who have no phone, nor do they take into account undiagnosed cases. Recent research has found that diabetes can develop 12 years before a diagnosis, increasing the risk of eye and kidney damage.

Type 2 diabetes is estimated to affect 16 million Americans. That figure was based on data from a study in 1993-94, Vinicor says.

A study just getting underway will give a clearer picture, he says, and "there is no question in my mind that it will be substantially higher."