

PART I: READING

- 1.1** Read the passage from an autobiographical story. Check (✓) the best prediction of what the reading is about. There is only one right answer.

Betty Ford is listed in U.S. history books as the wife of Gerald Ford, the 37th president of the United States. To most Americans, however, Betty is best remembered for overcoming an addiction to painkillers and alcohol and for founding a treatment clinic in her name.

- _____ A. the history of the United States
_____ B. the president of the United States
_____ C. Betty Ford's struggles to overcome addictions
_____ D. how to overcome an addiction

- 1.2** Now read the entire story. Use the information to choose the correct answers.

Betty Ford

Betty Ford is listed in U.S. history books as the wife of Gerald Ford, the 37th president of the United States. To most Americans, however, Betty is best remembered for overcoming an addiction to painkillers and alcohol and for founding a treatment clinic in her name.

Betty's unsteady family life likely influenced her addiction. Her father, also an alcoholic, died unexpectedly when Betty was sixteen. In 1947, Betty got engaged to Gerald Ford, unaware he was running for Congress. Just two weeks after their marriage, Gerald was elected. Betty was under mounting stress and often raised the couple's four children alone. In 1964 doctors prescribed Betty painkillers for a pinched nerve. Betty found that the painkillers not only eased her physical pain, but the stress she was experiencing as well.

The greatest shock of Betty's life occurred in 1974 when the vice president resigned over a scandal, and Gerald was chosen to replace him. When President Nixon suddenly resigned over the same scandal, Gerald became the president.

Betty's addictions worsened during her time in the White House. She began to drink at political events to enhance her social skills. She was also diagnosed with breast cancer, and her use of painkillers increased as she recovered from surgery. "I liked alcohol," she wrote in her 1987 memoir.¹ "It made me feel warm. And I loved pills. They took away my tension and my pain."

In 1976, Gerald ran for re-election. Betty would often drink before giving speeches, and as the campaign developed, so did her addictions. She would at times

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¹ **memoir:** a journal of personal experience

slur her words² and appear confused in public. Campaign advisors grew concerned, as did Betty's family. Nevertheless, Betty failed to realize the extent of her problem.

After Gerald Ford lost the election, Betty was devastated. She suffered from deep depression and drank heavily. In 1978, Betty's entire family confronted her, and a choked-up Betty agreed to get help. She entered a tough treatment program and succeeded in becoming sober.

The experience inspired her to found the Betty Ford Center for recovering addicts. "I really didn't want to have my name on the center," she said, "it just seemed like it was too much of a personal thing." She found, however, that in being publicly honest about her problems, rather than avoiding them, she inspired many people to seek treatment. Now, she is better known for her work with addicts than for her famous husband.

² **slur your words:** to speak unclearly

Check (✓) the best answer.

1. Betty Ford is better known in the United States for having _____.
 - ___ A. fought her breast cancer
 - ___ B. founded a treatment clinic
 - ___ C. had an addiction problem
 - ___ D. been married to a president

2. Betty Ford slurred her words and appeared confused because she was _____.
 - ___ A. recovering from her surgery
 - ___ B. stressed out about her life
 - ___ C. suffering from deep depression
 - ___ D. under the influence of drugs

3. Which one of the following reasons did NOT contribute to Betty Ford's addiction?
 - ___ A. Betty's father died while she was still very young.
 - ___ B. Gerald Ford lost the re-election to be the president.
 - ___ C. President Nixon was involved in a White House scandal.
 - ___ D. She was given painkillers while recovering from surgery.

1.3 Number the statements (1, 2, 3) in the order they appear in Betty Ford's story.

- _____ A. Betty wrote that she loved taking pills.
- _____ B. Betty agreed to enter a treatment program.
- _____ C. Betty got engaged to Gerald Ford.

1.4 Read the passage from "Addiction" in NorthStar: Reading and Writing 5, Unit 1. Use the information from this reading and "Betty Ford" to complete the activity. Write a word from the box next to the situation it describes. Not all of the words will be used. The first one has been done for you.

Factors That Influence Addiction

There is often a genetic inclination toward one type of addiction or another. This is not to say that heredity alone is sufficient to cause an addiction, but that the specific nature of the addiction may well be influenced by genetics. For instance, an alcoholic often has alcoholic parents or grandparents and may also have an unusually strong "positive" response to alcohol.

Trauma can also shape and foster addiction. Chemical substance abusers may have a history of emotional trauma in childhood, or post-traumatic stress, such as that found among war veterans.

Another important factor in addiction is shame. Shame is a very powerful feeling that we have when we feel that we don't measure up to certain standards. It often masquerades as other feelings, but it is commonly found in addicts both as a cause and a result of the addiction. Shame spirals upward as an addiction progresses.

One last contributor to addiction is anxious depression, the type of depression in which pressure makes the next two hours seem like the most important time of your life. It is an agitated feeling, very different from the melancholy depression that causes a person to sit in bed all day unable to get up or get dressed.

addiction	depression	genetics	masquerades	shame	trauma
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- _____ addiction _____ Betty could not stop using drugs and alcohol.
- _____ 1. Betty thought her recovery should be a personal thing.
- _____ 2. Betty began to drink heavily after Ford lost the election.
- _____ 3. Betty's father suddenly died when she was only sixteen.

PART 2: VOCABULARY

2.1 Read the letter from Gina to her friend. Use the words from the box to fill in the blanks. Not all of the words will be used.

addiction	choked up	failed	tolerate
blamed	controversial	instructor	tough

Hey Dave,

It's Gina! It's been a long time since we last talked. I'm writing you from the Betty Ford Center in California. I finally decided to get help for my drug

_____ **1.** A few months ago, I _____ **2.** the drug test at work for the third time. My boss told me to get help or else I'd be fired. So, I had to make a _____ **3.** decision, but I think it was the right choice. All these years I _____ **4.** my family for the problem, but really it was my own choice to use drugs. I get a bit _____ **5.** just thinking about it. It's hard for me to tolerate what I did to them. I just hope they will forgive me eventually.

2.2 Fill in the chart with the correct forms of the words. Be sure that each word is spelled correctly.

Noun	Verb	Adjective	Adverb
depression	depress	5.	X
devastation	3.	devastating	devastatingly
1.	recover	recovering	X
2.	4.	avoidable	avoidably

PART 3: SKILLS FOR WRITING

- 3.1** Combine the ideas in the sentences by using the past unreal conditional and the word in parentheses. The new sentences must express the opposite of what really happened.

Betty Ford was diagnosed with cancer.
Her use of painkillers increased. (might not)

If Betty Ford had not been diagnosed with cancer, her use of painkillers might not have increased.

1. Gerald Ford was not re-elected as the president of the United States.
Betty Ford was not happy with her life. (might)

2. President Nixon resigned in 1974.
Gerald Ford became president that same year. (would not)

3. Betty Ford's father did not live for a long time.
Betty did not have a steady family life. (could)

4. Betty was honest about her addiction problems.
She inspired people to seek treatment for their problems. (would not)

- 3.2** Read the letter. Underline the three sentences that include what other people said.

Hi again, Dave,

(1) I completed my first week of treatment and it's been really difficult. (2) Our group leader said to us that the first week will be the most difficult. (3) I've been able to meet some great people here so far. (4) They are struggling with the same problems, so I don't feel alone. (5) My friend Stacey said it's a lot easier when you know that other people are going through the same problems.

(6) Guess what? My family even came to visit me yesterday. (7) My mother told me I made my father and her so happy when I finally decided to come here. (8) I wasn't expecting her to say that, but it was nice to hear. (9) Well, I gotta run, but I'll write you again soon.

Gina

3.3 Rewrite the statements you underlined in 3.2 as direct quotations with the correct punctuation.

- 1. _____
- 2. _____
- 3. _____

PART 4: WRITING

An Autobiographical Narrative (20 minutes)

Write a paragraph about an event that was meaningful to you or changed you in some way.

- Describe the event and what it meant to you.
- Include character, technique, and theme.
- Use correct punctuation for any direct quotations.
- Use the past unreal conditional to evaluate the effect the event had on you.
- Use the vocabulary and grammar from Unit 1.

Unit I Vocabulary Words					
addiction	choke up	depression	enhance	instructor	sober
avoid	controversial	devastated	fail	recover	tough
Unit I Grammar: Past Unreal Conditionals to Evaluate the Effect of Past Actions					
• If I <i>had spent</i> more time studying, I <i>would have gotten</i> an A on this test.					