

Helen Thayer: A Lifelong Adventurer



Helen Thayer **has** never let age stop her. She and her husband, Bill, fulfilled a lifelong dream for their 40th wedding anniversary. They walked 1600 miles (2575 kilometers) in intense heat across the Gobi Desert. There they met Mongolian nomads¹ and learned about their culture. To celebrate 50 years of marriage, the Thayers walked almost 900 miles (1448 kilometers) across the Sahara Desert to study the customs of the people who live there. Now in her seventies, Thayer keeps on planning trips for the future.

Thayer, born in New Zealand, **has been exploring** the outdoors for most of her life. Since childhood, she **has traveled** widely in harsh climates and across rough lands. She **has walked** to the North Pole with her dog as her only companion. She **has also kayaked** 2200 miles (3541 kilometers) down the Amazon, and **done** several mountain climbs. These trips **haven't been** easy, but **they've been** very satisfying.

In recent years, Thayer **has been talking** to groups around the world. She **has continued** to travel and bring back stories to share with both children and adults. Thayer hopes to inspire² people to follow their passions and fulfill their dreams.³ What is her advice? Set goals, plan for success, and never give up.

CHECK. Read the statements. Circle **T** for true or **F** for false.

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|---|----------|----------|
| 1. Helen Thayer and her husband drove across two deserts. | T | F |
| 2. As a child, Thayer liked the outdoors. | T | F |
| 3. The trips have been in one part of the world. | T | F |
| 4. Thayer has traveled down the Amazon River. | T | F |
| 5. Thayer has stopped traveling in recent years. | T | F |

DISCOVER. Complete the exercises to learn about the grammar in this lesson.

Read the sentences from the article in exercise 1. Notice the words in **bold**. Is the action completed or possibly still in progress? Choose the correct answer.

- Thayer, born in New Zealand, **has been exploring** the outdoors for most of her life.
 - completed
 - ☒ possibly still in progress
- She **has walked** to the North Pole with her dog as her only companion.
 - completed
 - possibly still in progress
- She **has also kayaked** 2200 miles down the Amazon ...
 - completed
 - possibly still in progress
- In recent years, Thayer **has been talking** to groups around the world.
 - completed
 - possibly still in progress