

TIRED EYES

People are spending more time in front 1 _____ their screens, and experts say that it could damage our eyes.

Due 2 _____ the lockdown, people have 3 _____ watching more streaming platforms, scrolling through social media, and video chatting 10 – 15% 4 _____ than last month.

When we stay 5 _____ close to the screens, we tend to stare more and not blink, which has a **cumulative effect** on the eyes. We miss 2 – 3 blinks 6 _____ minute, 7 _____ makes 120 – 180 missed blinks in a one-hour Zoom meeting. It can cause a lot of discomfort in the eyes, burning redness, **blurred vision**, and headaches.

One thing 8 _____ can help combat the extra eye strain 9 _____ the 20-20-20 rule. It means that when we 10 _____ at a screen for 20 minutes, we should take a break and look at something 20 feet away for 20 seconds. **Over-the-counter** reading glasses and artificial tears can help, too.

UFO Videos

The US Department of Defense 11 _____ officially released three videos which appear to show fast-moving UFOs.

A UFO is a mysterious object seen in the sky for which there is 12 _____ scientific explanation, and many people believe that it is of **extraterrestrial** origin. The US Navy captured the videos, and they 13 _____ previously published 14 _____ the UFO research group 'To the Stars Academy'.

The US Navy has acknowledged that the videos are **genuine**. The Pentagon said that it is releasing the videos to clear 15 _____ any **misconceptions** about 16 _____ the videos were genuine. The Pentagon said that the **phenomena** observed in the videos remain characterized 17 _____ unidentified.

Italy's New Bridge

The final piece of Genoa's new bridge was moved into place less than two years since the previous bridge, which 18 _____ built in 1960, collapsed.

The event claimed the lives of 43 people, and it shocked the world. What remained of the old bridge was demolished to make 19 _____ for the new structure.

Besides Genoa's new bridge, the **world-renowned** architect, Renzo Piano, designed for 20 _____, the Centre Pompidou in Paris or the New York Times building in New York.

Piano said that the bridge was made to 21 _____ 1,000 years, and the total cost of the project **exceeded** €200 million.

Construction work did not stop despite the COVID-19 outbreak, which made the structure the first bridge that was built under **social distancing restrictions**. Italy's Prime Minister, Giuseppe Conte, welcomed the new structure as a symbol of unity and hope.

