

## 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.

